

# In Good Hands

A Free Monthly Newsletter For The Friends And Patients Of:  
Thomas Gerou, D.C.  
7277 N Lilley Rd  
Canton, MI 48187  
(734) 981-6969

"Opportunity is missed by most people because it is dressed in overalls and looks like work." ~ *Thomas Jefferson*

## SCROLL DOWN FOR THIS MONTH'S "Health Updates"

- **Health Update #1: Low Back Pain**
- **Health Update #2: Carpal Tunnel**
- **Health Update #3: Fibromyalgia**
- **Health Update #4: Headaches**
- **Health Update #5: Whiplash**

## PLUS...

- Important facts you should know about sunscreen.
- *Recent research shows common ingredient in sunscreen may INCREASE risk of skin cancer.*
- What SPF really means and why you are probably not getting even close to the protection you think.
- *What ingredient in many sunblocks may cause hormone disruption?*
- Why getting the "Skin Cancer Foundation" logo is easy... and doesn't mean much.
- *The FDA started to draft sunscreen regulations in 1978 - and they still are not complete!...This may be why nearly 1 in 8 sunscreens do not even block UVA rays!*
- An Amazing Story About A Father And His Son And Why Their Struggle And Courage May Save Your Child's Life
- *Why Children Act Up! And What You Might To Do About It...*
- YOU: Statins in Your Water?

## LET'S BEGIN!...

# Sunscreens May Cause Cancer?

***Plus: New study reveals Ginger may reduce post exercise pain... why your morning coffee boost is not all it's cracked up to be... and 8 reasons why children misbehave...***

For years and years, we have known two things to be true. First, the sun is bad for you... therefore exposure should be limited.

Most people don't know this, but the sun has three types of "rays," not just two.

The first is UVC. This ray usually does not reach our planet's surface and this is good because it is believed only brief exposure to UVC rays is fatal.

Next, are UVB rays. These have long been considered the "tanning rays." They are strongest during the summer months when the Earth's orbit is closest to the Sun. UVB rays are what produce a "sun tan."

For many years, sunblocks and sunscreens only attempted to block UVB because science was unaware of the effects of UVA rays (the third type of sun ray) on the body.

UVA was believed to be the safe ray in the 1980s, which spawned the growth and popularity of the artificial sun bed industry - some dermatologists even backed this artificial tanning! But, science now believes UVA rays actually do more damage than UVB rays! UVA rays are not dependant on how far the Earth is from the Sun - so the effects are the same all year round.

What's more, UVA penetrates light clothing and car windshields... even many hats. Over-exposure to the sun has been linked to premature aging and even deadly skin cancer...

### **Which Brings Us To The Second "Truth"**

Limit exposure to the harmful rays of the sun by using high SPF sunscreens and sunblocks. For years, the sunblock industry has been booming with the promise their products protect you from the sun's aging and cancerous rays.

But, research now says these "truths" are not so "true."

For example, there is no consensus whether sunscreens prevent skin cancer. According to the Environmental Working Groups' (ewg.org) finding, *"The Food and Drug Administration's 2007 draft sunscreen safety regulations say: FDA is not aware of data demonstrating that sunscreen use alone helps prevent skin cancer."* (FDA 2007).

The International Agency for Research on Cancer agrees. IARC recommends clothing, hats and

shade as primary barriers to UV radiation and writes "*sunscreens should not be the first choice for skin cancer prevention and should not be used as the sole agent for protection against the sun*" (IARC 2001a). Even worse, there is evidence emerging that sunscreen may actually INCREASE THE RISK OF SKIN CANCER!

Researches speculate the cause(s) may be lack of UVA protection by most sunscreen for over 30 years, improper usage, staying in the sun longer with sunscreens and some of the ingredients. One big problem is the SPF (sun protection factor) myth.

In 2007, the FDA published draft regulations that would prohibit manufacturers from labeling sunscreens over 50 SPF. The FDA stated that anything over 50 SPF was "inherently misleading." Even an SPF of 50 can be misleading because of the way most people use sunscreen. In the real world, tests show people apply only one-half to one-fifth of the amount used when testing the sunscreen. A person using one-fourth the amount of sunscreen with an SPF of 30 only actually gets an SPF of 2.3. The same person using a sunscreen with SPF 100 ends up with only SPF 3.2. (The math is exponential, that's why there are such drastic reductions in SPF.)

Then, there are the potential problems with the ingredients found in sunscreens. For example, oxybenzone, a common ingredient, is a known hormone disruptor. Retinyl palmitate (a form of Vitamin A also commonly used in sunscreens) may increase the risk of skin cancer.

