



Healthy Living Chiropractic Email Newsletter

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

50258 Van Dyke Avenue, Suite E
Shelby Township, MI 48317-1374
586.731.8840 or 586.726.KIDS



info@wellnesschiro.com

www.wellnesschiro.com

Don't sit around the house, enjoy the great weather. Remember what one Roman scholar said when he began to study Greek at age 75. He was asked why he didn't start studying at a younger age. He replied, "This is the youngest age I have."

TABLE OF CONTENTS

eNewsletter pages 2-5, eNews to Protect Your Health pages 6-9

- Do you have a hump?
- Chiropractic improves athletic performance
- A little "ding" on the field is no little thing
- Chiropractic Q&A
- Words of Wisdom
- Chiropractic and spinal research
- More parents refusing to get children vaccinated
- What's in the chicken pox vaccine?
- The latest cancer information
- Humor
- References



Do you have a hump?

A hump? Where? In many people a hump or rounded protrusion develops where the neck meets your thoracic spine (upper back). Is it important? Yes, it could be very important.

In the illustration on the left the woman's head sits evenly over her shoulders; this is "normal" posture. In the illustration on the right her head is slightly in front of (anterior to) her shoulders. The shoulder and trapezius muscles tighten as they try to pull the head back. The tightness may go down the body and cause low back and hip pain however the off-



centered head position may create a hump. Over time the hump may develop fatty tissue to protect the "exposed" area. The vertebrae making up the hump are often out of position,

irritating the nerves that go to the heart, lungs and thyroid which may affect the functioning of these vital organs.

Got a hump? Get a chiropractic adjustment. Chiropractic may help remove your hump by realigning the vertebrae and letting you regain your normal flexibility. Also, with your head properly balanced over your shoulders you'll have less tension, more energy and a sense of improved overall well-being.

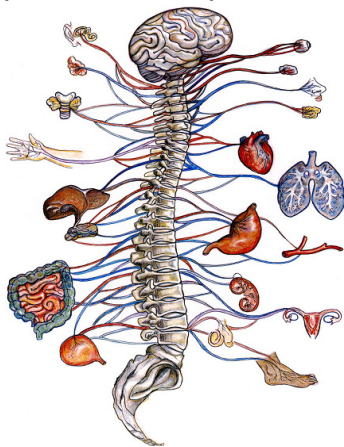
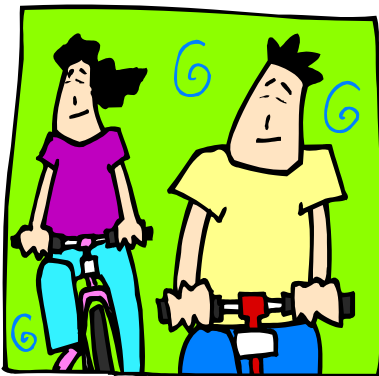


Illustration: The upper thoracic spinal nerves affect your heart, lungs, thyroid, shoulder, arms, wrists, hands, throat and other structures

Chiropractic improves athletic performance

Athletes often notice that chiropractic makes your body work more efficiently so you get more performance with no more effort.

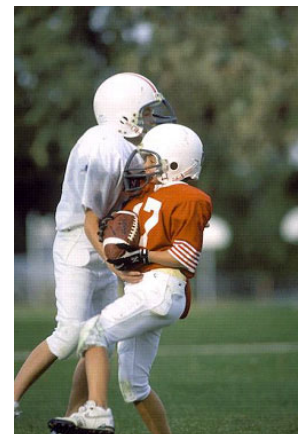
In a study showing chiropractic's effectiveness, competitive cyclists (4 men and 2 women) were able to measurably improve their performance after just one to two weeks of chiropractic care. The study subjects reported that they could ride longer before fatiguing because their legs were working the pedals more efficiently. Five of the cyclists reported a lower perceived effort of how hard they were working, experiencing improved biomechanical efficiency, pedaling "rounder" or in a smoother motion (as measured by computer analysis).(1)



A little "ding" on the field is no little thing

A "ding" may be more serious than expected. After a "ding" on the field, the shook up athlete may sit on the sidelines for a little while and if they look OK, they often go back (or are sent back) in the game. That may be a bad idea.

