



Healthy Living Chiropractic Email Newsletter

*This newsletter is provided courtesy of
Karl R.O.S. Johnson, D.C., F.I.C.P.A., L.C.P.*

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



info@wellnesschiro.com

www.wellnesschiro.com

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

"There is no use trying," said Alice; "one can't believe impossible things."

"I dare say you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast." – Lewis Carroll.

I never came upon any of my discoveries through the process of rational thinking. – Albert Einstein

Happy Holy Days!!! May your light shine forth and reveal the illumination within your soul to your loved ones, your community and to the world. May we all strive to heal each other and repair the world and hasten peace, joy, hope, health, healing and growth. And of course, thank you for honoring us by entrusting your health to our care.



TABLE OF CONTENTS

eNewsletter pages 1-7, eNews to Protect Your Health pages 8-11



- Keep your spine free of subluxations for healthier and happier holidays
- Fight winter blues with chiropractic
- Back surgery? Try Chiropractic First
- Words of Wisdom
- Chiropractic and Spinal Research
- Benefits of Breast-feeding
- MDs not vaccinating their own children?
- Bird Flu? Don't panic
- Lifelong friends make life longer
- What if you don't have people friends?
- Humor

Keep your Spine Free of Subluxations for Healthier and Happier Holidays



Chiropractors spend thousands of hours learning how to locate and correct vertebral subluxations, areas of severe stress, in your body. Uncorrected vertebral subluxations weaken your spine, deform your ligaments, cartilage, spinal discs and vertebrae and

unbalance and weaken your body structure. This causes lack of energy and vitality, chronic fatigue and premature aging.

Because of life's stresses (birth trauma, accidents, chemical stress and others) most people have uncorrected subluxations in their body, affecting their physical and mental health. Enjoy the holidays – make sure you and your family are well adjusted.



Fight Winter Blues with Chiropractic

Improvement in depression with chiropractic. 15 adults who were 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 post-care. All patients showed a significant improvement in depression test scores after chiropractic care. (1)



Back Surgery? Try Chiropractic First

With over 50 million Americans suffering from low back pain, it's the 2nd leading workers' compensation injury and the 2nd leading cause of doctor visits. From 1993 to 2003

hospitalizations for back problems rose from 528,000 to 658,000 with nearly all being unnecessary. Patients had spinal-fusion surgery (their spine will never be normal again), bone grafts, implanted rods and wires, injections and pain-killers which have a very high failure rate.



Why do people go to hospitals for back problems when chiropractic is safer, much less costly and more effective? Please let those you know that the safe, drug-free, non-surgical chiropractic alternative may be literally around the corner.

Words of Wisdom

Life is merely a matter of perspective. For example...

Like most young boys, Timmy always dreamed of being a professional baseball player, playing in the World Series. One day, he was in his backyard practicing. One could hear him announcing: "World Series, game 7, two outs, bases loaded, bottom of the ninth, series tied...the home town fans are going wild".



Timmy throws the ball up in the air, quickly grabs the bat with both hands and takes a mighty cut, only to miss. "Strike one," he says out loud, somewhat dejected. He again throws the ball up in the air, takes another home run cut at the ball, only to miss again. "Strike two," he announces, feeling the weight of the world on his shoulders. Again he launches the ball up in the air, grabs his bat, swings with all of his might and misses...strike three. He hangs his head low, slowly walking away. Suddenly he breaks into a dance, hands held high in the air and announces to the crowd, "I am the greatest pitcher that ever lived".

Chiropractic and Spinal Research

Remember, a person with *any* health problem needs chiropractic. Feel free to forward these studies to others.

Spinal balance equals better health

The more balanced your spine, the healthier you are; the more unbalanced your spine, the sicker you are. This was the finding in a study of 752 patients who were evaluated for spinal balance and health status. The authors of the study found that health status was significantly poorer as spinal deviation off-center increased and the severity of symptoms increased as spinal imbalance increased. Chiropractic's goal is to



correct or adjust your subluxations, releasing deep stress and bringing you back to balance.
(2)

[Maintenance Care for the Spine Reduces Low Back Pain, Disability Levels](#)

30 patients with chronic low back pain lasting 6 months or more were separated into two groups. The first group received 12 chiropractic adjustments over a one-month period, but no care for the subsequent 9 months. The 2nd group also received 12 adjustments over a one-month period, along with “maintenance” adjustments every 3 weeks for the following 9 months.

