



Healthy Living Chiropractic Email Newsletter

*This newsletter is provided courtesy of
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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

To control your cow, give it a bigger pasture. – Suzuki Roshi, Zen Master

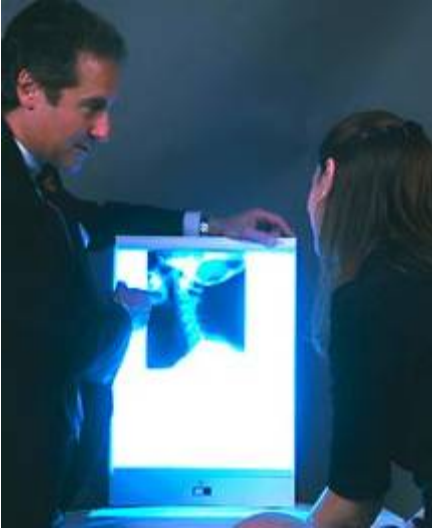
What is not in nature can never be true. – Voltaire

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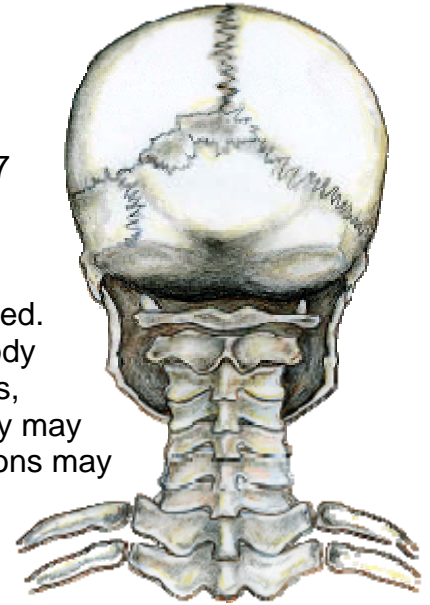
If your neck is subluxated...



You have 7 neck (cervical) vertebrae and they are named C-1 (right under your skull), C-2, C-3 all the way to C-7 at the bottom of your neck.

When a particular vertebra is out of position, certain nerves may be affected. If those nerves cannot supply your body parts (organs, glands, muscles, bones, etc.) with energy and information, they may not work properly and various conditions may result.

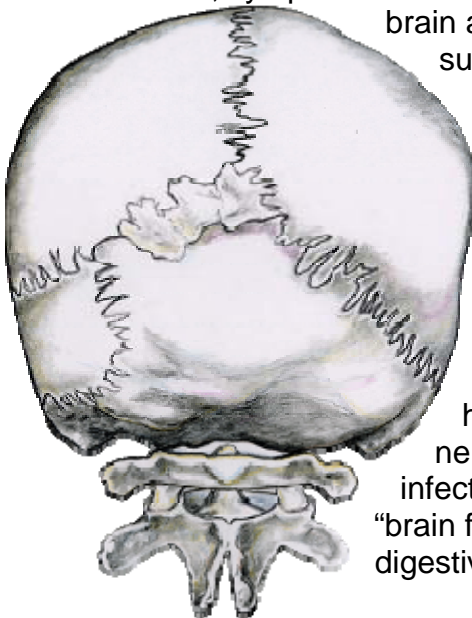
[Illustration on the right is of the head and cervical (neck) vertebrae from the back.]



While there's not a 100% correlation between a certain subluxation in your spine and a particular health problem, over a century of clinical observations have revealed that certain conditions seem to be associated with certain subluxated vertebrae. Following are common correlations. If you know anyone with any of these problems please tell them to call us for a chiropractic checkup.

Your first cervical vertebrae is called C-1 but it also has a special name: the "atlas." Why? Because it holds up the globe of your head just as the Greek god Atlas held up the globe of the heavens.

Nerves from between your skull and C-1 (atlas) affect your head, face, upper neck, inner & middle ear, sympathetic nerve system, sinuses, eyes, auditory nerves, pituitary gland, scalp, brain and more! So many nerves are in this area that when a C-1 subluxation is corrected nerves all over your body, your spinal cord, brain, brain coverings (meninges) as well as your entire spine from top to bottom may be helped.



[Illustration at left shows the head and C1 and C2 vertebrae from the back.]

What can a C-1 subluxation do to me?

