



## 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](mailto:info@wellnesschiro.com)  
[www.wellnesschiro.com](http://www.wellnesschiro.com)

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).



You got to look at things with the eye in your heart, not with the eye in your head.  
– Lame Deer, Medicine Man of the Oglala people

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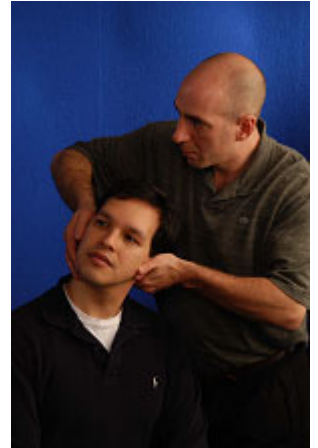
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## What Does Chiropractic Care Do For You?



Chiropractic spinal care helps balance your body structure: your head is more centered; your shoulders are more level; you have less stress upon your spinal column and nervous system and that gives you more energy, greater harmony, increased resistance to disease and improved overall body function.



It doesn't matter what disease or health problem you may be suffering from. When your chiropractor releases your old spinal stress (called vertebral subluxations) your body begins to work better. No matter what problem you may have: skin problems; allergies, asthma, neck or back pain, heart problems, headaches, insomnia or any other health problem – every person needs a healthy spine. A chiropractic spinal adjustment may make the difference between sickness and health and between a quick recovery and a lingering chronic condition.

## Words of Wisdom

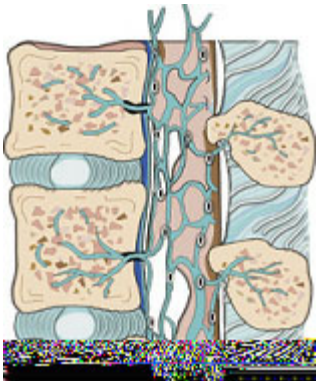
*Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart.* – Marcus Aurelius

*Only when sleeping do we make no mistakes. Mistakes are the privilege of the active person, who can start over and put things right.* – Ingvar Kamrad, founder of IKEA



*You can talk all you want, but it gets nothing done.* – Yiddish proverb

## Questions and Answers



Q. Is it possible to have a slipped disc?

A. A disc cannot "slip" because it is knitted into the vertebrae from both above and below. What sometimes do slip are the vertebrae, which may stress the disc and contribute to its damage. Many "slipped discs" would be more accurately called slipped vertebrae or subluxations.

According to Robert Mendelsohn, MD, "I have seen more than one case in which spinal surgery was avoided by individuals who decided, as a last resort before going under the knife, to see a chiropractor...." (1) His remark has been underlined by many medical doctors and others who find that many patients who decide to pursue a non-operative approach towards disc herniation may not need the surgery. Do you know anyone

with a disc problem? Make sure they come in for care before submitting to more dangerous forms of care such as drugs and surgery.

## Chiropractors in hospitals – a step in the right direction

In the US and internationally most chiropractic colleges now have external clinics in hospitals and community healthcare centers, where chiropractic services are offered and students receive clinical training in multidisciplinary environments.... There are now approximately 500 hospitals in the US with chiropractors on their staff. (2)

## Breast-feeding Benefits



There are many health benefits breast-feeding imparts to babies: healthier brains, stronger immune system, emotional support, protection from cancer diabetes, ear infections, obesity and other conditions. Breast feeding also lowers cancer risk in mothers, helps them lose weight and saves nearly \$2,000 a year in formula. For free breast-feeding information visit [www.4woman.gov](http://www.4woman.gov)

## Robert Mendelsohn, MD on Flu shots

“I never can think about flu shots without remembering a wedding I once attended. Strangely enough, no grandparents were among the participants, and no one who was present seemed to be over 60. When I asked where all the older were, I was told they had all received their flu shots a few days before, and they all were at home, recovering from the ill effects of the shots:

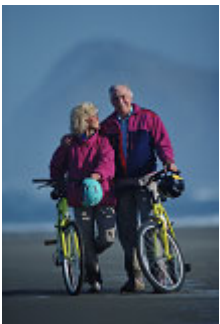
“The flu vaccine’s efficacy and potency still are subjects of great debate, particularly since the strains covered by one year’s vaccine often fail to correspond to whatever strains are causing flu at that particular time. The entire effort resembles a game of roulette in which, in any given year, the numbers may or may not match the strains.

We were all afforded a peek into the real dangers of the flu vaccine in 1976 when close governmental surveillance of one strain, the swine flu vaccine, disclosed that 565 cases of Guillain-Barre paralysis were associated with this vaccine, as were the unexplained deaths of 30 elderly persons. One wonders how much more would be known about the ill effects of flu shots if this kind of surveillance had been exercised over everyone who had received other forms of flu vaccine over the years.”



