

**Chiropractic & Nutrition
Wellness Center**
Healthy Alternatives for Life

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

Dwell as near as possible to the channel in which your life flows. -Henry David Thoreau

When I let go of what I am, I become what I might be. - Lao Tzu

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Health From Within

You were born with and have a natural healing ability or "inner healer" that is always working to make you 100% whole, healthy and happy. It's always there.



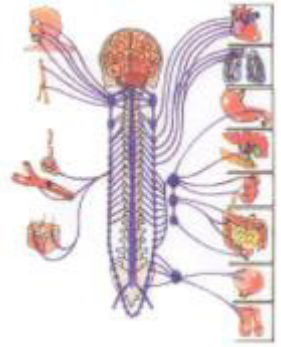
An Experiment

What would happen if you cut your hand? You'd bleed, of course, but almost immediately afterwards the blood around the cut would begin to clot, sealing off the wound and preventing further blood loss and infection. The act of clotting is made up of at least fifteen different chemical reactions! Your blood, however, will clot even if you haven't studied biology.

Further, any dirt or bacteria and other germs that got in the cut would be hunted down, attacked and gobbled up by a vast, natural, antibiotic army made up of white blood cells, neutrophils, eosinophils, leukocytes, mast cells, killer cells, antibodies, and others that constantly patrol and protect your nooks and crannies. But you don't have to know their names, what they look like, or even know they exist for them to work.

A Cancer Patient?

If you cut the hand of a cancer patient, they would heal. If they can heal their cut, why can't they heal their cancer? They can! Medical journals contain many stories of recoveries from "incurable" diseases. Something woke up their natural "inner healer" and the cancer began to dissolve. This has been documented with nearly every disease known and is referred to as "spontaneous remission." (1) But must we wait to get a serious disease before we awaken our "inner healer?"



Walking Medicine Cabinets

While there is undoubtedly a time and a place for medical care, swallowing drugs while your general health deteriorates is not the way to live one's life. We all know of people who are walking medicine cabinets, who take many drugs but are not healing.

Where Does Healing Come From?

Chiropractic recognizes that all living things have an inborn or innate wisdom constantly working to maintain us in health and heal us if we are injured or diseased.

Spinal Nerve Stress (Vertebral Subluxation)

There is a physical condition which interferes with the expression of our inner wisdom, preventing us from expressing our utmost healing potential. It is called the vertebral subluxation complex or spinal nerve stress. This condition irritates our nervous system, distorts our physical posture, drains our energy, weakens us, blocks up our natural healing energies or vitality, lowers our resistance to disease and our ability to adapt to physical, emotional, and spiritual stress.

The Chiropractic Adjustment

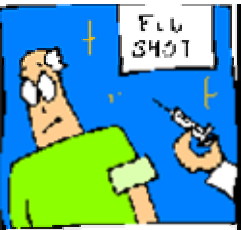
Chiropractors spend years of specialized training learning to locate subluxations and correct or relieve them with a procedure called a spinal adjustment. This begins a process that unlocks your energies, balances your body and awakens your "inner healer."

It doesn't matter what disease or condition you have, when your subluxations are corrected your inner healer is given a boost and your body (and mind) can better experience health and healing and wholeness. Everyone needs a chiropractic spinal checkup. It may make the difference between natural healing and drug use, between a life of ease and a life of dis-ease (disharmony).



Half Full or Half Empty?

People who view aging as a positive experience live an average of 7½ years longer than those who look at it negatively. Pessimists have a risk of death 19% greater than average. The power of optimism is even greater than that of lower blood pressure or reduced cholesterol – each of which lengthens life by about 4 years, according to some studies. (2)



Flu Shot and Alzheimer's

Since flu shot season is nearly here, let's consider the findings of Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our times (850 papers in biomedical journals). His research revealed that if an individual had five consecutive flu shots his/her chances of getting Alzheimer's Disease was ten times higher than if they had one, two or no shots. (3) Dr. Fudenberg explained that the aluminum and mercury in the flu shot (also in many childhood shots) build up in the brain causing damage (mercury also has an affinity for kidney tissue). Is this why Alzheimer's is expected to quadruple? (4) Note: Ethylene glycol, phenol, formaldehyde and other chemicals are also in the flu shot.

Take Two Aspirin and Prolong the Flu (or nearly any illness)

While we're on the subject...taking aspirin, Tylenol™ or other fever reducers could prolong the flu by up to 3½ days according to researchers at the University of Maryland. Fever is the body's natural way of fighting infection and fever fighters interfere with that process.

