



## Healthy Living Chiropractic Email Newsletter

*This newsletter is provided courtesy of  
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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).**

*Those who disregard the Laws of Heaven and Earth have a lifetime of calamities, while those who follow the Laws remain free from dangerous illnesses. – Old Chinese Proverb*

*Anyone who has never made a mistake has never tried anything new. – Albert Einstein*

**This month's issue has information on infants, babies and chiropractic. Please send it to someone who is expecting or save it for future reference.**

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## When Does a Baby Need a Spinal Checkup?

All infants need a healthy spinal column. An unhealthy spine can interfere with the normal function of the nervous system and may cause serious health problems in infancy and later in life.

The late Larry Webster, D.C., the father of chiropractic care for children and founder of the International Chiropractic Pediatric Association, wrote numerous articles on the need for chiropractic for children. He said that there are six times in a baby's first year of life when spinal examinations are especially important:

1. After the birth process.
2. When the baby starts to hold his/her head up.
3. When the baby sits up.
4. When the baby starts to crawl.
5. When the baby starts to stand.
6. When the baby starts to walk.

With all you do for your newborn child, please ensure his or her spinal health with a chiropractic spinal checkup. (1)



## Chiropractic Questions and Answers

### Q. Does the birth process affect spinal health?

**A.** The newborn that knew only the warmth, softness, darkness, quiet and comfort of the womb is suddenly exposed to a cold, noisy, hard, harsh, blinding world in today's "modern" hospitals. Separated from mother, often dangled from its heels and struck on its rear, these procedures can cause permanent physical trauma and emotional scarring. Chiropractors have always recommended birth procedures that are the most natural, least invasive and stress-free for the newborn – respecting the emotional and physical health of the baby, and especially the delicate spinal cord and spinal column.

Hospital deliveries may pull, twist and put other terrible stresses on the baby's spine (whether or not forceps are used) and are often traumatic for the newborn. There are recorded instances of brain, spinal cord and spinal nerve damage due to obstetrical procedures. "The birth process...is potentially a traumatic, crippling event...mechanical stress imposed by

obstetrical manipulation – even the application of standard orthodox procedures may prove intolerable to the fetus. The view has been expressed clinically that most signs of neonatal injury observed in the delivery room are neurological....” (2)

## Did You Know?

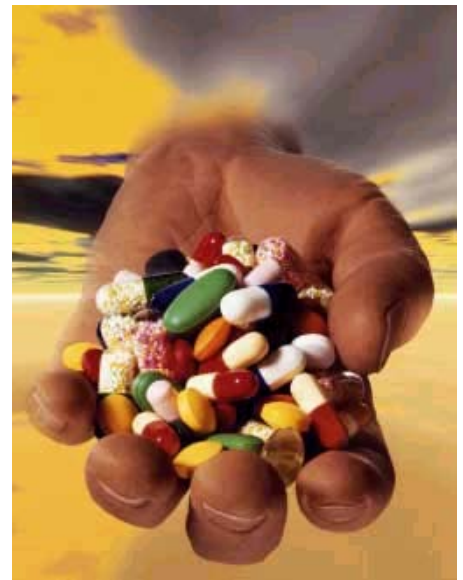


Breast-fed babies’ IQs are 3 to 5 points higher than that of formula-fed babies...the longer a baby is breast-fed, the greater the IQ benefits. Numerous studies have reported the same conclusions – no formula can substitute for breast milk. (3)

## Do Muscle Relaxers and Painkillers Help Back Pain?

Here are more reasons to be glad you see your chiropractor. Medical doctors have a habit of giving painkillers and muscle relaxants to people with lower back pain. Imagine their surprise when a study showed that taking those drugs doesn’t help! It’s true – those patients taking aspirin, Tylenol™ or other nonsteroidal anti-inflammatory drugs (NSAIDs) and muscle relaxants actually take longer to get better than those who had not.

In 1994, the U.S. government’s Agency for Health Care Policy and Research determined that muscle relaxants were only "probably" more effective than placebos for low back pain. (4) To put icing on the cake, in a study in a recent issue of the internationally respected journal *Spine*, researchers examined the use of muscle relaxants in 1,600 people. Muscle relaxers not only did not help but those taking them took *twice* as long to recover (32 days vs.16 days) as patients not taking muscle relaxants. (5) Note to researchers – how about enough with the drugs and start referring your patients to chiropractors?



## Over The Counter (OTC) Cough Medicines Are No More Effective Than Sugar Water



A study of 100 children with upper respiratory infections revealed that the active ingredients in cough medicines (dextromethorphan and diphenhydramine) were no better than a placebo (syrup without the drugs).