According to Environmental Working Groups, "*The publicly available data from FDA's new study suggest that when used in sun-exposed skin care products, retinyl palmitate and related chemicals may increase skin damage and elevate skin cancer risk instead of protecting the skin.*" Also, according to Environmental Working Groups, 41% of all sunscreens contain retinyl palmitate.

All of this may be surprising but what's even more shocking is that the FDA first issued draft sunscreen regulations in 1978 and last updated the draft in 2007. The regulations are still not final, despite multiple announcements of impending completion. Until the agency formally issues its rules, companies are not required to verify their sunscreens work, including testing for SPF levels, checking waterproof claims or providing UVA protection. Nearly one in eight sunscreens do not block UVA rays. Many carry the seal of "The Skin Cancer Foundation." According to the Environmental Working Groups, "*The Skin Cancer Foundation (SCF) lends its logo to hundreds of sun protection products. SCF approval is easy, just document that your product has an SPF of at least 15 and provide results of basic tests (for SPF, skin reactions and water and sweat resistance, if such claims are made). SCF also requires that companies pay a \$10,000 donation to join the Foundation's 'Corporate Council' in order to have their products approved.*"

Confused? If you are, then you are not alone. Here's something that will make the most of the confusion disappear... Since sunscreens are probably not as safe as once thought, the best thing to do is stay out of the sun during its peak hours (10:00am - 2:00pm) and whenever possible, wear protective clothing instead of chemicals. Don't forget, some sun is absolutely necessary for Vitamin D production and proper health. The amount of sun you should get depends on your skin type but you should NEVER burn.

## Morning Coffee May Not Be Giving You The Boost You Think It Does!

Think coffee helps you wake up and gives you more energy? Recent research from British scientists says just the opposite. Bristol University researchers found coffee drinkers develop a tolerance to both the anxiety-producing and the stimulating effects of caffeine. In other words, drinking coffee only brings you back to where you should be without coffee - not better or more stimulated. *"Although frequent consumers feel alerted by caffeine, especially by their morning tea, coffee, or other caffeine-containing drinks, evidence suggests that this is actually merely the reversal of the fatiguing effects of acute caffeine withdrawal,"* wrote the scientists led by Peter Rogers of Bristol's Department of Experimental Psychology.

## Natural Pain Relief Ginger Supplements May Reduce Post Exercise Pain

A recent study published in *The Journal of Pain* found both raw and heat treated ginger reduced the pain associated with muscle injury when compared with a placebo.

*"The primary novel finding was that supplementation with both raw and heat-treated ginger attenuated muscle pain intensity 24 hours after eccentric exercise,"* wrote the researchers, led by Chris Black, PhD, from Georgia College and State University. The researchers also added, *"Consumption of raw ginger resulted in a 25 percent reduction while heat-treated ginger resulted in a 23 percent reduction in muscle-pain intensity 24 hours post-exercise."* It is believed ginger may have anti-inflammatory and analgesic (pain killing) properties, similar to non-steroidal anti-inflammatory drugs.

*And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.*

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## Inspirational Story Of The Month

(Names And Details Have Been Changed To Protect Privacy)

# Chucky's Fight

*An Amazing Story About A Father And His Son And Why  
Their Struggle And Courage May Save Your Child's Life*

Charles Rosa was always a tough kid. He played hockey in high school and participated in his share of street fights. When he rode his bike by mixed martial arts powerhouse, American Top Team in Boca Raton, Florida, he didn't hesitate to stop and walk in. The gym's owner (and Ultimate Fighting Championship veteran), Charles McCarthy, greeted him. In the blink of an eye, the 21-year old was in full kickboxing gear getting ready to spar. Little Charles (a nickname he later earned) got his butt thoroughly kicked that day. But, Charles McCarthy and the other instructors noticed something very special: Little Charles had no fear. After every kick or punch to his face, Little Charles didn't even flinch. He just kept coming forward. In fact, with every shot he took, he came back even harder. After his sparring session, Little Charles sat down and...

## **Threw Off His Gear In Disgust!**

"What's wrong?" another student asked.

"I thought I was tough. I thought I could do this mixed martial arts stuff. I just got my butt kicked. I'm not as tough as I thought."

"Do you know who you just sparred?"

"No."

"Well, that was Cole Miller."

Little Charles' eyes opened wide and a smile broke across his face.

"You mean the Cole Miller that was on the Ultimate Fighter television show and fought in the Ultimate Fighting Championship pay-per-view event?"

"Yep... that would be the same Cole Miller! You should be proud of yourself... most guys can't last 2 minutes with him." A fire was lit and Little Charles knew he could do it. He started training at American Top Team in Boca Raton 6 days a week... twice a day on most days. He rode his bike 30-40 minutes each way. It wasn't long before Little Charles started making his mark at the school. Grappling instructor Matt Welch was shocked after training with Little Charles. "I put him in chokes that would make anyone give up and he doesn't. He just keeps fighting. In 15 years on mixed martial arts training, I've never seen anything like it. He never quits. He has that intangible, indescribable 'something special' and he's going to be a star some day soon." After less than a year of training, Little

Charles won his first kick-boxing match by TKO. After a year and a half, he was scheduled for his first mixed martial arts fight.