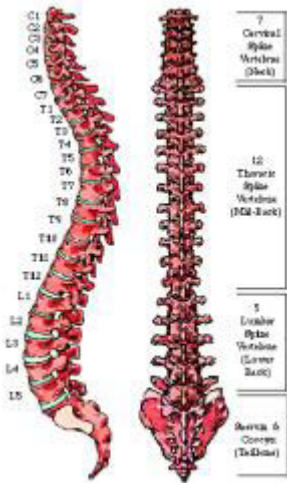
"You're messing with Mother Nature," says Dr. Leland Rickman, at the University of California, San Diego. An elevated temperature "may actually help the body fight the infection quicker or better than if you don't have a fever."

Researchers found that influenza A sufferers who were treated with aspirin or acetaminophen extended their illness from five days to about 8½ days.

College Football Team Benefits With Chiropractic



Virginia Tech's football team has had an impressive record over the last several years. Some of the credit is attributed to chiropractic care. Junior quarterback Grant Noel feels that chiropractic gives him better flexibility and range of motion. "Just getting my back adjusted and loose helps with my trunk mobility as far as twisting and throwing." With the success of the football team, athletes from the school's swimming, diving, lacrosse, soccer, and basketball programs have begun regular adjustments. Mike Gentry, the assistant athletic director, says, "Chiropractic helps our athletes return to competition faster if they have sustained some injuries, and it seems to be preventative, in the sense that it keeps our athletes more mobile and flexible and feeling better."



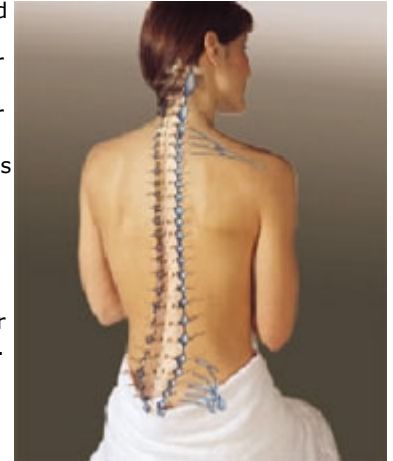
Does Your Spine Curve?

When you look at a person (or a mirror) face-to-face, the spine should be more-or-less straight. However, from the side, the spine should have some nice curves going up and down its whole length, from your neck to your tail bone.

Are curves important? They sure are. A curved spine is much stronger and flexible than a straight spine. When we look at an X-ray and see (in side view) less or no curves we are very concerned. Such a spine is a prime candidate for degeneration with ligament and muscle weakness, disc pressure, nerve irritation, poor posture, pain, lack of energy and dis-ease (body malfunction).

When you are first born you have only one curve – the fetal curve. After a few months you begin to raise your head and your neck (cervical) curve appears and after you start to stand you develop your lower back (lumbar) curve. Your fetal curve persists in your mid-back. It's best to sleep on your side, but not in a fetal position as that reverses your neck and lower back curves and puts stress on your spine.

Remember, even after your aches, pains and other symptoms disappear your spine may still be unhealthy, having suffered from years of subluxations. For that reason, it's important to keep all your curves (and entire spine) healthy, see your chiropractor.



Chiropractic and Spinal Research

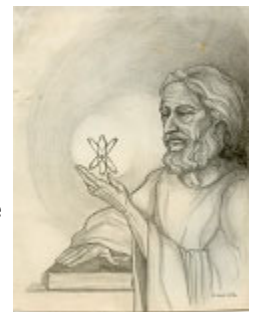
Did you know there are case studies of people with nearly any physical and mental disease or disorder recovering after a chiropractic spinal adjustment? You never know the power you have within you until it's turned on. Here are a few examples of what chiropractic can do.

Neck and Head Pain. "A young woman was in a car accident 18 months ago and had been in pain with her neck and head ever since. She received months of physical therapy, drugs, etc., and was told to live with it. After her FIRST adjustment, she woke the next morning without a headache for the first time since the accident and has been pain-free since!! She reports that her life is getting back to normal and she was able to play with her niece and nephew like she used to as well as many things we all take for granted." (5)

Hyperactivity, stuttering, slow learner, retarded growth. A 7-year-old boy was diagnosed with hyperactivity, stuttering, slow learning, retarded growth, and with one leg shorter than the other (walked with a constant limp). The MDs recommended breaking the short leg and inserting metal rods in an attempt to equalize the lengths. The parents brought him to a chiropractor. Chiropractic examination revealed vertebral subluxations of the sacrum, 5th lumbar and atlas (C-1) vertebrae. These were adjusted. By the 8th adjustment his legs balanced for the first time in his life, the stuttering stopped, his grades in school went from non-satisfactory to satisfactory and his hyperactivity had abated. (6)

Chronic Colitis and Increased Fertility. A 32-year-old female with chronic colitis and infertility. The patient had her chronic condition of colitis relieved and relatively simultaneously became pregnant after giving up on allopathic fertility treatments for 7 years. (7)