In a recent study, 43 male and female high school athletes who had a mild head concussion were tested for attention, memory, reaction time and information-processing speed within a week of injury. Researchers were shocked when they found a dramatic decrease in memory and an increase

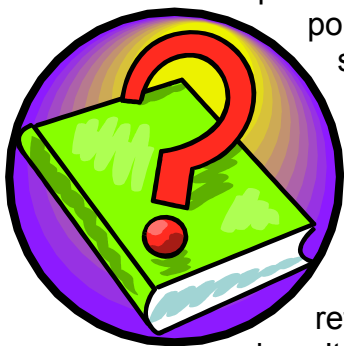


in symptoms 36 hours after injury. Quite significantly, those athletes who had on-the-field symptoms lasting longer than 5 minutes had a 500% drop in memory performance. (2) Anyone who suffers a sports injury, no matter how “mild,” needs a chiropractic checkup to ensure that they aren’t carrying unresolved damage in their body.

Chiropractic questions and answers

Question: Is it bad to “crack” your neck or back a lot?

Answer: This question is often asked of chiropractors because people associate the cracking or popping of one’s neck with a chiropractic adjustment. The two are not the same thing. If a person has a desire to pop his neck or back it’s usually because a part of his spine is fixated or jammed causing another part to move too much and “pop” a lot. It’s the jammed or fixated part that must be properly adjusted by a chiropractor so that the spine will stop being so movable and noisy.



When you “crack” your neck you may relieve tension for a little while, but you are not giving yourself an adjustment. After a while the urge to “crack” returns because the cause of the spinal tension, the “jammed” vertebrae, hasn’t been corrected.

Old wives' tales say popping or cracking your joints causes arthritis. There isn’t any research supporting that, but if tension keeps building up in the joints because of spinal stress it may not be the popping or cracking that’s so bad for you, but the spinal stress and imbalance causing it.

Words of wisdom

Everything can be taken away from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way. – Victor Frankl, Holocaust survivor and author

Anyone who puts whole-hearted effort into anything can perform miracles.
– Anne Fadiman

Chiropractic and spinal research



Remember, all people can benefit from chiropractic care no matter what condition they may have. If you have any specific questions please feel free to contact us.

Autism and otitis media. A 3-year-old autistic girl also suffering from serous otitis media and hearing difficulty was diagnosed as 9 to 12 month level of development. An ENT specialist suggested surgical insertion of tubes in the ears. The parents first decided to try chiropractic. Within 3 weeks of her first chiropractic adjustment, there was complete resolution of her otitis media. It was noticed that her tantrums increased after drinking milk therefore a gluten and casein-free diet was implemented and this brought about “terrific” cognitive and emotional improvement, social skills, language and reasoning skills. (3)

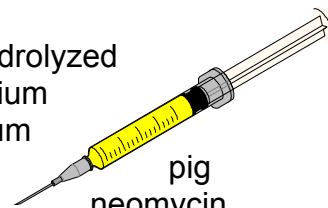
Multiple sclerosis. After a series of chiropractic adjustments all four MS patients in this study reported improvement in functional health status and quality of life. Three of the four patients reported a significant trauma to the spine that preceded their development of MS symptoms. (4)

More parents refusing to get children vaccinated

As a result of increased studies indicating that vaccines are responsible for brain damage, paralysis, autism, diabetes, immune system disorders, and learning and neurological disorders, more parents are refusing to give their child some or all vaccines. In a recent study 93% of pediatricians and 60% of family physicians said at least one parent had refused a vaccine for their child in 2003. Within this year, 69% of the physicians said that the number of concerns from parents had increased significantly. (5)

What's in the chicken pox (Varivax) vaccine?