Patients in both groups experienced significant decreases in low back pain scores after the initial care. However the “maintenance” patients’ disability scores were significantly lower after the 10-month period than before the initial care – an average of 16.6 points lower per patient. In the other group, “the mean disability scores went back to their pretreatment level.”
(3)

Benefits of Breast-feeding

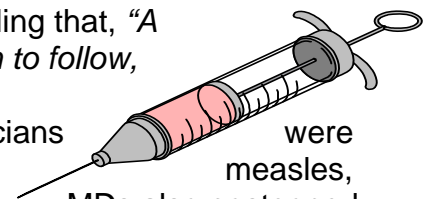


Breastfeeding is good for mothers as well as babies. Mothers who breast-feed have a lower risk of getting breast cancer and (4) breast-fed babies have a decreased risk of getting breast cancer when they grow up. (5) Infants exclusively breast-fed for 16 weeks or more had 50% less acute otitis media. (6) Anyone who reads the ingredients on a can of infant formula will see that it is simply a recipe of cow's milk, sugar and (chlorinated) water. This is not substitute for nature; formula is harmful to a baby's optimal health.

MDs not vaccinating their own children?

A sign of the future? The journal *Pediatrics* published a study revealing that, “A relatively large proportion of nonpediatricians do not follow, nor plan to follow, current immunization recommendations for their own children.”

Significant numbers of pediatric (5%) and nonpediatric (10%) physicians were declining vaccines for their own children. Shots declined include mumps, hepatitis B and Haemophilus influenzae type b; many DTP or MMR vaccination. The doctors expressed the same concerns as the public as to the safety of the vaccines which may cause brain and neurological damage (autism, ADD/ADHD, etc.). (7)



were measles, MDs also postponed

Bird Flu? Don't Panic

Every year around flu shot season there's a scary story that makes \$billions for the vaccine industry. This year it's about a supposed bird flu epidemic. A great article to counter the mindless media pronouncements can be read here:

<http://www.mercola.com/display/router.aspx?docid=31141>

Lifelong Friends Make Life Longer



Researchers at Flinders University in Adelaide, Australia interviewed about 1,500 people aged 70+ asking about family and friends, socioeconomic status, health and lifestyle. The Adelaide team then tracked the participants' survival over the next 10 years. People with a strong network of friends and confidants had a much better chance of survival over the 10-year study period than individuals with relatively fewer friends. This "friendship effect" persisted despite personal losses such as the death of a spouse, or even the relocation

of friends to other parts of the country. Friends may also have a significant impact on mood, self-esteem and coping mechanisms during difficult times. (8)

What if you don't have people friends?

All is not lost! Take heart! Get a pet! Pet owners have fewer doctor visits, shorter hospital stays and take less medication than those who don't own pets. In one study dog owners were eight times more likely to survive for one year after a heart attack than those who didn't have dogs...stock brokers with high blood pressure were instructed to get a cat or a dog...Alzheimer's patients are more positive and alert when animals are present...in a study of nursing homes, when pets were part of the program, mortality rates were 25% lower than at facilities that didn't include pets. (9)



Humor

These great questions and answers are from the days when "Hollywood Squares" game show responses were spontaneous! Peter Marshall was the host asking the questions, of course.

Q. If you're going to make a parachute jump, at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

Q. True or False, a pea can last as long as 5,000 years.

A. George Gobel: Boy, it sure seems that way sometimes.

Q. You've been having trouble going to sleep. Are you probably a man or a woman?

A. Don Knotts: That's what's been keeping me awake!

Q. According to Cosmo, if you meet a stranger at a party and you think that he is attractive, is it okay to come out and ask him if he's married?

A. Rose Marie: No, wait until morning.

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency.

Q. What are "Do It," "I Can Help," and "I Can't Get Enough"?

A. George Gobel: I don't know, but it's coming from the next apartment.

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads under water long enough.

