



Healthy Living Chiropractic Email Newsletter

This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., L.C.P., (hon.)

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Welcome Spring! Soon the air will be fragrant with trees budding, flowers blooming and bugs biting (oh well, cycle of life again). Please go for more walks in the sun to soak up sunlight; it's good for your body (really) and we tend not to get enough of this badly needed nutrient in the winter.

Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance. – Brian Tracy

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

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Fighting Infertility at the Chiropractor



That was the title of a Feb. 25, 2004 CBS2 News Special Report discussing Dr. Medeline Behrendt, a chiropractor. Out of 15 women who were unable to become pregnant (some for over a decade), after receiving chiropractic adjustments 14 of them got pregnant, carried to term and became mothers. The report merely reminds people of what chiropractors and their many patients have known for over a hundred years, as it stated:

Startling new research shows a possible link between spinal adjustments and increased fertility in some women.

How does chiropractic help? The ovaries, uterus, fallopian tubes and other structures needed to nurture a healthy pregnancy all need a healthy nerve supply from the spine in order to function properly. If the spine is misaligned (subluxated), nerves going to those organs may be affected causing the organs to function at less than 100%.

Chiropractors check the spine for subluxations and correct them, thus permitting your body to be more balanced with all its organs receiving proper nerve communications and energy.

Over six million couples in the US alone have fertility problems, spending tens of thousands of dollars trying to get pregnant, often without success. Why not go in for a spinal checkup to see if you have a subluxation affecting the reproductive system? If you do, an adjustment may hold the key to a successful pregnancy. (1)



Mother's milk = smarter kids

Researchers followed over 1000 children for 18 years to see if those who were



breastfed were different from the non-breastfed babies. They discovered that more breastfeeding was associated with consistent and statistically significant increases in 1) IQ; 2) reading comprehension, mathematical ability, and scholastic ability 3) teacher ratings of reading and mathematics and 4) higher levels of attainment in school leaving examinations. The authors wrote: "Breastfeeding is associated with small but detectable increases in child cognitive ability and educational achievement. These

effects are 1) pervasive...and 2) relatively long-lived, extending throughout childhood into young adulthood." This is another study showing that breastfeeding is good for

babies' brains. All babies need to be breastfed for *at least* the first year of life and preferably for 2, 3, or 4 years. (2)

72-year-old runners

Old age does not mean sick age. With more people realizing that exercise, even regular walking, keeps your body healthier we'll be seeing more and more stories such as the Aberdeennews.com report on two 72-year-olds who run half marathons: "At an age when many of their friends are using walkers or wheelchairs to get around, Dick Wilson, a 72-year-old man from Kansas, and Paul Heitzman, also 72, are doing just the opposite." Heitzman began running right before his 60th birthday to stay in shape. Remember, your body (and mind) will rust out faster than it will wear out. (3)



Words of Wisdom

When men speak ill of thee, live so as nobody may believe them. – Plato

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.
– Albert Einstein

When a husband brings his wife flowers for no reason, there's a reason.
– Molly McGee

Chiropractic Questions and Answers

What is the main difference between chiropractic and medicine?



Some people think the difference between medicine and chiropractic is that one approach is drug-free while another treats with drugs. While that is an important difference, there are others.

The chiropractic approach is to permit the body to function better by correcting a major impediment to body function: the vertebral subluxation.

The medical approach is largely to suppress symptoms such as pain, nausea, vomiting and fever with drugs and to manage (not cure) diseases. The chiropractic natural, drug-free outlook is gaining great popularity as people are increasingly made aware of the dangers of drugs and surgery. Drugs and surgery may be at times necessary, but should be used with caution since those approaches are dangerous. Also, suppressing disease symptoms with antibiotics, steroids and other drugs may drive a disease deeper. (See next two articles).

Antibiotic use and breast cancer

For centuries vitalist healers have claimed that suppression of disease with drugs can cause more serious illness. In the Feb. 18, 2004 *Journal of the American Medical Association* researchers found that antibiotic use was associated with an increased risk of fatal breast cancer – the more antibiotics taken, the more breast cancer. Papers suggesting such a link appeared decades ago. It didn't matter which class of antibiotic was used. (4)

Causes of Death in US – the answer may surprise you

The US Center for Disease Control lists the ten leading causes of death in the United States in 2000 as heart disease, cancer, stroke, respiratory disease, injuries, diabetes, pneumonia/influenza, Alzheimer's and kidney disease. However, researchers now find the number one cause of death in the US to be medical care including adverse drug reactions, unnecessary surgery, hospital infections, malpractice, bedsores, etc. These kill more people than cancer, heart disease or stroke. The researchers preface their article:

What you are about to read is a stunning compilation of facts that documents that those who seek to abolish consumer access to natural therapies are misleading the public. Over 700,000 Americans die each year at the hands of government-sanctioned medicine, while the FDA and other government agencies pretend to protect the public by harassing those who offer safe alternatives. (6) See the full article at http://www.lef.org/magazine/mag2004/mar2004_aws_i_death_02.htm

Chiropractic and Spinal Research

Remember, all people can benefit from chiropractic care no matter what condition they may have.

