



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. We'd like to entertain you, inform you and even inspire you a little. We'd love to hear from you; feel free to write to us with any questions or comments.



... a kind of superintelligence exists in each of us, infinitely smarter and possessed of technical know-how far beyond our present understanding. Lewis Thomas

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Exactly What Diseases Do Chiropractors "Treat?"



Many people with all kinds of health problems visit chiropractors - from aches and pains, heart conditions, emotional disorders, infection, low resistance, to lack of energy - the list is long. People often ask, "What condition should I see a chiropractor for?" The answer is "Chiropractic isn't for conditions or diseases, it's for people."

No matter what problem you have, you can benefit from a healthy spine. Spinal health is as important for your overall healing as proper nutrition.

Many things contribute to your health: the quality of the air, food and water you take in; how you handle emotional stress; your inherited weaknesses and strengths; your use of drugs; exercise; and relaxation - and the state of your spinal column. It is absolutely essential for good health and can make the difference between a life of health, strength and vitality or a life of disease, weakness and disability.

Are you and your family carrying the health-damaging vertebral subluxation complex, in your spines? Only a chiropractic spinal checkup can tell.

Words of Wisdom

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

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

- St. Francis of Assisi

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be. - Pantanjali

Chiropractic and Spinal Research



Did you know there are thousands of papers on the wonders of chiropractic? Please tell others about the power of chiropractic care - health without drugs or surgery. Any disease or condition you'd like to know about? Ask us.

Does 'normal' vision improve with Chiropractic? This is the case study of a 22-year-old man who had been suffering from neck pain. Although his vision was considered to be in the normal range, as measured by computerized static perimetry, it was

tested before and after a chiropractic spinal adjustment. After the adjustment a measurable improvement in the visual sensitivity of both eyes was recorded. Does 'normal' vision improve with spinal manipulation? (1)

Sinus Trouble. This is the case study of a four-year-old boy suffering with headaches, vomiting, nasal drip and decreased appetite. He was being treated with large doses of antibiotics by his MDs. Past history revealed a fall on his head at age two from a height of 4 feet.



Chiropractic analysis revealed a subluxation of the second cervical (neck) vertebrae. He was seen 2 times per week for six months with excellent results. His headaches, vomiting and nasal drip completely resolved. His parents reported that his attitude and appetite dramatically improved. (2)

Constipation. A baby boy took a serious fall and immediately stopped having bowel movements. After months of medical management the condition did not resolve and the parents were told by the MDs that an exploratory surgery was necessary to determine if there was a blockage. Twenty-four hours after his first chiropractic adjustment he started having normal bowel movements. This same child started severely stuttering at the age of 2. This was correlated to a fall. He began chiropractic care and within two weeks he stopped stuttering. This was a child who previously repeated a word twenty times and then, frustrated, gave up. (3)

Please Tell Others About Chiropractic Care



There are so many people in our community - adults, the elderly, infants and children - with subluxations in their bodies that will never be corrected because they don't know about the wonders of chiropractic care. So many people are living with physical and emotional ill-health and in many cases all they need is a chiropractic spinal adjustment to restore themselves to health and healing.

They probably don't know what you know about of chiropractic care. **Please tell them. Please let others know that drugs and surgery are not the only options available.** We're happy to discuss your questions about others needing care with you.

Humor

He who dies with the most toys is nonetheless dead.

Police station toilet stolen Cops have nothing to go on.

Heck is where people go who don't believe in Gosh.

A picture is worth a thousand words, but it uses up a thousand times the memory.

The meek shall inherit the earth....after we're through with it.

Time flies like an arrow. Fruit flies like a banana.

Ham & eggs: A day's work for a chicken; a lifetime commitment for a pig.

The trouble with life is there's no background music.

If there is no God, who pops up the next kleenex?

Suicidal Twin Kills Sister By Mistake

My wild oats have turned to shredded wheat.

Quoting one is plagiarism. Quoting many is research.

Children: You spend the first 2 years of their life teaching them to walk and talk. Then you spend the next 16 telling them to sit down and shut up.

Grandchildren are God's reward for not killing your children.