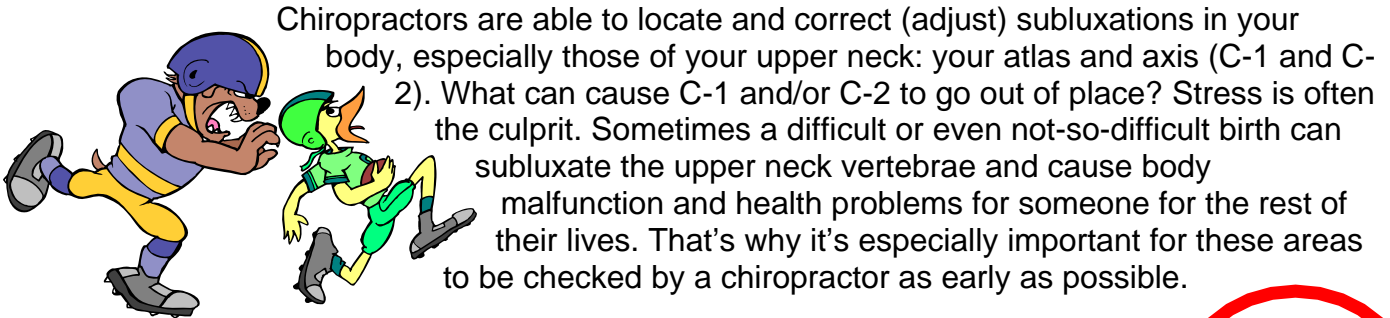
A subluxation of your atlas (C-1) has been related to headaches, migraines, nervousness, insomnia, head colds, nervous "breakdowns", anxiety, difficulty concentrating, ear infections, hormonal problems, menstrual difficulties, depression, "brain fog", low IQ, low resistance to disease, low overall brain function, digestive problems and many other conditions.

Your second cervical vertebrae or C-2 also has a special name: the axis. That's because it's involved in turning, twisting and tilting your head.

Nerves between the atlas (C-1) and the axis (C-2) affect your optic nerves, sinuses, mastoid bones, tongue, forehead and heart.

What can a C-2 subluxation do to me?

A subluxation of your axis (C-2) has been related to sinus troubles, allergies, crossed eyes, deafness, eye troubles, fainting spells and seizures as well as many other conditions.



Other causes of upper cervical (upper neck) subluxations include emotional traumas, falls, accidents, getting knocked around playing sports, chemical stress such as junk food and anything that overcomes your natural tendency to stay balanced.



The photo at left shows a Doctor of Chiropractic adjusting a C-1 subluxation using a special adjusting procedure for babies. The photo at right shows a young man being adjusted using an adjusting table. Both of these photos illustrate what many people have remarked about many chiropractic patients – they are really, really cute.



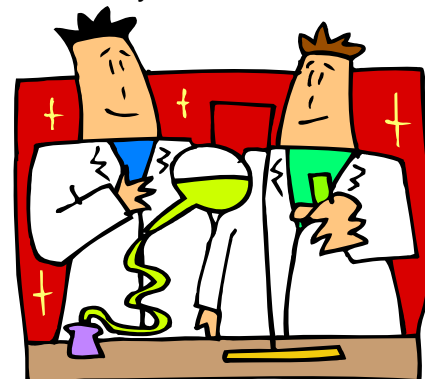
By the way, there are many different ways of adjusting these vertebrae. Why not ask us about the procedures we use? And please, bring in your children for a spinal checkup – a C-1 or C-2 adjustment today may prevent a lifetime of less-than-perfect physical and mental functioning.

(P.S. We'll be highlighting more vertebrae and their effects on the body in our next issue. If you have any specific questions, please let us know).

Trans-fats

What is a trans-fat? Is it really bad for you?

It seems that a number of years ago scientists with way too much free time on their hands found out that if they heated cooking oil to a very high temperature and then bubbled



hydrogen through it the oil became solid. Voila – margarine was born (shortening too). These are trans-fats.

Sound unnatural? It is. But wait, it gets worse. According to the Harvard School of Public Health, consumption of trans-fatty acids doubles the risk of a heart attack, increases the risk of diabetes and is responsible for the deaths of 30,000 Americans annually.

Udo Erasmus, in *Fats that Heal, Fats that Kill*, writes that trans-fats interfere with vision in children, lower intelligence, interfere with liver function, affect sexual function in animals and have been correlated with increased breast and prostate cancers. It appears that while trans-fats increase supermarket food shelf life they don't seem to help our shelf life. (1)

Did you know?