Improved breathing, better vision, normalized blood pressure, relief from allergies and more. Over 1,000 chiropractic patients were interviewed in this Swedish study. Although many patients came in for back and neck conditions, they noticed many other improvements in breathing, digestion, clearer/better/sharper vision, circulation, ringing in the ears, acne/eczema, menstrual problems, asthma/allergies better, sense of smell heightened, reduced blood pressure, numbness in tongue gone, hiccups gone, menses function returned, cough disappeared, double vision disappeared, tunnel vision disappeared, less nausea, etc. (7)

Multiple Sclerosis and Chiropractic. A 24-year-old female with nerve sensations (paresthesia) and tingling in her upper and lower extremities, stiffness in left arm and hand, and chronic fatigue diagnosed with multiple sclerosis. The condition, which medically has no cure, resolved with chiropractic spinal care. (8) **Sciatica and disc herniation.** This is the case history of two patients with incapacitating sciatica pain due to diagnosed disc herniation. After initial chiropractic adjustments follow-up scans showed complete absence of disc herniation in the first patient. The 2nd patient's follow-up scan showed the bulge shifting away from the nerve. Both patients' pain levels decreased from severe to minimal. The patients regained the ability to stand, sit and walk for longer periods without discomfort; lifting tasks also became easier. The patients were able to return to work after 3 and 9 months respectively. (9)



Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.

Humor

Answers given by elementary school age children to the following questions:

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me. He just used bigger parts.

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they mostly use string. I think.

Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's moms like me.

What kind of little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer? Does he make at least \$800 a year?

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that mom didn't have her thinking cap on.

Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because dad's such a goofball.

2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than dad.

What's the difference between moms and dads?

1. Moms work at work and work at home, and dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.

What does your mom do in her spare time?

1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

What would it take to make your mom perfect?

1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.

If you could change one thing about your mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.



See you next month – and don't forget to call your mother. Also don't forget to stop by for a spinal adjustment and a checkup; your mother would be pleased.

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NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH



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In The Interest of Safeguarding Your Health,

Menopause Not So Sweet

A small study of Turkish women suggests that changes associated with menopause may decrease women's ability to taste sweet foods. Twenty women exhibited a lower sensitivity to sugar on taste tests than did men of comparable age. The researchers say most of the women had compensated for the lessened sensitivity by consuming sweeter foods. Salty, sour and bitter taste buds were not affected.¹

1. *British Dental Journal*, April 26, 2003; www.nature.com/bdj/journal/v194/n8/index.html.

Polyp Protection

A study in the *Journal of the American Medical Association*² reports that vitamin D appears to inhibit the development of intestinal polyps. Among the more than 3,000 veterans involved in this study, those who consumed reasonable quantities of milk and fish were 40 percent less likely to develop polyps than those who received little or no vitamin D in their diet. The average amount of vitamin D consumed by the group with fewer polyps was approximately 645 International Units. The researchers did not take into account exposure to sunlight.

2. *JAMA*, Dec. 10, 2003.
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Air Pollution Bad for the Heart

A study published by the American Heart Association³ suggests that air pollution causes twice as many deaths from heart problems as it does from respiratory disorders. Researchers say fine particles in air pollution lead to arterial inflammation, among other problems. They also note that inflammation of the lungs due to pollutants can put a strain on the heart, due to elevated pulmonary pressure. A strong correlation to lung cancer was also found in this study, which adjusted for a number of factors, including smoking.

3. *Circulation*, Dec. 16, 2003.
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Fertility and Lifestyle

Studies presented at a meeting of the American Society for Reproductive Medicine highlighted two factors that decrease a man's fertility: smoking marijuana and being overweight. According to researchers, marijuana not only cuts the concentration of sperm in half, but also triggers a type of hyperactivity that causes them to swim at a feverish rate, then collapse in exhaustion before they can reach the egg.