Each dose contains 1,350 units of varicella virus, 25 mg sucrose, 12.5 mg hydrolyzed gelatin, 3.2 mg sodium chloride, .5 mg monosodium L-glutamate, .45 mg sodium phosphate dibasic, .08 mg potassium phosphate monobasic, .08 mg potassium chloride, residual components of cloned, aborted fetus cells including guinea DNA and protein, trace quantities of sodium phosphate monobasic, EDTA, and fetal bovine serum. Varivax has not been evaluated for its carcinogenic (cancer-causing) or mutagenic potential, or if it could damage the child's reproductive system and impair fertility.



The latest cancer information

A great resource for accurate cancer information is available from THE MOSS REPORTS, a free weekly e-mail newsletter by Ralph W. Moss, Ph.D. In newsletter #127 (4/4/04) Moss writes: "More than thirty years have elapsed since the war on cancer was officially declared by President Nixon. Yet despite the enormous effort expended in terms of manpower, resources and money, we are no closer to winning the war than we were on the day it was declared. New drugs are constantly being approved, but while it is true many of them can cause a temporary shrinkage in tumor size, very few will eradicate any kind of cancer permanently. When the temporary shrinkage of tumors without any prospect of real prolongation of life can generate so much profit for drug companies there is little incentive for them to investigate different, less toxic approaches that may offer a real chance of influencing the outcome in many cancers." Visit http://cancerdecisions.com/list/optin.php?form_id=8 to subscribe.

Humor



An English professor wrote the words, "Woman without her man is nothing," on the blackboard and directed the students to punctuate it correctly.

The men wrote: "Woman, without her man, is nothing."

The women wrote: "Woman! Without her, man is nothing."

Some fun games for you to check out:

<http://fun.from.hell.pl/2003-11-24/bubblewrap.swf>

<http://www.neen.org/demo/clinger.swf>

<http://holistech.co.uk/haggis.php> (this is a British game, but

still a lot of fun for us Yanks!)

The following statements about the Bible were written by children. They have not been retouched nor corrected – incorrect spelling has been left in.

In the first book of the bible, Guinnessis. God got tired of creating the world so he took the sabbath off.

Adam and Eve were created from an Apple tree. Noah's wife was called Joan of Ark. Noah built an ark and the animals came on in pairs.

Lot's wife was a pillar of salt during the day, but a ball of fire during the night.

The Jews were a proud people and throughout history they had trouble with unsympathetic Genitals.

Sampson was a strongman who let himself be led astray by a Jezebel like Delilah.

Samson slayed the Philistines with the axe of the Apostles.

Moses led the Jews to the Red sea where they made unleavened bread which is bread without any ingredients.

The Egyptians were all drowned in the desert. Afterwards, Moses went up to Mount Cyanide to get the ten amendments.

The first commandment was when Eve told Adam to eat the apple.

The seventh Commandment is thou shalt not admit adultery.

Moses dies before he ever reached Canada. Then Joshua led the Hebrews in the battle of Geritol.

The greatest miracle in the bible is when Joshua told his son to stand still and he obeyed him.



See you next month – and if you haven't visited the office for a spinal checkup in a while, we miss you! Please call 586-731-8840 and make an appointment. You'll have a healthier and happier spring.

References

1. *Vector*. 1999;2(4).
2. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *American Journal of Sports Medicine*. 2004;32:47-54.
3. Khorshid K. Case report: autism, otitis media. *ICA Review*. Fall 2001.
4. Killinger LZ, Azad A. Multiple sclerosis patients under chiropractic care: a retrospective study. *Palmer Journal of Research*. 1997;2:96-100.
5. Freed GL, Clark SJ, Hibbs BF. Parental vaccine safety concerns. *American Journal of Preventive Medicine*. 2004;26(1):11-14. www.ajpm-online.net/article/PIIS0749379703002794/abstract cited in [American Medical News](#) February 9, 2004.

NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH



Brought To You By:

www.wellnesschiro.com

info@wellnesschiro.com

In The Interest of Safeguarding Your Health,

Iron-Deficient Brains

Researchers from Pennsylvania State University report that mild iron deficiency appeared to result in mental performance problems in a group of women they studied. They found a direct correlation between lack of iron and the time it took to complete cognitive tests. Attention span and memory functions also were affected. However, the disparity disappeared after subjects were given iron supplements for four months.¹ The placebo-controlled study involved 113 women in various states of deficiency at baseline.

1. Drs. Laura Murray-Kolk and John Beard, reporting at a meeting of the American Society of Nutritional Sciences, April 19, 2004.
-

Bad Vibrations

Workers who spend a lot of time using vibrating tools are susceptible to certain permanent peripheral neurological problems, and a new study may explain what is happening. Researchers from the Medical College of Wisconsin, studying hand-arm vibration syndrome, report that continuous vibration appears to constrict arteries, which leads to nerve malnutrition. Symptoms begin with pain, tingling, numbness, and cold sensitivity. In advanced cases, dexterity is severely impacted. The researchers think that the actual damage occurs because of long-term arterial constriction, so they hypothesize that other factors, such as smoking or chronic exposure to cold, may have similar effects.²

2. Drs. Syndya Govindaraju and Danny Riley, report to the American Association of Anatomists, April 19, 2004.
-

Antibiotics and Breast Cancer

A study from the University of Washington in Seattle suggests a link between breast cancer and antibiotic use. Researchers looked at the histories of 10,219 women belonging to a group health plan, and found that those who had 25 or more prescriptions for antibiotics, or those who had taken them for more than 500 days, had twice the risk of breast cancer than those who had taken no antibiotics. The study spanned 17 years. The breast cancer link appeared to be somewhat proportional to how often antibiotics were used, as those who had taken them less often still showed an increased, but slightly lessened, chance of the cancer.³ This study supports results seen in an earlier Finnish study of a similar number of women.

3. *Journal of the American Medical Association*, February 18, 2004.
-

Pig Worms for Crohn's

If you're looking for a different kind of treatment for inflammatory bowel disease (IBD), a German company may have just the thing: a solution of pig whipworm eggs. The idea came from a University of Iowa professor who had noticed an increase in IBD coinciding with a drop in human intestinal parasitic infections. Pig worms were chosen because they do not survive long in humans. Preliminary experimentation suggested a twice-monthly dosage of a few thousand eggs led to a remission in half the cases of ulcerative colitis and up to 70 percent of Crohn's disease cases.⁴ The company's sister entity provides leeches and maggots to clean up wounds.

4. *New Scientist*, April 6, 2004.
-

Carbs Needed After a Workout

The American Council on Exercise is warning athletes to be wary of restricting carbohydrates too much, especially after a physical workout.⁵ Since the energy for muscle cells is stored as glycogen (a carbohydrate), it seems logical that having a carbohydrate meal post-workout is the quickest way to replenish those reserves. Insufficient replenishment, the council says, can result in possible muscle breakdown, or at least undue fatigue during your next workout. Experts suggest that the most beneficial time to eat after a workout is 30-60 minutes later.⁶

5. www.acefitness.org.
 6. Associated Press, April 18, 2004.
-

Your Brain on Alcohol

Researchers from Vanderbilt University in Tennessee and the University of California San Francisco report that heavy social drinkers show the same type of brain damage as hospitalized alcoholics.⁷ The damage is visible on brain scans, and mental function tests show enough problems to assume that day-to-day function is impaired. The impairment was most noticeable on working memory, processing speed,

attention, executive function, and balance.⁸ Heavy drinking was defined as 100 drinks per month for men and 80 drinks per month for women.

7. *Alcoholism: Clinical & Experimental Research*, April 2004.