- *Time* magazine's Man of The Year in 1982 was: the computer.
- The first multipurpose computer weighed more than 30 tons. It filled an 1,800-square-foot room and had 6,000 manual switches. Today's average laptop weighs 6 lbs.
- Our brains take in more information in one day than the largest computer does in years.
- In 1875, the director of the US patent office resigned. He said there was nothing left to invent.
- Tohru Iwatani, the inventor of the video game Pac-Man, came up with the idea when he saw a pizza with a slice missing at a dinner party.

Words of Wisdom

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

– Helen Keller

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

– Abraham Lincoln

Deodorant spray could cause breast cancer?



After being dismissed as an “urban myth”, experts are now calling for more research into a possible link between deodorants and breast cancer. There is increased evidence that the aluminum in common antiperspirants can break through the skin and potentially cause breast cancer by mimicking the hormone estrogen, which is related to breast cancer. The paper appeared in the *Journal of Applied Toxicology*. (2)

Another study from Northwestern University also suggests a possible link between breast cancer and deodorants when used in conjunction with underarm shaving. In the study of 437 breast cancer patients, those who shaved at least three times a week and applied deodorant at least

twice a week were almost 15 years younger when diagnosed with breast cancer. (3) In a CBS News interview Dr. McGrath said:

I personally feel there is a very strong correlation between the underarm hygiene habits and breast cancer... Breast cancer has existed since Hippocrates. But when you plot the sales of antiperspirant deodorants with the incidence of breast cancer in the United States, they both have grown in almost a parallel fashion. (4)

In response the billion-dollar antiperspirant industry says their products are undeniably safe while the U.S. Food and Drug Administration (FDA) declined to investigate the issue.

Chiropractic and Spinal Research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

Improvement in depression. Since the earliest days of chiropractic, it has been found that chiropractic care can have a profound impact on depression. Chiropractors formerly owned and operated two psychiatric hospitals with impressive results that were superior to medical institutions.

In one study 15 adults who were diagnosed as clinically depressed and who were found to have an upper cervical subluxation were given chiropractic care in 3 private practice settings in the southern United States. Participants were administered the Beck Depression Inventory II prior to care and again post-care. A “highly significant improvement” in depression test scores was revealed after chiropractic care. (5)



New advance in vaccines – avoid them

Non-vaccinated children are healthier. Yet another paper published in a bio-medical journal reminds us that having natural infections in early childhood results in less heart disease and cancer as well as other chronic diseases and illness when older. Children permitted to have natural infections have healthier, more mature, robust immune systems.

Is it therefore wise to vaccinate children against relatively benign diseases? If a child is well-nourished (as is the case for 99.99+% of children in the US and other modern countries) these diseases are beneficial. (6)

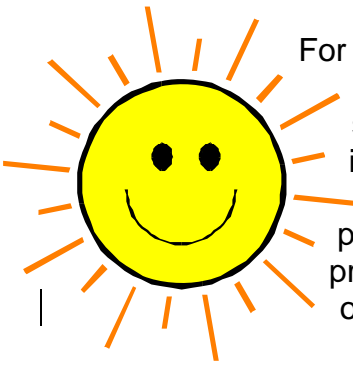
Chiropractic in the news

Locals say chiropractic key to recovery

From neck and back pain to allergies, chiropractic may ease body's ailments.

<http://www.theleafchronicle.com/apps/pbcs.dll/article?AID=/20060125/LIFESTYLE/601250314/1024>

Sunlight is great for you



For thousands of years it's been common knowledge that the sun was good for you. Heliotherapy has been practiced as a serious healthcare system. The sunblock industry is now a big donor to the dermatology industry and suddenly the sun causes skin cancer? In fact the sun is one of the best things you can do for your health. Not only does it help prevent melanoma – the most lethal type of skin cancer – it also helps prevent at least 17 deadly internal cancers. We need sun; just don't overdo it. (7)

Humor

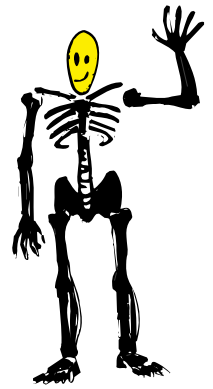
The following quotes were taken from actual medical records from hospitals whose doctors/nurses still need to understand proper usage of the English language.