Excess weight also results in a lowered sperm count and an increased number of abnormalities. The researchers think that a high amount of body fat impedes heat dissipation in the groin (and thus the testicles), which in turn hampers sperm formation.⁴

4. Associated Press, Oct. 16, 2003, reporting on the ASRM meeting in San Antonio.
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Vision Vitamins

Researchers from Johns Hopkins Medical Association, using data from recent studies involving vitamin supplementation and macular degeneration, have estimated the impact of such nutritional supplementation on the sight of American citizens. They calculate that if all 8 million Americans (55 years of age and older) thought to be at risk for the disease increased their intake of vitamins C, E, beta carotene and zinc, more than 300,000 would avoid vision in the next five years.⁵ Details are published in the Archives of Ophthalmology.⁶

5. Reuters, Nov. 11, 2003.
 6. *Archives of Ophthalmology*, November 2003.
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Exercise Combats Strokes

A review of 23 studies from around the world concludes that the amount of exercise one performs on a regular basis correlates to a reduced risk of suffering a stroke. In general, a moderately active person is 20 percent less likely to suffer from a stroke (or to die if one occurs), compared to those who get little physical exercise. More highly active people increase their protection to 27 percent. A moderately active person, by the researchers' standards, may take a brisk walk for 30 minutes on most days. The analysis was published in the October 2003 edition of *Stroke*.⁷

7. <http://stroke.ahajournals.org/cgi/content/abstract/34/10/2475>.
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Domestic Asthma

A Spanish research team reports a correlation between the development of asthma and working as domestic cleaners. They found that women working as maids suffered asthma at a much higher rate than those in other occupations. In their study group of more than 4,500 women, nearly 600 were domestic cleaners by occupation; approximately 12 percent qualified as asthmatics. The researchers conclude that about 25 percent of the asthma cases they encountered could be attributed to this line of work. They suspect household chemical irritants as the major contributing factor.⁸

8. <http://thorax.bmjournals.com/cgi/content/abstract/58/11/950>.
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Moms Can Cope

A researcher from the University of Richmond describes an effect he calls "maternal-induced neural plasticity" in the journal *Physiology and Behavior*.⁹ He concludes that motherhood produces a resistance to fear and a clearer head when it comes to stressful situations. An earlier study also suggested an increase in intelligence. These studies were done on rats, but the author is confident the results would also apply to humans. Female rats that had produced one or more litters were braver and more confident when facing unusual situations that others approach with trepidation. The changes appear to be permanent.

9. *Physiology and Behavior*, October 2003.
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Subliminal Stress

Researchers from Johns Hopkins University in Baltimore report that they have found a good indicator of susceptibility to heart attack. An increase in blood pressure during mentally stressful

situations, they say, is a warning sign. The stress is not subjectively apparent and, in fact, there was no correlation between the blood pressure readings and whether the patient thought he or she felt stressed during this study. According to the researchers, the readings are far more reliable as a risk factor than smoking, diabetes, or cholesterol levels. Subjects whose blood pressure rose 20 points during the test were six times more likely to suffer a cardiac incident in the subsequent six years. During testing, the volunteers were asked to identify the color of words flashed on a computer screen, with errors resulting in a "WRONG!" message being displayed as a reprimand. The words themselves were names of colors, such as "green," "blue," "red," etc., but usually displayed in a different color than the name would suggest.¹⁰

10. Reuters, Nov. 11, 2003, reporting on the work of Diane Becker and associates.

Ipecac No More

The American Academy of Pediatrics, in a reversal of traditional policy, now says parents should avoid the use of syrup of ipecac as an automatic treatment for suspected toxin ingestion. The preferred action is to call a poison control center for advice. Some of the side effects of ipecac (drowsiness and prolonged vomiting) can complicate diagnosis, and may interfere with the action of other antidotes. Also, its use does not appear to improve outcomes in a majority of cases. The recommendation is based on a number of studies analyzed by the American Association of Poison Control Centers.¹¹

11. Associated Press, Nov. 2, 2003.

Sunscreen Deficiency

British researchers say that sunscreens, even when applied correctly, may not protect against skin cancer as much as you think. The fact that you don't burn may make you think they are working, but measurements suggest they are generally not very good at stopping the UVA wavelengths that contribute to melanoma, despite claims to the contrary.

Malignant melanoma has doubled in Britain every 10 years since the 1950s,¹² one of the reasons studies such these are being done. The researchers suspect people are staying out in the sun longer while wearing sunscreen, thinking they are being protected. They still recommend the use of the products, but warn against staying longer in the sun than necessary.¹³

12. Reuters, Sept. 29, 2003.

13. www.raft.ac.uk/research/press_release_23_09_03.html.

Cadmium and Estrogen

Researchers from Georgetown University report that they have discovered a strong relationship between cadmium and estrogen-like effects in animals.¹⁴ In their study, rats injected with small amounts of cadmium reacted in a similar manner to those injected with estradiol, a form of estrogen. That effect was eliminated if estrogen-inhibiting drugs were administered. Female offspring born to pregnant rats that had been given cadmium went through puberty earlier. Cadmium has also been implicated in breast cancer. The metal is common in rechargeable batteries, pigments, solder, air pollution and cigarettes.

14. *Nature Medicine*, August 2003.