### **That's When The News Crews Started Calling The School...**

As it turns out, Little Charles is more special than any of his coaches knew. Little Charles recently lost his two brothers to drug addiction and he narrowly escaped the same fate before walking into American Top Team. Little Charles' Father, Chucky Rosa, was on a mission to save other children from the evils of drugs. He started "Chucky's Fight," where he videos himself taking a swim in the ocean every single day. If you think this is easy, check out this video on Chucky Rosa taking a dip on January 18th... in the icy waters in New Hampshire... while it's snowing.

<http://www.youtube.com/watch?v=Vf2-l7pgtIY> Chucky Rosa is a mountain of a man and does not even appear the slightest bit cold while talking to the camera and wading into the near-frozen ocean. These frozen swims have not only saved the life of his son, but countless others who find the inspiration to walk away from drugs and live a beautiful life... and live a beautiful life is what Little Charles is doing. He's not only one of the hardest workers at American Top Team in Boca Raton, Florida... he's one of the most popular. He has a second family at the gym and a new outlook on life. He shows up for class early and is the last one on the mat. He is often seen working with the children... when no one has asked him to. He just takes it upon himself to help the little guys and show his enormous heart. Please, go to the youtube link above and check out Chucky's fight and spread the word. Email it to your friends and whether you are a fight fan or not, remember the name "Charles Rosa," because you will hear it and see him fight in the big show sometime soon.

*We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!*

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## **Did You Know?**

- When most people think of burns, fire and heat usually come to mind. While it is true that heat is the leading cause of tissue damage known as a "burn", a burn can also be caused by radiation

(like a sun burn), friction, electricity, and chemicals.

- *Most burns, other than the most severe, can be safely and effectively treated with natural home remedies.*
- Burns are characterized by degree, based on the severity of the tissue damage. First-degree burns cause redness and swelling in the epidermis (the outermost layers of skin). Second-degree burns also involve redness and swelling, as well as blistering and the damage may extend beneath the epidermis to the deeper layers of skin (the dermis). Third-degree burns destroy the entire depth of skin and usually result in scarring. The damage may extend to underlying fat, muscle, or bone.
- *The wonderful Aloe Vera plant is a top choice for healing and soothing burns. Since the active ingredient (acemannan) breaks down quickly, fresh inner leaf fillets are much preferred. Fresh Aloe Vera quickly soothes painful burns and often heals even serious burns with little or no scarring.*
- Lavender essential oil is a very effective antiseptic that also reduces pain and promotes rapid healing. In addition, lavender reduces scarring. When lavender oil is applied to a burn very quickly, the burn may heal with no scarring at all. For larger burns, pour lavender oil onto gauze or a cloth and apply the gauze to the burn every few hours.
- *A wonderful and widely available household first aid item for healing and soothing burns is diluted vinegar. Cover the burn area with a cloth soaked in diluted vinegar and refresh the vinegar compress as often as needed, especially if the pain returns.*
- Another good household item is honey, especially raw honey. Honey has wonderful antiseptic and healing properties. Researchers in India found burns dressed with honey healed faster and with less pain and scarring.
- *Another age old remedy is potato peels. Potato peels provide moisture and they also have anti-bacterial properties. Doctors have found potato peel bandages work better for minor burns than conventional dressings.*
- Vitamins A, C, and E aid in the healing process for burns and other wounds.
- *Zinc can help with healthier skin after the burn, as well as a quicker recovery time. Severe burns often heal with little or no scarring.*

**Note :** In the case of any very severe burn, seek professional medical care immediately.

## **Tip Of The Month**

**Why Children Act Up!  
And What You Might To Do About It...**

Raising children is one of the most challenging things you can ever do. Sometimes, they are your little angels and other times, your little devils.

The most difficult thing may be identifying what causes each behavior. It would make things a lot easier around your house if you knew exactly what to do to raise the perfect child, wouldn't it?

Well, while there is no "perfect formula," there are known (and common) reasons why some children misbehave. Just knowing and understanding these reasons can go a long way to creating a well-balanced child... and giving you some sanity!

The first and possibly biggest reason children misbehave is simply because they are trying to figure out the whole new and enormous world around them. The way they do this is to TEST BOUNDARIES. As they develop, they will test or push whatever boundaries and limitations their parents have established. Unfortunately, many times, limitations and boundaries are weak - if existent at all.

