



## Email Practice Member 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. Feel free to write to us with any questions or comments.**

"I have not failed 10,000 times. I have successfully found 10,000 ways that will not work."  
Thomas Edison

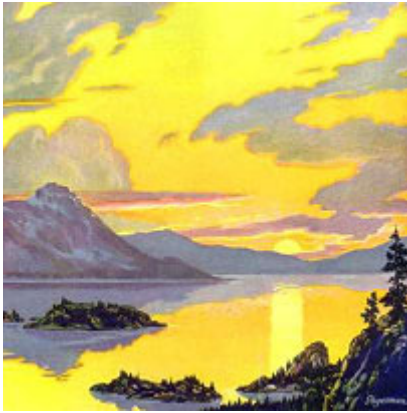
Luke Skywalker: "I don't believe it!"

Yoda: "That is why you fail."

George Lucas, The Empire Strikes Back

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## Your Inner Healer

You always have a spark of healing within; chiropractors refer to it as your inborn or innate healing ability. Even in the midst of the most severe physical or mental illness, it still exists. For example, if the skin of a person diagnosed with any "terminal" illness is cut they can still heal. Your marvelous, mysterious inner healing ability is always with you as long as you are alive. It is never too late to tap into it. There are numerous case studies of men and women diagnosed with terminal illnesses of all kind who had "spontaneous remissions" and recovered. What did they do? They tapped into their inner healing ability using emotional and physical processes. Chiropractors offer one wonderful way to help this process using the power of the chiropractic adjustment. That is why you'll hear

stories of individuals recovering from nearly every disease known under chiropractic care. It is therefore important to include chiropractic care with any healing discipline. All ill people need a healthy spine, all ill people need chiropractic care. It may make the difference between health and disease, between recovery or decline. (1)



## The Important Role Emotions Have In Health And Disease

"People, relationships are what nourishes and keeps everyone alive....connections, which may be keeping a plant growing, a goldfish, a child or a spouse. That's why women live longer than men and married men live longer than single men with the same cancers. When your life is only about what I can do, or a role you're playing and you're able to work anymore than you curl up and die. If you have connections, you keep going." (2)

## Chiropractic and Spinal Research



**Did you know there are thousands of papers on the wonders of chiropractic and spinal care in health and disease? Anyone who has any kind of health problem needs chiropractic care. Is there any disease or condition you'd like to know about? Ask us.**

**Attention deficit disorder/scoliosis.** (Two cases from the International Chiropractic Pediatric Association ADD study).

**Case #1:** 10-year-old girl on 60 mg. Ritalin™/day with a severe scoliosis of 48° Cobb angle. After ten spinal adjustments mother reported a happier child, healthier immune system and higher endurance. Re-exam revealed scoliosis reduced to 12°. Within 3 months she was off Ritalin™.

**Case #2:** 12-year-old boy diagnosed with ADD, asthma and seizures. After 8 adjustments the parent and MD withdrew all medications. Positive personality changes were noted. (3)

**Eczema.** A seven-year-old girl had severe skin lesions covering much of her body "from her neck to her ankles" since age 4. He had been treated with cortisone creams with no success. Past

history revealed a forceps delivery. Chiropractic analysis revealed subluxation of second cervical (neck) vertebra (C2). She was adjusted 2 times per week. Within 4 weeks, her eczema was 90-95% gone. (4)

**Tinnitus.** A woman was exposed to a high-decibel noise at the loading dock at work. She was deaf for 30 minutes after and developed "ringing, hissing, buzzing and warbling" sounds. Her MD told her the sounds would spontaneously resolve; they did not. Medications prescribed by her ear-nose-throat specialist (ENT) did not help. She was sleeping about 2 hours/night with "crying spells" 6 hours per day with unremitting tinnitus, neck and jaw tension. Chiropractic care consisted of spinal, cranial and cervical adjustments. After 4 months she reported a 50% decrease in tinnitus intensity, with improved sleep and neck/jaw tension. (5)

"Each difficult moment has the potential to open my eyes and open my heart." Myla Kabat-Zinn

## Humor



A man and his wife are awakened at 3 o'clock in the morning by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

"Not a chance," says the husband, "it is three o'clock in the morning!" He slams the door and returns to bed. "Who was that?" asked his wife.