1. Between you and me, we ought to be able to get this lady pregnant.
2. She's numb from her toes down.
3. By the time he was admitted, his rapid heart had stopped and he was feeling better.
4. Patient has chest pain if she lies on her left side for over a year.
5. On the second day the knee was better and on the third day it had completely disappeared.
6. She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.
7. The patient has been depressed ever since she began seeing me in 1983.
8. Patient was released to outpatient department without dressing.
9. I have suggested that he loosen his pants before standing and then, when he stands with the help of his wife, they should fall to the floor.
10. The patient is tearful and crying constantly. She also appears to be depressed.
11. Discharge status: Alive but without permission.
12. Healthy appearing decrepit 69-year-old male, mentally alert but forgetful.
13. The patient refused an autopsy.
14. The patient has no past history of suicides.
15. Patient has left his white blood cells at another hospital.
16. The patient's past medical history remarkably insignificant with only a 40 pound weight gain in the past three days.
17. She slipped on the ice and apparently her legs went in separate directions in early December.
18. The patient had waffles for breakfast and anorexia for lunch.
19. The patient was in his usual state of good health until his helicopter ran out of gas and crashed.
20. When she fainted, her eyes rolled around the room.





See you next month. Would you like to give copies of this newsletter to your friends, co-workers and relatives? Call us or stop by the office for printed copies. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.



References

1. For more information on trans-fats see Trans-Fat: What Exactly is it, and Why is it so Dangerous? by Joseph Mercola DO and Rachael Droege at www.mercola.com/2003/jul/19/trans_fat.htm
2. Darbre PD et al. Chemical used in deodorant found in breast cancer tissue. *Journal of Applied Toxicology*. 2004;24:1. http://www.breastcancer.org/research_deodorant.html
3. McGrath KG. An earlier age of breast cancer diagnosis related to more frequent use of antiperspirants/deodorants and underarm shaving. *European Journal of Cancer Prevention*. 2003;12(6):479-485. <http://www.newscientist.com/article.ns?id=dn4587>
4. <http://www.cbsnews.com/stories/2005/12/05/eveningnews/main1098995.shtml>
5. Genthner GC, Friedman HL and Studley CF. Improvement in depression following reduction of upper cervical vertebral subluxation using Orthospinology Technique. *JVSR*. Nov. 7, 2005;1-4.
6. BBC NEWS: <http://news.bbc.co.uk/1/hi/health/4471957.stm>
7. Grant WB. An estimate of premature cancer mortality in the United States due to inadequate doses of solar ultraviolet-B radiation. *Cancer*. 2002b;94:1867-1875. See also <http://bmj.bmjournals.com/cgi/content/full/324/7339/696/d>

NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH



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In The Interest of Safeguarding Your Health

Drug Misuse and Resistance

Medical experts report that two popular antiviral drugs have now become essentially useless thanks to indiscriminate use, especially in Asia and Russia. The drugs amantadine and rimantadine exhibited activity against flu samples 89 percent of the time last year. This year, however, effectiveness has dropped to only 9 percent.¹ The drugs are sold in many countries in over-the-counter cold and flu remedies.

1. Reuters, Feb. 2, 2006, Reporting on statistics from the CDC and inter-views with Drs. Weinstock and Zuccotti of Sloan-Kettering Cancer Ctr.
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Herbal Driving

Researchers from Wheeling Jesuit University in West Virginia² report they have found a natural way to make driving safer and more pleasant: aromatherapy. Their tests showed that periodic whiffs of peppermint and/or cinnamon reduced fatigue, frustration and anxiety, and increased alertness. A previous investigation by the same group suggested similar benefits to athletes and office workers. While this study concentrated on inhaled scents, the authors say that previous research suggests a similar effect from gum and after-dinner mints.

2. Led by Dr. Bryan Raudenbush and colleagues, reported by Reuters, Feb. 1, 2006.
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Drug-Induced Dementia Symptoms

French doctors³ report there may be a significant number of elderly patients misdiagnosed with dementias, owing to side-effects from other medications. They say that anticholinergic drugs will cause confusion, memory loss and disorientation as side-effects, and that therefore, careful inquiry into current medication regimens should be made before assuming the patient is becoming mentally incapacitated due to a disease process. In their study of patients taking these medications, 85 percent could be classified as having a mild cognitive dysfunction using standard tests. There are a wide number of such drugs in use, ranging in treatments for Parkinson's disease, depression and allergies.⁴

3. From the Hopital La Colombiere in Montpellier, France. Published in the *British Medical Journal*, Feb. 1, 2006.
 4. Reuters, Jan. 31, 2006, reporting on the work of Dr. Karen Ritchie and associates.
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Antidepressants and the Immune System

Researchers from Georgetown University in Washington, D.C.⁵ report a potential link between abnormal immune responses and antidepressant drugs such as Prozac and Zoloft. Their findings suggest a communication between dendritic and T cells via the neurotransmitter serotonin. Antidepressants typically change serotonin metabolism, potentially disrupting the response to inflammations detected by dendritic cells. More investigation is likely.