Boundaries must be strong and enforced CONSISTANTLY. A lack of consistency leads to a confused (and difficult) child. Since consistency is probably the most important factor, any difference between boundaries you set and your children have at school can cause a problem. Without consistency, children do not feel safe and comfortable. The world around them becomes a very strange and uninviting place. The end result is a greater level of testing of boundaries and increased stress.

This can also occur with separated or divorced parents. Oftentimes a "good cop - bad cop" dynamic takes place. One parent tries to set and enforce the rules, while the other is the "fun" parent who gives the child anything they want in an attempt to win them over. The child usually favors this parent in the short term, but ends up with behavior problems. The best thing to do is talk to your children's teachers and find out what is going on. The same holds true with separated parents. Although easier said than done, children must be put first.

Also, make sure your expectations are within your child's developmental stage. In other words, do not expect a 2 year old to have the attention span of a 5 or 6 year old. Make sure your children understand what is expected of them.

Children are much more likely to act up when they are hungry, tired or bored... so, make sure you have a daily routine that meets all these needs. It is much easier to stay ahead of these basic needs than try to play catch-up once it is too late.

One of the most important things to remember is that children mimic the behavior of their parents. "Do as I say, not as I do" doesn't cut the mustard. If you don't want your kids to yell or swear but you and your spouse yell and swear at each other frequently, then you are in for a long, hard parenting road.

*Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.*

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## Health Update : Low Back Pain

### What Can I Do To Reduce My Risk For Low Back Pain?

Low back pain (LBP) can have many causes such as genetics, acquired abuses, body type (especially obesity - body mass index or BMI >30), gender, as well as cultural aspects that predispose one to acquire low back trouble. So, the question remains, "what can I do to reduce my risk for developing low back pain?"

The answer, like the cause is - you guessed it - multifactorial. Since we can't change our genetics, we'll have to accept that one. But, we can change our BMI by keeping our weight to a reasonable amount. In an April 2010 study from Norway, 60,000 men and women provided BMI information and 20.9% of the men and 26.3% of the women indicated they had chronic low back pain. The authors found a direct relationship to a high BMI and an increased prevalence of LBP. Similar results attributing obesity to LBP were also reported in a meta-analysis published in January 2010 in the American Journal of Epidemiology (2010; 171(2):135-154).

So, what is, "...a reasonable amount of weight?" When using the BMI, a BMI of 18.5 to 25 is considered "normal," while 25-30 is described as overweight and >30 represents obesity. We should also mention anything LESS than 18.5 is considered underweight and that's not good either as many nutritional needs of the body are compromised and too little weight can negatively affect bone health leading to osteoporosis and a myriad of other problematic health issues.

You may be wondering what a body mass index or BMI is, as its quite important and is quickly gaining respect in the medical world. In fact, it has been suggested to include the BMI along with the other "vital signs" pairing it up with blood pressure (BP), pulse, breathing rate, height, weight, and temperature. The BMI is a formula of height and weight and it's a rough calculation of our total body fat, which is related to the risk of disease and death. However, according to the National Heart, Lung and Blood Institute (NHLBI) it's a little more complicated than that as people with greater muscle

mass (such as a body builder) will have a higher BMI, suggesting they are overweight. At the other end of the spectrum, older individuals who have lost muscle mass may be still be overweight but their BMI will not reflect that.

The NHLBI reports 3 factors of importance when defining obesity and its many negative health effects, including the increased prevalence of LBP. The 3 factors are: 1) The BMI; 2) The waist measurement; 3) The presence of other negative health factors including: high BP, high LDL-cholesterol, low HDL-cholesterol, high triglycerides, high blood sugar, a family history of heart disease, physical inactivity and smoking cigarettes. If you have a waist size >35" for woman, >40" for men, AND 2 or more risk factors, simply put, you MUST lose weight! Even a small weight loss of 10% (such as 30# if you're 300#), will help lower your risk of developing diseases associated with obesity such as heart disease, high cholesterol related diseases, stroke, certain types of cancers and type 2 diabetes.

We also realize you have a choice in who you choose for your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

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## Health Update: Carpal Tunnel

### **Exercises For Carpal Tunnel Syndrome**

Carpal tunnel syndrome (CTS) is a common condition resulting in hand and sometimes neck and arm complaints. This can include numbness or tingling in the fingers, leading to dexterity problems such as difficulty buttoning clothing or picking up small objects. There are also issues with strength loss / weakness noticed such as when turning door knobs, opening jars, and even problems with turning the key to start a car. One big problem with CTS is people often wait too long before having it treated thinking it will "...go away" or disappear just like it started. CTS rarely gets better without some form of treatment and seeing a chiropractor makes perfect sense prior to considering surgical intervention.