But adverse effects made the medicines more dangerous – the cough suppressant dextromethorphan can cause insomnia and diphenhydramine may cause drowsiness. (6)

**Comments:** First, sugar suppresses the immune system and can make a disease worse. Second, anyone who studies health literature knows that the hygienic or natural school has always maintained that coughing is usually beneficial – a way the body keeps the respiratory system clear of germs, how the body externalizes disease and is usually the last stage in a disease process. When coughing is prevented or suppressed illness may actually be prolonged. The researchers didn't check for that. In addition, why oh why doesn't anyone compare cough medicine with a chiropractic adjustment? Why is the medical profession so in love with drugs – why can't they explore safer, more natural approaches? Happily there is some research on spinal care and upper respiratory infection (see below).

## Words of Wisdom

*The body has an innate ability to fight germs and infections and heal itself. Western doctors are frozen in a disease-oriented mode, concentrating on curing disease with drugs and surgery rather than on prevention and stimulating the body's natural healing power. Most drugs just prevent the disease from expressing itself symptomatically. Symptoms disappear but the disease actually gets progressively worse. – Andrew Weil, M.D.*



## Cigarette Trivia

Each pack of cigarettes smoked costs more than \$7 in medical care and lost productivity: \$3.40 per pack medical, \$3.63 per pack lost job productivity. (Preventing tobacco use fact sheet from the CDC.)



## Chiropractic and Spinal Research



**Remember, a person with *any* kind of health problem needs a healthy spine. Feel free to forward these studies to others.**

**Bronchial congestion.** This is the case of a 5 ½-year-old girl with a four year history of what the parents called “bronchial congestion.” She had pneumonia “several times a year” since she was 18 months old. She also suffered from congestion and was wheezy after running and upon waking up in the morning. Chiropractic examination revealed subluxations at C-2, T-4 and L-5. By the time the second adjustment was administered (two days after the first) the mother reported the

child was not coughing as much. By the third visit (one week later) the mother reported that the child was breathing normally. A total of twelve adjustments were given over a three

month period and the chief complaint did not recur. A follow-up call four years later revealed no recurrence. (7)

**Pulmonary disease.** Patients with chronic obstructive pulmonary disease were treated with spinal manipulation. 92% stated they were able to walk greater distances, had fewer colds, experienced less coughing and had less dyspnea than before care. 95% of those with bronchial asthma said they benefited from chiropractic care. Peak flow rate and vital capacity increased after the 3<sup>rd</sup> adjustment. (8)

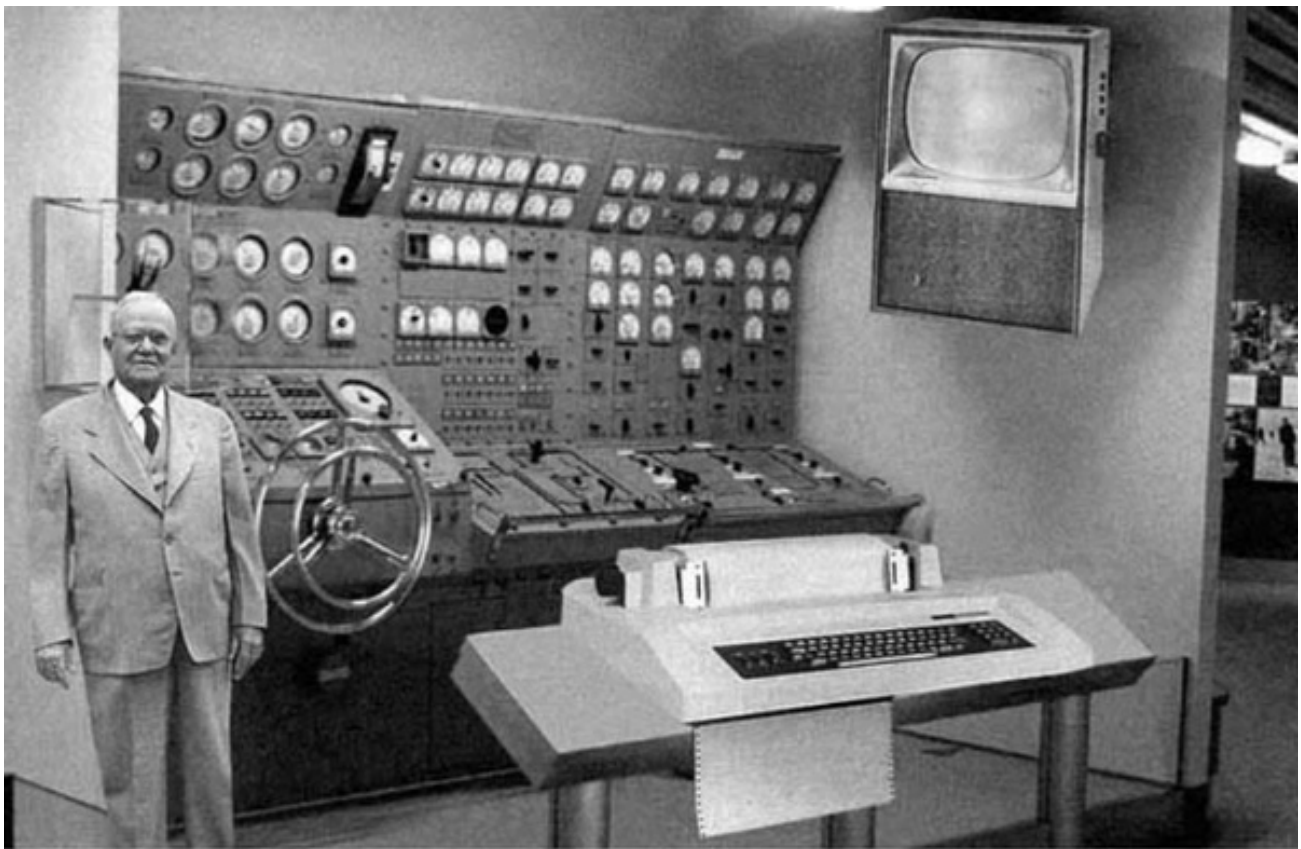
**Developmental communication disorder.** A 2-year-old child had a medical diagnosis of 'developmental communication disorder.' He was non-responsive to any external stimuli, even to receiving an injection. He did not respond to sound or touch. Chiropractic analysis revealed an axis (C-2) subluxation. From the study: "By the sixth adjustment, he started to follow certain commands and stopped making repeated hand motions. He started to talk after the 12th office visit. At present, he has an extensive vocabulary and is slightly hyperactive." (9)