Q. As you grow older, do you tend to gesture more or less with your hands while talking

A. Rose Marie: You ask me one more growing old question, and I'll give you a gesture you'll never forget.

Q. Paul, why do Hell's Angels wear leather?

A. Because chiffon wrinkles too easily.

Q. Charley, you've just decided to grow strawberries. Are you going to get any during the first year?

A. Charley Weaver: Of course not, I'm too busy growing strawberries.

Q. It is considered in bad taste to discuss two subjects at nudist camps. One is politics, what is the other?

A. Paul Lynde: Tape measures.

Q. During a tornado, are you safer in the bedroom or in the closet?

A. Rose Marie: Unfortunately Peter, I'm always safe in the bedroom.

Q. Can boys join the Camp Fire Girls?

A. Marty Allen: Only after lights out.

Q. When you pat a dog on its head he will wag his tail. What will a goose do?

A. Paul Lynde: Make him bark?

Q. If you were pregnant for two years, what would you give birth to?

A. Paul Lynde: Whatever it is, it would never be afraid of the dark.

Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?

A. Charley Weaver: It got me out of the army

Q. While visiting China, your tour guide starts shouting "Poo! Poo! Poo!" What does this mean?

A. George Gobel: Cattle crossing.

Q. It is the most abused and neglected part of your body- what is it?

A. Paul Lynde: Mine may be abused but it certainly isn't neglected.

Q. Back in the old days, when Great Grandpa put horseradish on his head, what was he trying to do?

A. George Gobel: Get it in his mouth.

Q. Who stays pregnant for a longer period of time, your wife or your elephant?

A. Paul Lynde: Who told you about my elephant?

Q. When a couple have a baby, who is responsible for its sex?

A. Charley Weaver: I'll lend him the car, the rest is up to him.

Q. Jackie Gleason recently revealed that he firmly believes in them and has actually seen them on at least two occasions. What are they?

A. Charley Weaver: His feet

Q. According to Ann Landers, what are two things you should never do in bed?

A. Paul Lynde: Point and Laugh.



Bye – see you next month.

That is, if I can get out of this chimney (too many holiday cookies). Please feel free to forward this newsletter to your friends – give them the healthy life wisdom you're learning about. Too many people are taking drugs or contemplating surgery; let them know there's a drug-free alternative. Please remember that everyone needs to be free from subluxations, so bring your friends and loved ones for a spinal checkup.

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NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH



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info@wellnesschiro.com

In The Interest of Safeguarding Your Health

Cereal Dieting

Researchers from Michigan State University report a bowl of cereal for breakfast may be helpful in keeping your weight under control, at least if you're a woman. This study of over 4,000 women found that subjects who most often ate cereal for breakfast were 30 percent less likely to be overweight than those who consumed other types of breakfasts or even no breakfast at all. The results applied even after allowing for exercise, total caloric intake and other factors. In men, however, no significant relationship between breakfast (or lack thereof) and weight was seen.¹

1. Journal of the American Dietetic Association, September 2005.
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Caesarian Cavities

A small study from the New York University College of Dentistry suggests babies born by Caesarian section will be more susceptible to dental cavities later in life. The researchers found these infants showed earlier colonization of a type of bacterium (*Streptococcus mutans*) implicated in dental decay. They suspect the relatively sterile delivery mechanism prevents normal bacteria colonization from the mother's birth canal, which would ordinarily make it difficult for *S. mutans* to gain a foothold.²

2. *Journal of Dental Research*, September 2005.
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Apnea and Arteries

A Brazilian study from the University of Sao Paulo reports a correlation between obstructive sleep apnea and cardiovascular disease. This small study of 42 patients directly correlates thickening and

stiffness of arterial walls with varying degrees of apnea.³ A randomized study is underway to determine if treating the apnea will have any effect on the artery-hardening effect.⁴

3. *American Journal of Respiratory and Critical Care Medicine*, Sept. 1, 2005.

4. Reuters, Sept. 2, 2005.

Ibuprofen-Induced Asthma

Public health officials are becoming concerned about the possibility of ibuprofen triggering asthma attacks in susceptible children.⁵ A study published in *Pediatrics*⁶ finds that among 100 mild-to-moderately-asthmatic children, 4 percent showed a significant decrease in lung function after exposure to ibuprofen. This translates to about 100,000 children across the U.S. who may react unfavorably if conditions are right. In addition, the researchers suspect children with more severe forms of asthma may react more severely or with greater frequency.

5. Reuters, Sept. 2, 2005.

6. *Pediatrics* 2005.