5. Reuters, Jan. 27, 2006, reporting on the work of Dr. Gerard Ahern and associates.
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Exercise for HRT Side-Effects

In a new study from the University of Illinois at Urbana-Champaign⁶, researchers report that the decline in mental abilities seen in women who use hormone replacement therapy for 10 years or more

may be countered by regular exercise. This study of 54 postmenopausal women combined MRI scans and mental acuity tests to quantify mental prowess. The researchers noted that HRT appeared to show a mental benefit in the short term, but the opposite became evident over a longer period of time. Exercise, on the other hand, showed both short- and long-term beneficial effects.

6. www.eurekalert.org/pub_releases/2006-01/uoia-fcc012406.php.

Mad Venison Disease

Researchers from the University of Kentucky⁷ report they have found evidence of mad-cow-like prions in mule deer muscle that appear to be infectious. The deer were affected with chronic wasting disease (CWD), a condition related to mad cow disease. The prions from the deer meat infected specially bred mice in a laboratory setting. While no oral infective route to humans has been established, the researchers urge caution when considering eating venison that came from an area where CWD is prevalent.

7. *Science*, Jan. 27, 2006.

Emotional Workouts

New research from the University of Texas at Austin⁸ suggests that regular exercise is not only good for one's mental outlook, but it also can come in handy if you need a quick emotional lift. Volunteers suffering from major depression who spent a single half-hour on the treadmill saw their energy and emotional state improve for a short while. The author of the study suggests exercise is one way to help cope with bouts of depression on a day-to-day basis.

8. Study led by Dr. John Bartholomew; published in *Medicine & Science in Sports & Exercise*, December 2005.

Vertebroplastic Fractures

A review of 432 patients who had undergone vertebroplasty (a surgical procedure to stabilize fractured vertebrae) at the Mayo Clinic in Minnesota concludes that the procedure increases the risk of subsequent fractures, especially in adjacent vertebrae. About 20 percent of the patients developed new fractures an average of 78 days after the operation.⁹

9. *American Journal of Neuroradiology*, January 2006.

Breastfeeding for Celiac Disease

A study from the United Kingdom¹⁰ has found a correlation between breastfed babies and lowered incidence of celiac disease later in life. This analysis of multiple studies demonstrated a 52 percent

lowered incidence of the disorder among individuals who were breastfeeding when gluten was introduced into their diet. One theory for this effect suggests breastfeeding prevents GI infections that somehow could eventually lead to celiac disease.¹¹

10. *Archives of Diseases in Childhood*, January 2006.

11. Reuters, Jan. 21, 2006.

Less Food for More Life

A paper published in the *Journal of the American College of Cardiology*¹² reports that the heart benefits from a restricted caloric intake. This study looked at 50 healthy individuals, half of whom followed a severely calorie-restricted but balanced diet for about six years. The other half consumed a typical Western diet. Those on the restricted diet (which averaged 1,670 calories daily compared to 2,445 in the other group) showed significantly improved cardiac performance (suggesting less aging) as measured by diastolic function tests. The researchers plan to continue monitoring the groups to see if other benefits emerge.

12. *Journal of the American College of Cardiology*, Jan. 17, 2006.

Lose Sleep, Lose Brain Cells

A study of rats learning how to navigate mazes reveals how lack of sleep can impact brain growth and learning. When rats were only permitted to get half their normal amount of sleep during the four-day study, they had a harder time learning their mazes. Upon subsequent examination of their brains, researchers found there were fewer new neurons in the spatial memory area of the rats' brains compared to those who had adequate sleep. An interesting finding, however, was that the sleep-deprived rats actually did better in situations in which not memory, but other sensory clues (such as smell) led to an exit that changed location every time. Apparently in this case, a good memory was a hindrance.¹³

13. *Journal of Neurophysiology*, December 2005.

RDA for Vitamin B₁₂ Inadequate

A study of 98 older women has led researchers from the University Hospital of Aarhus in Denmark to conclude that the recommended daily allowance of B₁₂ should be more than doubled. Their study found that a daily intake of about 6 micrograms was needed to prevent signs of B₁₂ deficiency in these volunteers. Blood markers were used to gauge the sufficiency of B₁₂ in the patients.¹⁴

14. *American Journal of Clinical Nutrition*, January 2006.

Research reviews written by Brian Sutton, DC of Colorado Springs, Colorado as seen in *Dynamic Chiropractic*; March 26, 2006, Volume 24, Issue 07