## It’s never too late to start exercising

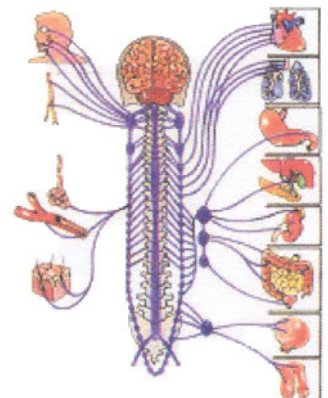
You are never too old to benefit from exercise. Even if you’re in your 90’s, exercise can be beneficial. One husband and wife team, ages 92 and 86 respectively, who began exercising after they retired are still going strong. Experts say that older people can increase their ability to function on a daily basis with exercise.



Research has shown that beginning exercise in the 90’s can even restore some of the loss of function that comes from lack of activity. (3)

## Chiropractic and Spinal Research

**Multiple sclerosis.** In this review, three of the four people diagnosed with MS reported a significant trauma to the spine that preceded the diagnosis. All patients reported improvement in functional health status and quality of life after chiropractic care. (4)



**Herniated cervical (neck) disc.** This is the case study of a 60-year-old woman with MRI documented herniated cervical disc. Her symptoms included deep, constant, burning ache in the left arm and severe neck and left shoulder pain. Under chiropractic care the patient's pain and numbness disappeared and her grip-strength returned to normal within 5 months. (5)

**Spina bifida and meningomyelocele.** This is the case of a boy born with congenital spina bifida and meningomyelocele (spinal opening) surgically closed 5 hours after birth. The MDs said he would have minimal muscle tone in his legs, little or no bladder or bowel control and always need leg braces. In addition he had constipation, chronic vomiting and urinary infections. The day after his first chiropractic adjustment (age 1) normal bowel movements began; in 2 weeks the vomiting and urinary infections stopped and his disposition "greatly" improved. He now walks with a reverse walker, goes up and down stairs using a railing and crawls on the furniture. Continued improvement is expected. (6)

**Parkinson's Disease.** 10 PD sufferers aged 47 to 76 years with mild to severe symptoms received chiropractic care. All patients had been diagnosed with PD by neurologists and were on medication. Interestingly, nine of ten patients reported having suffered a trauma preceding the onset of PD symptoms. Of the ten patients, 8 improved. They reported an increase in energy level and/or sleep and showed a decrease in spinal pain and/or rigidity. Six out of 10 patients showed 21-43% overall improvement. The two who had not improved were both men over 65 years of age with approximately eight year histories of the disease. (7)

## Humor

If you are going to try cross-country skiing, start with a small country.

Why isn't "phonetic" spelled the way it sounds?

I don't exercise because it makes the ice jump right out of my glass.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the hell she is.

I have flabby thighs, but fortunately my stomach covers them.

### In the beginning God...

In the beginning God covered the earth with broccoli and cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's bountiful gifts, Satan created Ben and Jerry's and Krispy Creme. And Satan said, "You want chocolate with that?" And man said "Yes!" and woman said, "I'll have another with sprinkles." And lo they gained 10 pounds.

And God created the healthful yogurt that woman might keep the figure that man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane, and combined them. And woman went from size 2 to size 6.

So God said, "Try my fresh green salad." And Satan presented Thousand Island Dressing and garlic toast on the side. And man and woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried shrimp and catfish and chicken-fried steak so big it needed its own

platter. And man gained more weight and his cholesterol went through the roof.

God then brought forth running shoes so that his children might lose those extra pounds. And Satan came forth with a cable TV with remote control so man would not have to toil changing the channels. And man and woman laughed and cried before the flickering light and piled on the pounds.

Then God brought forth the potato, naturally low in fat and brimming with potassium and good nutrition. Then Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them and added copious quantities of salt. And man put on more pounds.

God then gave lean beef so that man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and the 99-cent double cheeseburger. Then Lucifer said, "You want fries with that?" and man replied, "Yes! And super size 'em!" And Satan said "It is good."

And man went into cardiac arrest.

God sighed and created quadruple bypass surgery.

And Satan created HMOs.

## References

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2. *The Chiropractic Report* .2003;17(5):8.
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7. Elster EL. Upper cervical chiropractic management of 10 Parkinson's Disease patients. *Today's Chiropractic*. July/August 2000;36-48.