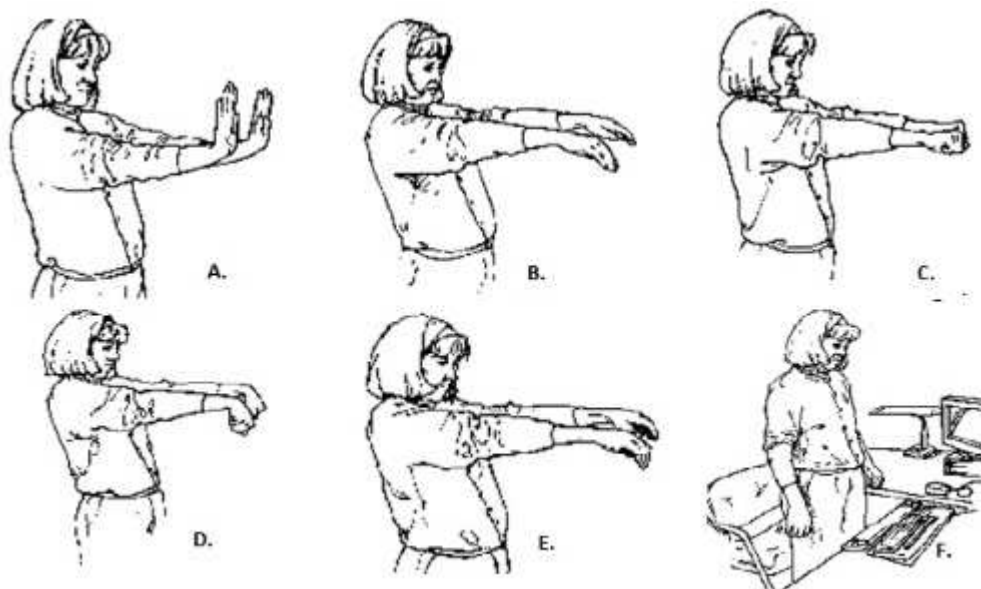
So, the question remains, "what can I do for CTS?" There are several things a CTS sufferer can do to help manage this condition. Some risk factors such as gender and age cannot be changed but

other factors can be changed including taking "mini-breaks" throughout the work day and/or work station modifications, managing weight as obesity (defined as a BMI >30 and a waist size >35" for women and >40" for men), wearing a wrist splint, as well as performing exercises to stretch the wrist area.

A study out of the University of Oklahoma reported 2 out of 3 patients with mild to moderate CTS avoided surgery by performing specific exercises. The concept of a 5-minute warm-up stretch each day before starting the workday is similar to a runner stretching before a run to prevent injury.

- **Step A:** Extend and stretch both wrists and fingers acutely as if they are in a standing push-up position. Hold for a count of 5.
- **Step B:** Straighten both wrists and relax fingers.
- **Step C:** Make a tight fist with both hands.
- **Step D:** Then, bend both wrists down while keeping the fist. Hold for a count of 5.
- **Step E:** Straighten both wrists and relax fingers, for a count of 5.
- **Step F:** Then, let your arms hang loosely at the side and shake them for a few seconds.

This exercise should be repeated 10 times and can be repeated several times a day.



Chiropractic is a perfect choice when considering a health care provider for the treatment of CTS as these exercises can easily be taught to you at our office. In addition, many other non-surgical treatment options for CTS are available.

We realize you have a choice in who you consider for your health care provision and we sincerely appreciate your trust in choosing our service for those needs. If you, a friend or family member require care for CTS, we would be honored to render our services.

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## Health Update: Fibromyalgia

### **Fibromyalgia: The Challenges of Diagnosis!**

Fibromyalgia (FM) is a condition that usually affects different organ systems in the body, causing a number of symptoms. Some of these include:

1. The muscles (the musculoskeletal system): tender, achy, stiff, tight muscles, trigger or tender points all over the body;
2. The nerves (the nervous system): headaches, light headedness, sleep disruption, depression, anxiety, numbness/tingling (overlaps with the cardiovascular system);
3. The stomach and intestines (the gastrointestinal system): diarrhea, constipation, irritable bowel, leaky gut, heart burn, lack of appetite, abdominal cramping;
4. Breathing (the respiratory system): hyperventilation, rapid / shallow breathing patterns;
5. The heart (the cardiovascular system): racing heart rate - palpitations, feeling cold all the time, numbness/tingling (overlaps with the nervous system);

Because of the multiple systems involved, there are many challenges to managing Fibromyalgia. Studies suggest a balance between several approaches works best. Some of these approaches include biomedical treatments, organ-specific treatments, and cognitive interpersonal treatments. Within these categories, the following can be broken down further:

1. General - those treatments directed at the whole body such as anti-inflammatory measures. These include (but are not limited to) medications (corticosteroids, NSAID's - such as Advil, Aleve) and nutrients (ginger, turmeric, boswellia, Vitamin D, and others). Other anti-inflammatory measures include diet, such as the Paleo Diet or "caveman diet." This diet eliminates grains or flour-based products from the diet. That means no more breads, pastas, crackers, cookies - anything made with flour. This approach emphasizes consuming fruits, vegetables, grass-fed lean meats and fish. The main ingredients in grains that are of concern in the Paleo Diet are gluten and lectins
2. Central - those treatments directed at the chemical factors in the brain that control mood, depression, anxiety and so on. These include (but are not limited to) medications (tricyclic antidepressants, muscle relaxers like Cyclobenzaprine, SSRI, SNRI and Tramadol) and certain

nutrients (neurotransmitter support such as 5-HTP - tryptophan, DHEA, phenylalanine, and others).

3. Psychotherapy and active behavioral therapy - treatments that are supportive of nervous system such as cognitive behavior therapy, aerobic exercise, patient education, multidisciplinary therapy, hypnotherapy, biofeedback, and strength training.
4. Passive physical intervention - chiropractic therapy, massage therapy and other forms of manual therapy, and acupuncture.

The goal of this article is to look at fibromyalgia from a holistic perspective so that those struggling with FM and similar conditions can better appreciate the concept of multidisciplinary treatment, of which chiropractic care plays a significant role. Coordination of care and finding the "right" health care providers cannot be over-emphasized.

We recognize the importance of including chiropractic in your treatment planning and realize you have a choice of providers. If you, a friend or family member requires care for FM, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

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## Health Update : Headaches

### **Headaches: Causes and Treatment**

Few conditions leave their victims as miserable and agitated as headaches. There are many causes of headaches including stress, odors, bright lights, noise, fatigue, certain foods, hormonal shifts, allergies, as well as genetic predisposition. With all the possible causes of headaches, it's not surprising many people seek help from many different approaches such as conventional medical therapies like pharmaceuticals and injections. Others prefer a non-drug treatment approach such as chiropractic, massage therapy, acupuncture, and nutritional counseling.

Usually, there is not one specific cause of headaches so treatment can focus on various areas. For example, muscles that attach to the base of the skull in the neck and upper back are often very short and tight, resulting in pressure or a squeezing effect on the surrounding nerves and blood vessels -- resulting in headaches. Chiropractic treatment includes methods aimed at reducing the tightness found

in the joints and muscles. One of these approaches is called spinal manipulation or "adjustments" where the joints in the neck are moved to restore motion and reduce joint fixations. By relaxing the muscles and tension between the joints, the nerves in the neck are less pressured which, in turn, can reduce headaches. The top three nerves that exit the upper neck travel into the head and are often the culprit behind the onset of headaches. The second nerve from the top is the one responsible for causing radiating pain over the top of the skull which communicates with other nerves sometimes causing the pain behind the eye.

Another chiropractic approach in the management of headaches includes soft tissue therapy where trigger points found in tight muscles are addressed through various forms of massage and mobilization methods. Manual traction of the head and neck can also be highly effective in reducing the tension found in headache sufferers. Exercises are often taught to the headache patient with significant benefits reported. Some of these, such as range of motion exercises with and without resistance (example: pushing your head into your hand during neck movements) and posture re-training (chin tucks - reducing the forward head position), help address the limited motion problems of the neck. Cervical (neck) traction performed by placing a rolled up towel placed behind the neck while lying on the back so that the head can hang off the side of the bed can also be very helpful. Another neck traction approach is the use of a unit that hangs off a door where water is placed in a plastic bag calibrated for weight for 15 minutes at a maximum tolerated weight. This can be of great benefit as it can be performed at home at your convenience multiple times a day or, as needed.

Other treatment approaches that chiropractic utilizes include stress management (such as biofeedback, relaxation instructions, meditation, visualization and others), diet modifications (as certain foods can trigger headaches), nutritional supplementation (such as fish oil, Vit. D, feverfew and others), and sleep restoration.

If you, a family member or a friend require care, we sincerely appreciate the trust and confidence shown by choosing our service. We are proud that chiropractic care has consistently scored the highest level of satisfaction when compared to other forms of health care provision and we look forward in serving you and your family presently and in the future.