Bipolar Treatment

A new therapy developed at the University of Pittsburgh School of Medicine is showing promise in the treatment of bipolar disorder. The therapy basically boils down to teaching the patients how to maintain a very regular daily routine, along with some training in how to manage stress.⁷ The theory behind the therapy is that the disorder is aggravated by disturbances of the biological clock; thus, patients are instructed to take meals at regular times and maintain a consistent sleep schedule, among other things.

7. *Archives of General Psychiatry*, September 2005.

Mistake-Prone Interns

A report in the *Journal of the American Medical Association*⁸ has found that doctors-in-training who work a heavy schedule (about 90 hours per week) are impaired enough to make 50 percent more mistakes on general patients, and 22 percent more in critical care units. Researchers also gave such doctors a driving simulation test and found they performed worse than those who worked a more normal 44-hour week, but were nearly intoxicated (.05% blood-alcohol level). Resident doctors also were found to be three times more likely to have had a recent automobile accident.⁹

8. *JAMA*, Sept. 7, 2005.

9. Reuters, Sept. 6, 2005.

Memory Preservation

Researchers from the Institute of Neuroscience at Trinity College Dublin have surveyed aging populations and concluded that some of the best ways to maintain mental abilities as you age include staying physically fit, avoiding high stress levels, having a rich and varied social life, and getting mental stimulation. They also note that people who begin to think of themselves as old really do seem to age faster, at least mentally.¹⁰ Fish oil in the diet also appears to be beneficial in preserving brain function, possibly due to an anti-inflammatory effect that helps to protect brain cells.¹¹

10. Reuters, Sept. 7, 2005, reporting on the work of Professor Ian Robertson.

11. This work was done by Professor Marina Lynch, also from the Institute of Neuroscience at Trinity College Dublin.

Infant Dehydration

Researchers from Children's Hospital in Pittsburgh¹² report they have found an unexpectedly high number of breast-fed infants suffering from dehydration in a recent five-year study of hospital admissions. About 2 percent of the infants admitted during the study were diagnosed with hypernatremic dehydration, a condition that results from too little milk getting into the infant from the mother. The situation apparently is not often recognized by the primary care physician before admittance. Weight loss is often the most noticeable sign, but jaundice and some behavioral changes may be noticed. The problem seems to affect first-time mothers most often.

12. *Pediatrics*, September 2005.

Alcohol and Arrhythmias

A rather large study published in the journal *Circulation*¹³ supports earlier works suggesting heavy alcohol use can influence the heart rhythm. This study found a 45 percent increase of atrial fibrillation among drinkers who consumed an average of 35 or more drinks each week. The work is an analysis of data from an ongoing study of more than 16,000 people that began in 1976.

13. *Circulation*, September 2005.

Schizophrenia From Famine

Researchers looking into the effects of nutrition on schizophrenia report they have found a significant link between malnutrition and the disorder.¹⁴ Cases of schizophrenia doubled among children born in China during the famine years of 1959-61. The findings were similar to another study in the Netherlands relating to the "Dutch Hunger Winter" of 1944-45. Researchers are still trying to pinpoint any particular nutrient deficiencies that may be directly responsible.

14. *JAMA*, Aug. 3, 2005.

Turmeric for Breast Cancer

Tests on mice at the University of Texas suggest that turmeric, or more specifically, a component of it called curcumin, discourages the spread of breast cancer cells. Curcumin cut the rate of metastasis in half a dramatic amount, considering the fact that the cancer had spread in 95 percent of the control group. Follow-up research is being done on humans now. Since no pharmaceutical companies would be able to profit from a natural food additive, the research is being funded by the National Institutes of Health and the Department of Defense.¹⁵

15. Reuters, June 9, 2005, reporting on the work of Bharat Aggarwal of the Department of Experimental Therapeutics at the University of Texas, M.D. Anderson Cancer Center in Houston.

Fish Oil and Defibrillators

A group of researchers who were trying to see how much fish oil (which has been shown to improve patients' resistance to a second heart attack) would complement the action of implanted defibrillators were taken by surprise by the results of their study. Instead of helping patients, fish oil seemed to cause patients to experience more arrhythmias, which often precede a heart attack. Those taking fish oil had twice as many episodes of tachycardia as those in the placebo group. The placebo in this study was olive oil, which some might consider a questionable choice.¹⁶

16. Reuters, June 14, 2005, reporting on the work of Merritt Raitt of the Portland, Oregon, Veterans Affairs Medical Center.

*Written by Brian Sutton, DC
Colorado Springs, Colorado*

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