**Bye, and thanks for reading this far down. Thanks for being our patient, and letting us care for you. We really do appreciate you. Write with any questions. Want your friends to be sent a copy? Let us know and we'll put them on our subscriber list.**

## NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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[www.wellnesschiro.com](http://www.wellnesschiro.com)

[info@wellnesschiro.com](mailto:info@wellnesschiro.com)

In The Interest of Safeguarding Your Health,

*Karl R.C.S. Johnson, D.C., L.C.P. (Hon.)*

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### **Mental Activity Fights Alzheimer's Disease**

A report in *Neurology*<sup>1</sup> concludes that better-educated people are more resistant to the effects of Alzheimer's disease. In this study of 130 clergy members, the mentally debilitating effects of the disease were compared to physical changes found in subsequent autopsies. The amount of Alzheimer's-related plaquing usually corresponds to the cognitive abilities of the patient during the end stages of the disease, but this study found that those with higher levels of education had fared better on their cognitive tests than the autopsy results suggested.

Another study published in *The New England Journal of Medicine*<sup>2</sup> reports that the risk of dementia, including Alzheimer's disease, decreases when a person is more mentally active. For example, doing the Sunday crossword puzzle each week may reduce the risk of dementia by 7 percent. Overall, this study of 469 elderly individuals found that the most mentally active third of the subjects were much less likely to develop dementia than the other two-thirds. Other beneficial mental activities included reading, playing cards or board games, and playing a musical instrument. The researchers found no effect from physical exercise except for dancing, which provided a similar benefit.

1. *Neurology*, June 24, 2003.
  2. *NEJM*, June 19, 2003.
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### **Can Certain Foods Reduce the Risk of Alzheimer's?**

Research from a Chicago hospital<sup>3</sup> suggests that meals rich in fish, nuts and oily salad dressings may reduce the risk of Alzheimer's disease. This seven-year study of 815 nursing home residents found that individuals who habitually consumed these foods at least once a week were 60 percent less likely

to develop the disorder. The researchers hypothesize that the fatty acids in such items are part of the makeup of the brain cell membranes, explaining why they offer some resistance to the disease.

3. Archives of Neurology, July 2003. <http://archneur.ama-assn.org/cgi/content/abstract/60/7/940>.
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### **Fiber and Bowel Cancer**

Here is yet another study relating to the on-again, off-again link between dietary fiber and resistance to bowel cancer. This investigation involved probably the largest sampling of patients to date: approximately 500,000 people from 10 European countries. People who consumed five or more portions of fruit and vegetables a day, plus the equivalent of five slices of whole meal bread, had a 40 percent lower rate of developing bowel cancer than other subjects. Other studies that have shown little correlation between dietary fiber intake and bowel cancer risk did not supply enough fiber in the diet to achieve the results seen in this study, according to these authors.<sup>4</sup>

4. Reuters, May 2, 2003, reporting on the work of Professor Sheila Bingham, head of the diet and cancer group at the British Medical Research Council's Dunn Human Nutrition Unit in Cambridge, England.
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### **Exercise Prescriptions**

The American Heart Association (AHA) says doctors should routinely prescribe exercise as a way to lower blood pressure and prevent heart disease. Most doctors don't, even though such measures often work just as well as the drugs they prescribe. "One problem is that doctors are not trained in preventing disease, but only in treating it,"<sup>5</sup> commented one of the AHA statement's authors, who also noted that there are few sales reps that train physicians to promote exercise instead of drugs. The AHA's recommendation is based on data from 44 different studies.

5. Reuters, reporting on an interview with Dr. Paul Thompson of Hartford Hospital in Connecticut.
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### **A Mother's Care Can Last a Lifetime**

Researchers at McGill University in Montreal report that the amount of care and attention given by mothers to their infants can impact the children's stress levels for the remainder of their lives. This study was performed on rats, but the researchers suspect the results may also apply in some manner to humans. They found that when mothers licked the baby rats more frequently, they became less anxious adults and tended to produce lower levels of stress hormones. They also formed more cortisol receptors in their brains. To rule out genetic factors, the researchers tried swapping the babies around, so that the mothers who licked frequently (up to five times as often) raised pups that were

born of mothers more stingy with the tongue; similar results were noted. Finally, they found that removing the mothers altogether after birth and using a paintbrush to stimulate the pups also produced comparable results.<sup>6</sup> (I wonder now if I was wrong to get upset with my mom when she said I "needed a good lickin.'")

6. Associated Press, June 8, 2003, reporting on the work of Professor Michael Meaney.

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### **Do-It-Yourself CPR**

A researcher from Poland<sup>7</sup> is promoting a method of self-CPR that may save your life in the event of a heart attack. The technique, which has been around for a while, but is not widely known, is called "Cough CPR." Most cardiac arrests happen at home, and the victim, who is often alone, may have less than a minute to call for help before falling unconscious. In his study, the researcher trained 115 people to recognize the symptoms of a heart attack, and instructed them to cough strenuously and rhythmically if they began to feel faint during a suspected cardiac arrest. The patients used the technique 365 times; all outcomes were successful, and medical intervention was required in only 73 cases. The coughing exerts pressure on the heart, forcing it to pump passively; apparently, this pressure is enough to maintain live-saving circulation until help arrives or, as has been observed in some cases, the normal heart rhythm returns.