"Just some drunk guy asking for a push," he answers. "Did you help him?" she asks. "No, I did not, it is three in the morning and it is pouring out!"

"Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down and those two guys helped us? I think you should help him, and should be ashamed of yourself!"

The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?" "Yes," comes back the answer.

"Do you still need a push?" calls out the husband. "Yes, please!" comes the reply from the dark. "Where are you?" asks the husband.

"Over here on the swing!" replies the drunk.

## References

1. Spontaneous Remission, An annotated bibliography B. O'Ragon and C. Hirshberg Institute of Noetic Sciences, 1999.
2. Interview with Bernie Siegel, MD New Visions Magazine, December 2001.
3. First report on ADD study. *Webster L. International Chiropractic Pediatric Association Newsletter*. Jan. 1994.
4. Eczema. *ICPA Newsletter* July/August 1997.
5. Co-management with ENT, dentist and psychotherapist are ongoing. Spinal/cranial manipulative therapy and tinnitus: a case history. Blum CL *Chiropractic Technique*, 1998; 10:163-168.

# NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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In The Interest of Safeguarding Your Health,

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

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## **Computer Exaggerates Pollution Effects**

A software bug in a computer program that analyzes research data has led to an error in the reporting of research relating air pollution to mortality risks. The Health Effects Institute of Cambridge, Massachusetts released the study in June 2000; the EPA and the automotive industry funded it. Because of the error, risks associated with small-particulate air pollution were reported at approximately twice their actual value. The EPA has been considering this and other studies while formulating new regulations, which may be delayed while the agency reconsiders its position, especially since the same computer program was used by many other studies.<sup>1</sup>

1. Associated Press, June 5, 2002.
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## **TV-Induced Obesity**

A study published in the journal *Pediatrics*<sup>2</sup> reports that television viewing is associated with obesity even in very young children. This study of more than 2,700 ages one to four

toddlers found that the higher prevalence of obesity was only associated with the numbers of hours estimated in front of the set, and whether or not the children had televisions in their bedrooms. A TV in the bedroom correlated to a higher obesity rate, even if the time reported watching it was less. Researchers are unsure why this is the case, but suspect underreporting of hours watched, or perhaps other unaccounted-for lifestyle aspects.

2. *Pediatrics*, June 2002.

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### **Cholera Activation**

Research from Tufts University School of Medicine suggests that cholera changes virulence as it passes through a suitable host. Something in the human intestinal tract appears to activate genes that make the germ much more active. The result is an active pathogen that is hypermobile and highly active for a period of time after it is excreted in the feces of the carrier. It is assumed that this is the reason cholera outbreaks fulminate so suddenly. Experiments in mice found that the excreted strains were up to 100 times more virulent. The activating factor is unknown.<sup>3</sup>

3. *Nature*, June 6, 2002.

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### **Baby Walkers Delay Development?**

A report in the *British Medical Journal*<sup>4</sup> concludes that baby walkers delay normal developmental milestones. Researchers found that children who used the devices took three to four weeks longer to crawl and walk on their own. The study involved 190 babies. Because of these findings, and injuries associated with baby walkers, the researchers discourage their use.

4. *BMJ*, June 22, 2002.

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## **Viagra and Nosebleeds**

British doctors report that they are seeing a number of severe nosebleeds in patients that have taken the drug Viagra. One patient was particularly unresponsive to efforts to staunch bleeding and was hospitalized for six days before doctors considered him stable enough to send home. Most of the patients with excessive bleeding also suffer from high blood pressure, which is known to make nosebleeds more likely. The doctors theorize that the drug is causing the nasal tissues to engorge, setting up the problem in susceptible individuals.<sup>5</sup>

5. *Journal of the Royal Society of Medicine*, August 2002.

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## **Tea for Strong Bones**

Research from Taiwan suggests that tea helps maintain bone density. Just over 1,000 subjects were questioned about their tea-drinking habits, and the results were compared to bone-density measurements. Those who habitually consumed an average of two cups of black, green or oolong tea over the past 10 years showed six-percent-higher bone density than those who rarely drank tea. The researchers think that the fluoride and flavonoid content of tea is responsible.<sup>6</sup> It also appeared that the regularity of tea consumption, not necessarily the quantity, was more important.