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**Health Update: Whiplash**

**"The Only Proven Effective Treatment"  
for Chronic Whiplash?**

You may have wondered, "If I get hurt in a car accident, who should I go to for treatment of my whiplash problem?" This can be quite a challenge as you have many choices available in the healthcare system ranging from drug-related approaches from anti-inflammatory over-the-counter types all the way to potentially addicting narcotic medications. On the other side of the fence, there are nutritional based products such as vitamins and herbs as well as "alternative" or "complementary" forms of treatment such as chiropractic, exercise, and meditation, with many others in between. Trying to figure out which approach or perhaps combined approaches would best serve your needs is truly challenging. To help answer this question, one study reported the superiority of chiropractic management for patients with chronic whiplash, as well as which type of chronic whiplash patients responded best to the care. The research paper begins with the comment from a leading orthopedic medical journal stating, "Conventional [meaning medical] treatment of patients with whiplash symptoms is disappointing." In the study, 93 patients were divided into three groups consisting of:

- **Group 1:** Patients with a "coat-hanger" pain distribution (neck and upper shoulders) and loss of neck range of motion (ROM), but no neurological deficits;
- **Group 2:** Patients with neurological problems (arm/hand numbness and/or weakness) plus neck pain and ROM loss); and,
- **Group 3:** Patients who reported severe neck pain but had normal neck ROM and no neurological losses.

The average time from injury to first treatment was 12 months and an average of 19 treatments over a 4 month time frame was utilized. The patients were graded on a 4-point scale that described their symptoms before and after treatment.

- Grade A patients were pain free;
- Grade B patients reported their pain as a "nuisance;"
- Grade C patients had partial activity limitations due to pain; and
- Grade D patients were disabled.

Here are the results:

- **Group 1:** 72% reported improvement as follows: 24% were asymptomatic, 24% improved by 2 grades, 24% by 1 grade, and 28% reported no improvement.
- **Group 2:** 94% reported improvement as follows: 38% were asymptomatic, 43% improved by 2 grades, 13% by 1 grade, and 6% had no improvement.
- **Group 3:** 27% reported improvement as follows: 0% were asymptomatic, 9% improved by 2 grades, 18% by 1 grade, 64% showed no improvement, and 9% got worse.

This study is very important as it illustrates how effective chiropractic care is for patients who have sustained a motor vehicle crash with a resulting whiplash injury. It's important to note the type of patient presentation that responded best to care had neurological complaints and associated abnormal neck range of motion. This differs from other non-chiropractic studies where it is reported that

patients with neurological dysfunction responded poorly when compared to a group similar to the Group A patient here (neck/shoulder pain, reduced neck ROM, and with normal neurological function). We realize you have a choice in where you go for your health care needs and we truly appreciate your consideration in allowing us to help you through this potentially difficult process.

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## YOU: Statins in Your Water?

By, Dr. Michael F. Roizen

*Co-Author of 4 #1 NY Times Bestsellers including:  
YOU Staying Young . The Owner's Manual For Extending Your Warranty,  
YOU: BEING Beautiful . The Owner's Manual to Outer and Inner Beauty And  
YOU: Having a Baby : The Owner's Manual to a Happy and Healthy Pregnancy*

Our basic premise is that your body is amazing: *You get a do over: it doesn't take that long, and isn't that hard if you know what to do.* In these notes we give you a short course in what to do so it becomes easy for you and then to teach others. We want you to know how much control you have over your quality and length of life.

Yes, Mehmet and I have heard just about everything in our combined 64 years of medical practice--yes, I am the older one-- but recently, we were asked by AARP's magazine to comment about statins in the water supply, especially of older folks like me. Here's why our controversial answer concluded, despite their being the top sellers, we should find alternatives to putting statins in the water supply...

We think statins prevent thousands of deadly heart attacks (not to mention strokes and impotence) every year by lowering artery-clogging LDL cholesterol by raising plaque clearing HDL levels. Statins like Lipitor and Crestor (and these two-- we have no financial interest in -- we prescribe to our patients knowing the generics cost less, but knowing these have some special benefits) work by shutting down the body's LDL factory and by raising HDL to clear that lousy cholesterol - LDL - from your blood vessels. In a landmark move this year, your FDA approved the use of statins for people with normal cholesterol levels, even without obvious risk factors for atherosclerosis like hypertension or diabetes. This means statins can now be prescribed as preventive medicine. But should they?

The new recommendations are based on research from the JUPITER trial, which looked at men

over 50 and women over 60 who had normal cholesterol levels, but high levels of C-reactive protein. All trials now have nicknames like JUPITER or MARS or AFCAPS... supposedly to help us docs remember them. We prefer nicknames that describe something easily like the Enforcer (what I'm called on the Doctor Oz show) because such nicknames tell you immediately what they do. JUPITER--Justification for the Use of statins in Primary prevention: an Intervention Trial Evaluating Rosuvastatin, is a pretty clever name, but ask 20 docs what it stands for and you are more likely to know than they are. JUPITER was a follow up study to AFCAPS--Armed Forces Coronary Atherosclerosis Prevention Study--that implied men with inflammation benefit from statins in preventing heart disease and stroke. Inflammation is indicated by high levels of this C-reactive protein.