## Humor

This photo is from a 1954 issue of *Popular Mechanics* magazine.

Be sure to read the caption under the photo!!! (What's the steering wheel for??)

PS. Don't laugh too loud – who knows how silly our predictions today may turn out.



*Scientists from the RAND Corporation have created this model to illustrate how a "home computer" could look like in the year 2004. However the needed technology will not be economically feasible for the average home. Also the scientists readily admit that the computer will require not yet invented technology to actually work, but 50 years from now scientific progress is expected to solve these problems. With teletype interface and the Fortran language, the computer will be easy to use.*

Smith climbs to the top of Mt. Sinai to get close enough to talk to God.  
Looking up, he asks the Lord, "God, what does a million years mean to you?"  
The Lord replies, "A minute."  
Smith asks, "And what does a million dollars mean to you?"  
The Lord replies, "A penny."  
Smith asks, "Can I have a penny?"  
The Lord replies, "In a minute."

## GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.



## Thanks

Thanks for being our patient. We really do appreciate you. Please stop by for a spinal checkup and bring your friends and relatives. **Everyone needs to be free from the damages caused by subluxations** to keep their body and mind functioning at their best. Even chiropractors go to chiropractors – we also get our spines checked so we can function at our best when we take care of you.

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## NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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In The Interest of Safeguarding Your Health,

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### **Lymphoma From Arthritis Treatment**

The pharmaceutical company that manufactures the drug Remicade has updated the drug's safety profile to warn of an increased incidence of lymphoma as a side-effect of the medication. The drug blocks production of "tumor necrosis factor" (TNF) to decrease joint pain. Unfortunately, usage is associated with a threefold increase in lymphoma in rheumatoid arthritis patients. There have also been some reports of an increased susceptibility to tuberculosis infection and lowered white blood cell and platelet counts.<sup>1</sup>

1. Reuters, Oct. 8, 2004.
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### **Heads Up for Steroid Treatments**

After 30 years of using corticosteroid drugs to treat head injuries, medical professionals are being told that they may be causing more harm than good. One of the few studies ever done on the subject has been published recently in *The Lancet*; it reported that more people die within two weeks subsequent to a head injury if given steroids than those given a placebo.<sup>2</sup> The study involved 10,000 patients and found a 17 percent increased mortality associated with the drugs. Injury severity and promptness of treatment did not affect the outcomes.