8. Reuters, April 14, 2004.

ADHD/TV

A study published in *Pediatrics*⁹ reports a strong correlation between attention deficit disorder and television viewing early in life. The study concludes that the risk of being diagnosed with attention deficit-hyperactivity disorder at age 7 increases nearly 10 percent for each hour children watch television per day between the ages of 1 and 3. The average time spent in front of the television in the study group was 2.2 hours for 1-year-olds, and 3.6 hours for 3-year-olds. However, some children spent as much as 12 hours per day watching television. The study used data from 2,500 children.¹⁰

9. *Pediatrics*, April 2004.

10. Reuters, April 5, 2004.

Drug Peddler Gifting

In an unusual action, federal prosecutors recently put salespeople from a pharmaceutical company on trial for essentially doing their jobs. The prosecutors charge that the kickbacks and other gifts paid to doctors are reaching criminal levels, and are unduly influencing prescription patterns of doctors and driving up health care costs. The gifts in question include trips to exclusive golf and ski resorts, as well as "educational grants" that paid for cocktail and office Christmas parties.¹¹ A number of medical professionals are starting to acknowledge the ethical problems created by these gifts; one sponsors an interesting Web site at www.nofreelunch.org.

11. Associated Press, April 12, 2004.

Depressing News About Antidepressants

Here's a good trivia question: What is the fastest-growing group of prescription antidepressant users in the United States? Answer: preschoolers. An organization that keeps track of prescription drug use says that between 1998 and 2002, orders nearly doubled, and the trend appears to be continuing. The study looked at a sample of 2 million insured children, and found that while prescription use increased an average of 10 percent per year for all children up to age 18, those under age 5 are getting more drugs quicker.¹² Girls are especially likely to get the prescriptions, presumably because they get depressed more often. Other possible factors cited for the increase include a greater awareness by pediatricians about depression, although a case might be made that there is instead a greater ignorance of how to deal with children. The FDA has warned against using certain antidepressants in children because of a potential suicide risk.

12. *Psychiatric Services*, April 2004.

Speed Humps Slow Injury Rate

The *American Journal of Public Health*¹³ reports that a statistical analysis of neighborhoods that have installed speed humps demonstrates a significant reduction in deaths and injuries where the structures have been installed.¹⁴ In Oakland, California, a 15 percent reduction in such incidents was seen after 1,600 speed humps were installed on residential streets. Speed humps differ from speed bumps in that humps are more gradual and will usually allow a vehicle to pass fairly comfortably at about 20 mph. Motor vehicle-related injuries are the leading cause of death for children 15 years of age and younger.¹⁵

13. *AJPH*, April 2004.

14. www.ajph.org.

15. Associated Press, March 30, 2004.

Vitamin E for the Bladder

A study relating dietary intake of vitamin E to bladder cancer suggests a benefit from the antioxidant. Researchers questioned 1,000 Houston residents about the foods they consumed, and noticed that those eating foods richest in the vitamin had bladder cancer half as often as those with the poorest vitamin E intake. The range of vitamin E consumption among the participants was relatively small, so researchers are not certain how much of an additional improvement, if any, is possible. More studies have been called for, as this one involved a relatively small group. An earlier study from Finland found a reduction of prostate cancer by about one-third in men with an elevated intake of vitamin E.¹⁶

16. Associated Press, March 29, 2004.

A Bit of a Stretch

A report from the Centers for Disease Control and Prevention¹⁷ suggests that pre-workout stretching probably isn't as useful for injury prevention as is generally thought. This analysis of five studies found that stretching before a workout is basically useless for most athletes, although the authors hypothesize that gymnasts and dancers (who require greater flexibility) might benefit.¹⁸ Research does suggest, however, that exercise that results in a warm-up of muscles (thereby increasing blood flow and responsiveness) does help prevent injuries.

17. *Medicine and Science in Sports and Exercise*, March 2004. www.ms-se.com.

18. Associated Press, March 28, 2004.