We worry about inflammation because it ages you from the inside out, like a bad sunburn on your internal organs and blood vessels. People with high levels inflammation have a greater risk of heart attacks, strokes, auto-immune disorders, and other maladies. The JUPITER trial found men over 50 and women over 60 who took a statin for about 2 years had a 44 percent lower risk of heart attack and stroke compared to those who did not take a statin. The findings were so compelling to the study evaluation committee (a group organized independent of the docs doing the study and the sponsors) to stop the trial with the conclusion that most people with elevated C-reactive protein should receive a statin if over 50 or 60 years old. Because of these data, the FDA voted to approve the use of statins for this. That sparked controversy.

Relying on a pill may mean prevention is moving in the wrong direction! With The Enforcer E-Coaching program (on the Oz show and Dr Mike's PBS specials) you've witnessed (you do watch, don't you?) dramatic benefits in over 125 individuals who made lifestyle changes to get their LDL cholesterol levels way down, or HDL levels way up, without any drugs. You may have seen how Rocco the meat-loving cowboy got rid of his type II diabetes, hypertension and pulled plaque from his coronaries. With a Mediterranean diet low in saturated fat, along with 30 minutes of brisk exercise 3-5 days a week, and meditation, many of the Enforcer e-coaching patients have seen remarkable improvements in cholesterol levels, waist size, blood sugar levels, and overall energy. Statin therapy alone (with all but Rosuvastatin) does little to raise levels of healthy cholesterol - HDL - and all statins come with risks, such as muscle pain. Recent studies have even found a 9% increase in Type II diabetes among statin users.

Because of these risks and other concerns, I don't think we'll see statins tossed into the water supply soon. But, there are other purported benefits under study, like reduction in memory loss, that may make them more universally used. Not everyone with normal cholesterol should be treated with statins - but they are a good option for people with high enough risk for heart disease. Furthermore, most people who start taking a statin will be on drug therapy for the rest of their lives - so it's not a decision you should take lightly, yet many people on statin therapy fail to change the unhealthy habits that landed them on the drug in the first place.

**That's why -- statin or no statin -- the healthiest decision you can make for your heart and your body is to implement healthy lifestyle changes today.**

**About the author:** Michael F. Roizen, M.D., is a professor of anesthesiology and internal medicine, and is is chief wellness officer and chair of the Wellness Institute at the Cleveland Clinic. The Wellness institute also features Lifestyle 180 and the integrative medical clinics (with features of medical acupuncture, rekki, obesity management and more) of the Cleveland Clinic, both located at

1950 Richmond Road in Lyndhurst. He is the co-author of 4 #1 NY Times Best Sellers including : YOU Staying Young and YOU: The Owner's Manual. He airs on WKH/1420 in Cleveland and 30 stations nationwide and streams on healthradio.net Saturdays from 5-7 p.m . E-mail him questions at YouDocs@gmail.com He is the co-author of 4 #1 NY Times Best Sellers including : YOU Staying Young and YOU: The Owner's Manual. He is Chief Medical Consultant to the new Dr Oz show-- "The Dr. Oz Show" is number two in daytime TV now---see what's so much fun, and what he, the Enforcer is up to. Check your local listings or go to doctoroz.com for time and station ""And for more health info, log onto 360-5.com anytime.

**NOTE:** You should NOT take this as medical advice. This article is of the opinion of its author. Before you do anything, please consult with your doctor.

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# Is This The Best Way To Stay Back Pain Free?

Dear Patients and Friends,

Every year, we see the same thing.

Patients who came in for back or neck pain and started to feel better... disappear into the warm summer nights...

Now, no one blames you. Who wants to go to their Chiropractor when there are so many other (and better!) things to do?

But, there is one thing that happens just about every single summer that really bothers me...

I get calls from patients who had to cancel their vacation plans because of back or neck pain.

This is absolutely terrible because these poor patients have to miss the once a year vacation they have worked hard for and planned for months. Many times, money is lost on reservations that cannot be cancelled on such short notice.

And even worse than not being able to go on your vacation is having your back or neck go out

while you're on your vacation! That can put you in a real jam.

That's why I'm sending you this letter. It's just a simple reminder to give us a call and get checked out or get a tune-up before your vacation this summer.

Just give us a call at (734) 981-6969 and we will get you in ASAP and at your convenience.

You know the old saying...an ounce of prevention is worth a pound of cure.

Sincerely,

Dr. Thomas Gerou

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**Presented By:  
Thomas Gerou, D.C.  
7277 N Lilley Rd  
Canton, MI 48187  
(734) 981-6969**

*This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at (734) 981-6969.*