6. *Archives of Internal Medicine*, May 13, 2002.

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## **Intensive Infant Care**

A study from Dartmouth Medical School reports that the large amounts of money and energy spent treating low-birthweight infants in the United States are not improving the outcome for those babies. When compared to other countries that spend less on neonatal treatment (but more on prenatal care), the U.S. statistics are no better, and possibly worse. The U.S. has a lot of technology and about twice as many neonatologists as England, Canada, and Australia, yet the mortality rates for even the sickest and smallest newborns are no better. The researchers suggest that a greater emphasis should be placed on prenatal care and other preventive measures.<sup>7</sup>

7. *Pediatrics*, June 2002.

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## Exercise to Reduce Strokes

A study<sup>8</sup> of more than 16,000 middle-aged-to-elderly men suggests that regular exercise can significantly lower the risk of stroke. The researchers categorized the men into three fitness levels, based upon treadmill tests, and then analyzed the frequency of strokes over approximately 10 years. The men in the highest fitness group died from strokes 68 percent fewer times than the lowest group. Those in the middle group came close, with 63 percent fewer stroke-related deaths. An example of someone in the moderately-fit group might be someone that runs at least 20 minutes a day, three to five days per week.<sup>9</sup>

8. *Medicine and Science in Sports and Exercise*, April 2002.

9. Associated Press, May 12, 2002.

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## Airline Infections

For some time now, it has been observed that airline passengers tend to contract more colds than the general population. It was thought that the recirculation of air in many airplanes was spreading the germs around to all passengers, making them sick. However, a new study suggests that this is not the reason. Researchers questioned 1,100 passengers to see if they had contracted a cold one week after their flights. The passengers had flown on two different types of planes: one that used fresh air ventilation, and one that recirculated cabin air. The fresh air group reported a 21-percent incidence of colds; the recirculated group reported 19 percent. The normal incidence in nontravelers is about three percent. The researchers conclude that the colds are probably due to other factors, such as sleep loss, stress, etc.<sup>10</sup>

10. *JAMA*, July 24, 2002.

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## Fit for Life

A study of 9,925 women by a Texas research group concludes that even though excess weight can shorten longevity, physical fitness may have a more significant effect. Using treadmill tests to determine the fitness levels of the subjects (with an average age of

43 years), the researchers tracked them for 11 years. They then compared the fitness levels of those who had died during that time period. They found that the women in the lowest of the three fitness groups died (of any cause) twice as often as those in either of the other two groups. The women judged to be "moderately fit" had been able to walk two miles in less than 40 minutes, three times a week.<sup>11</sup>

11. [www.obesityresearch.org/cgi/content/abstract/10/6/417](http://www.obesityresearch.org/cgi/content/abstract/10/6/417).

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## **Obesity and Heart Failure**

Empirically it seems obvious, but researchers have confirmed that heart failure is significantly more likely in the obese. Compared to normal-weight individuals, if you are obese you have twice the likelihood of developing congestive heart failure.<sup>12</sup> If you're simply overweight, the risk drops to 34 percent higher, on average. The risk appears to increase proportionally to the amount of excess weight. The study was an analysis of data from the Framingham Heart Study and involved about 5,800 patients classified by their body-mass index (BMI). A BMI of 25 to 30 is considered overweight, and a score over 30 defines obesity.

12. *NEJM*, August 1, 2002.

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## **Newborns and *E. Coli***

A study funded by the National Institutes of Health reports that newborn babies are increasingly contracting *E. coli* instead of streptococcal infections, apparently because of antibiotic use. Antibiotics given to women in labor, it is thought, are inhibiting bacteria that would normally limit *E. coli* growth. As a consequence, the *E. coli* growth is unchecked, leading to systemic infection. This is particularly worrisome, because *E. coli* can be more dangerous than streptococcus. This study compared the rates of infections in babies born from 1991-1993 to those born between 1998-2000. The overall rate of infection was similar (about nine per 1,000 births in both groups), but most of the streptococcal infections (5.9 previously, decreasing to 1.7 in the latter group) were replaced by *E. coli* infections.<sup>13</sup>

13. *NEJM*, July 25, 2002.