7. Dr. Tadeusz Petelencz, a professor at Silesian Medical School in Katowice, reported by Associated Press, Sept. 2, 2003.

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### **Medical Errors Consistent**

Research from the Commonwealth Fund, a New-York-based foundation that studies health policy, suggests that although health care systems vary greatly between the United States, Britain, Canada, Australia and New Zealand, medical malpractice complaint patterns are all very similar.<sup>8</sup> They found that from 18 percent to 28 percent of those surveyed had suffered from a medical or drug error in the previous two years. In addition, the error rate rose as the patient consulted more doctors. While the percentages were generally consistent from country to country, the worst scores were typically seen in the United States, something the authors attributed to its lack of universal health coverage. The study involved 750 patients from each country.

8. Health Affairs, May/June 2003. [www.healthaffairs.org](http://www.healthaffairs.org).

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### **Diabetic Heart Failure**

A study published in the *Mayo Clinic Proceedings*<sup>9</sup> warns that two popular drugs used in the treatment of type-2 diabetes can cause pulmonary congestion and heart failure in some patients. The



medications (sold under the brand names Avandia and Actos)<sup>10</sup> induced the problem in patients with poor kidney or heart function. Approximately 6 million Americans each take one of these drugs.

9. [www.mayo.edu/proceedings/2003/sep/sep2003.html](http://www.mayo.edu/proceedings/2003/sep/sep2003.html).

10. Reuters, Sept. 9, 2003.

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### **Walking for Life**

The U.S. Centers for Disease Control and Prevention reports that current research shows that victims of adult-onset diabetes can lower their risk of premature death by nearly 40 percent by simply walking briskly for two hours each week. The report is based on studies of more than 2,800 patients (near the age of 60) who had been diagnosed with diabetes for an average of 11 years. Even better outcomes were reported for those who walked three to four hours per week at a sufficient pace to increase their heart rate and respiration.<sup>11</sup>

11. Reuters, June 24, 2003.

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### **The Fatted Kid**

We all know that America's youngsters are much heftier, on average, than in the past, but now, a new study has quantified one of the reasons: a decline in exercise. Research outfitted nearly 2,000 grade-school children in the United States, Sweden and Australia with pedometers and compared the readings to each child's body-mass index. The most active children were in Sweden, where they took about 33 percent more steps each day than American children, who were the least active.<sup>12</sup> The heaviest children in the study were from the U.S. The researchers blame much of the inactivity on a lack of safe walkways and bike paths, which leads to an increasing dependence on parents for transportation.

12. *Medicine and Science in Sports and Exercise*, August 2003.

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### **New Anti-Antibiotic Strategy**

The U.S. government, frustrated with the continued indiscriminate prescription antibiotic by licensed medical doctors, is starting to change its strategy. A new campaign is underway to appeal directly to parents to ask their doctors to not give antibiotics to their children for conditions for which they would be useless, such as a cold or flu. By some estimates, as much as 40 percent of antibiotics are prescribed for virus infections. Commenting on the antibiotic-abusing doctors, a spokeswoman from the Centers for Disease Control said, "If a patient comes in with strong expectations, it is tempting - and takes less time - to write the prescription for antibiotics."<sup>13</sup> The CDC is asking parents to insist

that their doctors use good medical judgment! This is in a country in which children can be taken away from parents who don't follow medical advice.

13. Dr. Julie Gerberding, quoted by the Associated Press, Sept. 17, 2003.

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### **Live and Let Diet**

You've probably heard of some of the studies reporting that laboratory animals live longer if their food intake is restricted. Now a new study<sup>14</sup> suggests that the benefit will still occur even if the restriction doesn't happen until middle age. (Lucky us!) The study was done on fruit flies, but the researchers think that subsequent studies will show similar results with mammals and probably humans. The flies on restricted diets, whether the restriction began at early life or middle age (about three weeks, for a fruit fly), lived twice as long as those on a normal diet. But before you start your new meal planning, be aware that laboratory animals on the restricted diet also lost interest in procreation. The researchers wonder if maybe some of the increased life span comes from the reduced stress and energy expenditures of reproduction.<sup>15</sup>

14. *Science Magazine*, Sept. 19, 2003.

15. [www.sciencemag.org/content/vol301/issue5640/index.shtml](http://www.sciencemag.org/content/vol301/issue5640/index.shtml).