Bed-wetting, hyperactivity and seizures. An 8-year-old girl with epilepsy (10-12 seizures/day), nightly bed-wetting, attention deficit disorder and mood swings had been to 5 pediatricians, 3 neurologists and 6 psychiatrists and was on many drugs. Her MDs said she'd never ride a bike nor do things like normal children do. She was in special education classes. By the 2nd week of chiropractic care, her bed-wetting began resolving and by 6 months it stopped. After 1 year of care the seizures were much milder at 8-10/week and she was released from psychiatric care as "self-managing." She now rides a bike, roller skates and ice skates like a normal child and will soon be off all medication. She is leaving special education to enter regular school. (8)



Words of Wisdom

It is a miracle that curiosity survives formal education. – Albert Einstein

Blessed are the flexible, for they shall not be bent out of shape. – Anon.

Experience is simply the name we give our mistakes. – Oscar Wilde

Seven Days Without An Adjustment Makes One Weak.

Give us a call to have your spine checked today!

Humor

Seen on a T-Shirt: NyQuil -The stuffy, sneezy, why-the-hell-is-the-room-spinning medicine.

Will Rogers: "I never met a man I didn't like."

Georgie Jessel: "I once had a wife who felt the same way, and she turned out to be no bargain."

Parenthood

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back-seat, "Mom! That lady isn't wearing a seat belt!"

My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

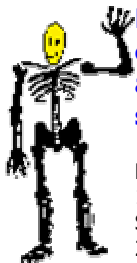
On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily those of his parents."

A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter? Haven't you ever seen a little boy before?"

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me.

"Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"



Bye, and thanks for reading this far down. Thanks for being our patient, and letting us care for you. We really do appreciate you. Don't forget to stop by for a spinal adjustment so you can be at your best. And remember, friends don't let friends stay subluxated.

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In The Interest of Safeguarding Your Health,

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

Side-Effects in Prescription Drug Patients

A study published in The New England Journal of Medicine¹ finds a much higher than previously acknowledged rate of prescription drug side-effects. In this study of 1,202 Boston patients, about one-quarter of the patients studied had experienced side-effects. When side-effects arose, 13 percent were serious and 39 percent were preventable, such as when a drug was given to a patient known to be allergic to it. Of the preventable cases, the wrong drug was given nearly half the time. Other mistakes included improper dosages, or the patient was told to take it too often. In two-thirds of the cases, the problems persisted because the doctors failed to heed warning signs.

1. *NEJM*, April 17, 2003.
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Paxil and Suicide

The FDA has issued a warning that the drug Paxil should not be prescribed to children because of an increased risk of suicide. Paxil is prescribed to adults as a treatment for depression, but has never been approved for use in children. Many doctors, however, have been using it to treat their pediatric patients, even though it has not been proven effective in children. In fact, research by the pharmaceutical industry suggests that the only real effect it has in children is to triple the tendency toward suicide, particularly in teenagers.²

2. Associated Press, June 19, 2003.
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Diet and Genetic Expression

Researchers from Duke University report that they have been able to influence an offspring's hair coloring by modifying the mother's diet.³ The researchers used two groups of mice for this study. Both were fed similar diets, except that one was fortified with folic acid, vitamin B₁₂, choline and betaine. The mice used in this study typically have yellow fur and are rather plump, but the pups in the vitamin group were slim and had dark brown coats.⁴ The authors of this study say the gene responsible for the fur coloring had not mutated; its expression was simply modified.

3. *Molecular and Cellular Biology*, Aug. 1, 2003.

4. You can see a picture that illustrates the rather dramatic contrast between the two at:
www.nature.com/nsu/030728/030728-12.html.

Feeding Frenzy

A study from Harvard Medical School reports that, despite evidence that feeding tubes do not help Alzheimer's patients survive longer, and may in fact be harmful, the practice is still prevalent. One-third of such patients in the final stages of the disease are given feeding tubes, researchers found in this study of more than 15,000 licensed nursing homes.⁵ The tubes can be irritating to patients and are associated with an increased risk of infection. Many specialists recommend spoon-feeding and comforting measures, although they can be quite time-consuming. The practice was seen most often in for-profit nursing homes; however, researchers note that relatives who are unfamiliar with the pros and cons of the practice often make the decision. A representative of the American Health Care Association, a nursing home professional/trade organization, suggests that the situation would improve if more patients had living wills or documented advanced directives for their health care before their health and competency deteriorated.⁶

5. *Journal of the American Medical Association*, July 2, 2003.

6. Associated Press, July 1, 2003.

Fasting for Health

Researchers from the National Institute on Aging report that restriction of food intake appears to promote longer and healthier lives, even if done in short bursts. Earlier studies have found increases in longevity and overall health status if total caloric intake is restricted over a long time. However, the mice in this research consumed a near-average amount of food during the study and achieved similar results. The difference is that they fasted every other day, but ate two days' worth of food on their nonfasting days. The researchers think the physiology of fasting produces the health benefits, not necessarily a total decrease in caloric intake, as has been previously thought.⁷ Observed benefits of the fasting included lower blood sugar and insulin levels, and resistance to certain neurotoxins. The researchers are organizing a human trial that will attempt to evaluate the benefits of skipping one or two meals a day.