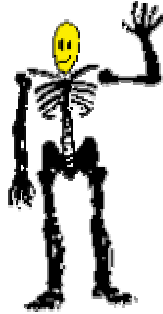
Mothers of teens know why some animals eat their young.

Children seldom misquote you. In fact, they usually repeat word for word what you shouldn't have said.

The main purpose of holding children's parties is to remind yourself that there are children more awful than your own.

Be nice to your kids. They'll choose your nursing home.

Want copies of this newsletter? Stop by the office and we'll give you some or email us and we'll add those you care about to our mailing list. Please remember that everyone needs to be free from sublaxations so bring your friends and loved ones for a spinal checkup.



References

1. Stephens D, Gorman RF. JMPT. 1996;19:415-418.
2. From the files of Richard McCarthy, D.C. ICPA Newsletter. July/August 1997.
3. Kendzior AT. Expect a miracle. ICPA Newsletter. Jan/Feb 1998.

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.)

Knee Surgery Fails Controlled Study

A study published in the *New England Journal of Medicine*¹ concludes that two popular arthroscopic knee surgeries, debridement and lavage, are basically worthless for the effects of arthritis. The researchers gave 180 knee arthritis patients either one of the surgeries or a superficial incision as a placebo. Over the next two years, the placebo group reported less pain, although the authors of the study say the difference between all three groups was not enough to be significant. There was never a point in the study when the surgical groups fared better than the placebo patients.

1. *NEJM*, July 11, 2002.

Aging Juice

The Journal of the American Dietetic Association² reports that the vitamin C content of popular ready-to-drink orange juices may not be as high as expected. Tests show that virtually all the vitamin C potency may be gone within four weeks of opening the

container. Even worse, these ready-to-drink juices start out with about half the vitamin C content of frozen juices because of losses during the pasteurization process required for this type of packaging. Frozen juice typically contains about 86 mg of the vitamin when reconstituted, compared to an average of near 45 mg when a carton of pasteurized juice is first opened. In this study, both lost about 45 mg after four weeks, leaving the frozen potency at about the point at which the ready-to-drink variety started.

2. *JADA*, April 2002.

Eat Less to Live More

New research is finding that earlier studies relating reduced food intake to longer lives in insects, mice and other animals may also apply to humans. Certain biological characteristics of restricted food intake, such as lower temperature, lower levels of insulin, and the level of DHEAS (a steroid) are showing up in another study involving long-lived men. The ongoing Baltimore Longitudinal Study of Aging is seeing these characteristics more and more reliably among survivors as their study population ages. The conclusions are preliminary at this point, and no one is certain how the results will eventually play out for humans. The researchers note, however, that animals appear to live longest with a 30-40 percent reduction of intake, an amount they consider "not practical" for most people.³

3. *Science*, August 2, 2002.

Organic Soup Nutrition

A report in *New Scientist Magazine*⁴ finds that organic soups typically contain higher levels of certain beneficial compounds than traditional varieties. Specifically, researchers tested the level of salicylic acid, in the assumption that this might be related to improved cardiovascular function. They found that the 11 brands of organic soup they tested contained nearly six times as much salicylic acid as the nonorganic soups. The highest levels were in the organic carrot and coriander soups, with some of the traditional soups showing nearly undetectable amounts. Britain's Soil Association, an organic farming proponent, reports that previous independent studies have shown higher levels of vitamin C, calcium, magnesium and iron in organically grown foods.⁵

4. *New Scientist Magazine*, March 11, 2002.
 5. Reuters, March 13, 2002.
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Death by Inhalation

A study by a pharmaceutical company suggests that short-term "relief-type" inhalers may be doing some damage to patients. The work is published in the journal *Thorax*⁶ and describes a comparison of long-term inhaled steroids versus short-term beta agonists. The researchers note that excessive use of beta agonists is associated with "a markedly increased risk of asthma death." The steroid varieties, according to this study, are a useful medical treatment.