2. *The Lancet*, Oct. 2, 2004.
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## **Clot Risk From HRT**

Researchers from the University of Vermont in Colchester are reporting a doubled risk of blood clots in women using a combination of estrogen and progesterone in their hormone replacement therapy regimen. Clots are a concern because of their potential for traveling to the lungs, which can result in death. This placebo-controlled study collected data from 16,000 postmenopausal women during the 1990s. Risk was highest for women who were overweight, older, or had a genetic predisposition. Aspirin usage did not have an impact. The FDA recommends that women on one of these regimens use the smallest dose possible for only a short period of time.<sup>3</sup>

3. Reuters, Oct. 5, 2004.

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## **Transfusions Risky for Heart Patients**

An analysis of three studies involving 24,000 patients concludes that something about blood transfusions causes a dramatic increase in mortality among acute heart patients. Researchers found that a blood transfusion tripled the likelihood that the patient would die within 30 days. The reasons are unclear, but some suspect that the transfused blood is lacking in vital substances, such as nitrous oxide, which is a factor in oxygen replenishment.<sup>4</sup>

4. *JAMA*, Oct. 6, 2004.

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## **Fatigue From Inactivity**

A British group studying myalgic encephalomyelitis (ME) report that the condition appears to be more prevalent in inactive children. "ME" is similar to, and often used interchangeably with, chronic fatigue syndrome (CFS). Researchers followed the medical history of more than 16,000 individuals from birth to age 30, and noticed a higher incidence of the disorder in those who were the least active. Other contributing factors were being female and having a higher social status. They found no relationship to obesity, academic ability, birth order, allergies, or psychological problems.<sup>5</sup>

5. Reuters, October 5, 2004.

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## **Fast Growth Problems**

A study published in *The Lancet* suggests that the growth boost given by enriched infant formulas may not necessarily be a good thing.<sup>6</sup> Researchers found that the cholesterol profiles of adolescents who had been breast-fed as babies were 14 percent better than the cholesterol profiles of adolescents who were given formula. Those who analyze such statistics say that this would roughly translate to a similar decrease in heart disease risk.<sup>7</sup> The study involved 216 pre-term individuals.

6. *The Lancet*, May 15, 2004.



7. Associated Press, May 13, 2005.

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### **Hazardous Vapors Affect Fetus**

Pregnant women who work around solvents and other inhalable chemicals risk a detrimental effect on their unborn children, according to research by Canada's Hospital for Sick Children and the University of Toronto. This study compared 32 children of mothers in such a situation to a control group. The exposed mothers worked around a variety of chemicals such as ethanol, mineral spirits, and acrylic resins. Jobs included medical lab technician, dry cleaner, nail salon attendant, painter, photo lab worker, science teacher, embalmer, and hair stylist. The researchers found that subjects' children, when tested between the ages of 3 and 9, scored lower on language skills, attention, and memory.<sup>8</sup>

8. *Archives of Pediatrics and Adolescent Medicine*, October 2004.

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### **Mediterranean Diet for the Gallbladder**

Researchers examining the benefits of a diet high in vegetable oil, nuts, and fish are reporting a preventive effect on gallstones. Their study, published in the *Annals of Internal Medicine*, finds a nearly 20 percent protection gained from such a diet.<sup>9</sup> The study involved more than 45,000 men over about 15 years.

9. *AIM*, Oct. 5, 2004.

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### **Colic From Smoke**

According to a study from Brown University, babies who are exposed to cigarette smoke *in utero* (via a mother who smokes) are about twice as likely to develop colic.<sup>10</sup> Nicotine is thought to be to blame, as it affects the balance of digestive proteins. The study was an analysis of a number of previous works involving thousands of infants.

10. *Pediatrics*, October 2004.

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### **Walk for Mental Clarity**

Reports published in the *Journal of the American Medical Association*<sup>11</sup> suggest that a daily stroll may help to prevent dementia in elderly

individuals. One study found that men could almost halve the risk if they took a two-mile stroll each day. Another study in the same issue noted that women who exercise regularly have mental abilities typical of those several years younger.

11. *JAMA*, Sept. 22, 2004.

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### **Drug Usage Decline/Increase**

The 2003 National Survey on Drug Use and Health has found that on average, fewer young Americans are using illegal drugs such as marijuana, LSD and ecstasy.<sup>12</sup> Unfortunately, more are abusing prescription drugs. This survey found that the recreational use of pain relievers and other medications increased by 15 percent from the previous year among those ages 18-25. Presumably, the decrease in illegal drug use was due to increased awareness of the dangers from public awareness campaigns and such. Too bad there are no similar programs for prescription drugs.

12. Associated Press, Sept. 9, 2004.

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### **Preventing the Flu**

In the wake of the recent flu vaccination shortage, medical experts are advising people on steps to take to avoid the flu that sound remarkably like those many of us have heard from our grandmothers. Recommendations include careful hygiene, plenty of rest, a balanced diet, and lots of fluids.<sup>13</sup> Stress management is also an important factor. Frequent, thorough hand-washing, avoiding crowds and sneezers, and regular exercise are also highly recommended.

13. Associated Press, Oct. 9, 2004.

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