7. *Proceedings of the National Academy of Sciences*, May 13, 2003.

Tea for Germs

According to new research, a few cups of tea each day can give a big boost to your immune system. Researchers say the L-theanine found in most teas becomes ethylamine after metabolism, which enhances the action of gamma-delta T-cells. These T-cells are some of the first active fighters of many types of infections, and are involved in the release of interferon. This study was small, involving 11 people who consumed five cups of tea each day, and another 10 who drank coffee instead, but the results were dramatic. The tea drinkers' blood produced five times the amount of interferon when exposed to *E. coli* than before the four-week trial started, and also compared to the coffee drinkers.⁸

8. *Proceedings of the National Academy of Sciences*, May 13, 2003.

Bacterial Wagon-Circling

Researchers studying bladder infections involving *E. coli* bacteria have discovered some interesting behavior. The bacteria appear to burrow into the layers of the bladder and form clumps or slime-covered "pods" that protect the germs from antibiotics.⁹ The authors of this study suggest that the pods are analogous to multicellular organisms, working together for protection and the common good. The findings may explain why some patients suffer repeated bouts of infections; the bacteria organize and hide out until the danger is past, then the pods break open and bacteria again proliferate. The researchers feel this is probably going on in many areas of the body and intend to study other types of illnesses, such as childhood ear infections.

9. *Science*, July 4, 2003.

Cold Hearts

The American Heart Association is recommending that heart attack patients who have gone into a coma should be cooled to prevent brain damage.¹⁰ Research has shown that lowering the body temperature just a few degrees helps reduce the brain's need for oxygen and may also suppress some toxic chemical reactions. The recommendation is that patients be cooled to a body temperature of between 89.6-93.2 degrees. This can be achieved through ice packs or cold air. From previously published research, survival and rehabilitation rates increase 20 percent to 40 percent. Years ago, doctors tried cooling patients to much lower temperatures in an effort to achieve similar results, but the lower temperatures created too many side-effects. Even the temperatures recommended by the AHA now can lead to more infections and other effects, but apparently, they feel the dramatic recovery rates are worth the risks. The recommendation is that cooling starts after resuscitation and continues for 12-24 hours.

10. *Circulation*, July 2003.

Extra Ovulation

Canadian researchers report that many women ovulate two or more times each month.¹¹ The researchers say they were surprised by their findings, which contradict standard medical teachings. They used high-resolution ultrasound scans daily to visualize the status of 63 women's ovaries, and observed that 13 of these women ovulated multiple times during the month of the study; approximately 20 more showed up to three waves of activity that came close to releasing an egg. The women's hormonal levels were also measured, but showed surprisingly little correlation to the ovulatory activity. The researchers' work might explain why the rhythm method of birth control is not as reliable as expected. More research is planned.

11. *Fertility and Sterility*, July 2003; Dr. Roger Pierson and associates.

Babies of Overweight Moms

The Centers for Disease Control and Prevention reports that obese women who become pregnant are twice as likely to have children with heart problems and/or multiple birth defects. They are not sure why the defects, which include spina bifida and other neural tube problems, occur. Another type of birth defect, omphalocele (the protrusion of internal organs or intestines through the navel), is three times higher than normal when the mother is overweight. The researchers gathered data from more than 900 births in the Atlanta area for this work.¹²

12. *Pediatrics*, May 2003.

Zinc and Prostate Cancer

The National Cancer Institute reports that a study of nearly 47,000 health professionals has found a link between zinc supplementation and prostate cancer. The study found that men who took 100 mg of zinc a day for 10 years were twice as likely to be diagnosed with advanced prostatic carcinoma than those who took no such supplements. Zinc appears to accumulate in the prostate, and apparently, large amounts make the tissue less resistant to cancer.¹³

13. *Journal of the National Cancer Institute*, July 2, 2003.

Prostate Health Tip

New research from Australia's Cancer Council Victoria suggests a way for men to diminish their risk of prostate cancer: have sex often.¹⁴ The study found the risk of cancer decreased among men who ejaculated more often, with the risk being cut by a third if the act occurred on a daily basis. The study involved about 2,300 men 20-50 years of age, and differed from a previous study that contradicted these results because it focused on men who didn't have a lot of different sexual partners and thus were less exposed to infective organisms. The researchers speculate that the increased activity flushes out potential carcinogens that may otherwise accumulate. There is no word yet on how difficult it will be to encourage men to follow this advice.

14. *British Journal of Urology International*, August 2003.