6. *Thorax*, August 2002.
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Night Lights for Retinopathy

A researcher⁷ from Cardiff University in Wales reports that he has found evidence that diabetics may be able to decrease the risk of diabetic retinopathy by leaving on a night light while they sleep. This very small study (seven diabetic patients and eight controls) suggests that a small amount of continuous light stimulation may keep more blood flowing through the retina, thus preventing deterioration due to lack of oxygen or other nutrition. The author reports his findings in a letter to the *Lancet*⁸.

7. Professor Neville Drasdo, as reported by Reuters, June 27, 2002.
 8. *The Lancet*, June 29, 2002.
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Bactericidal Broccoli

Research published in the *Proceedings of the National Academy of Science*⁹ suggests that a compound present in broccoli and broccoli sprouts is highly toxic to *helicobacter pylori*, a bacterium implicated in stomach ulcers and cancers. The compound, sulforaphane, killed the bacteria at levels the researchers say can be achieved by eating reasonable amounts of the vegetable, though precise amounts have not yet been

determined. The study, done in laboratory mice, will be repeated soon using human volunteers.

9. *PNAS*, May 28, 2002.

Arthritis Drugs and the Heart

Research in laboratory mice is giving strong indications that certain newer drugs, widely marketed to people with arthritis, may be dangerous in those with heart disease. This study is in response to an earlier one that found a two fold increase in heart attacks among certain Vioxx users, compared to patients treated with Naproxen. The new study explains how Cox-2 inhibitors (which also include the brand Celebrex) might promote excessive clot formation. It appears that Cox-2 enzymes counteract some of the effects of the Cox-1 enzyme, which narrows blood vessels and makes blood more likely to clot. These drugs inhibit only the Cox-2 version, not Cox-1, so this leads to facilitated clot formation.^{10,11}

10. *Science*, April 19, 2002.

11. www.sciencemag.org.

Too Much Zinc, Too Early?

A study¹² of 168 Bangladesh children has reached a troubling conclusion: zinc supplements that pregnant mothers took to improve their offspring's growth and immunity appear to have suppressed their mental development. Compared to children whose mothers took placebos during pregnancy, these children performed poorer on mental and psychomotor tests. The researchers do not have a strong opinion on how zinc could produce such effects, but speculate that the supplementation may have displaced other micronutrients required for an infant's development.

12. *The Lancet*, July 27, 2002.

Heart Nuts

A study of over 21,000 men since 1982 reports that fatal heart attacks can be decreased significantly by the addition of nuts to the diet. Deaths from sudden heart attacks were nearly halved in the group that consumed at least one ounce twice a week, compared to those who rarely, if ever, ate nuts. Deaths due to complications of general coronary heart disease were 30 percent fewer. The research drew on data from the U.S. Physician's Health Study.¹³

13. Reuters, June 23, 2002, reporting on work by Dr. Christine Albert of Brigham and Women's Hospital in Boston.

Move Over, Cholesterol

Doctors have missed great opportunities to prevent and treat heart disease "because of our focus solely on cholesterol," says a prominent physician from Brigham and Women's Hospital.¹⁴

Evidence had been building that low-grade inflammation was probably the single most likely contributor to heart disease in America. There is still a lot of investigation to be done. Federal recommendations are being formulated to direct doctors to change their thinking from the "clogged-pipe" concept to effects stemming from inflammatory processes in previously unconsidered places, such as fatty deposits in the arteries. It is thought that the inflammation weakens the fat structures, which can lead to a rupture and subsequent chain reaction that produces a blood clot. One recent study finds that C-reactive protein levels are twice as reliable in predicting heart attacks as cholesterol levels.¹⁵

14. Dr. Paul Ridker, as quoted by the Associated Press, August 3, 2002.

15. www.news.harvard.edu/gazette/2000/03.23/heart.html.

The Early Bird Catches the Infection

British researchers are suggesting that athletes who train in the morning might be more susceptible to infection or prolonged recovery times than those who work out in the evening. They measured the cortisol and salivary IgA levels of 14 competitive swimmers

who trained either in the early morning or evening. The results, they say, suggest that the morning workouts, combined with circadian rhythms, depress immunological activity. They suggest late-day workouts, especially after an injury or illness, or before a strenuous competition.¹⁶

16. *British Journal of Sports Medicine*, August 2002.