

# In Good Hands

**A Free Monthly Newsletter For The Friends And Patients Of:  
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"Read, every day, something no one else is reading. Think, every day, something no one else is thinking. Do, every day, something no one else would be silly enough to do. It is bad for the mind to be always part of unanimity" ~ *Christopher Morley*

## **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: Neck Pain**
- **Health Update #5: Whiplash**

## **PLUS...**

- 20 year study reveals 4 "bad habits" that made participants 3 times more likely to die of cancer or heart disease and 4 times more likely to die from other causes!
- *How you can get Herpes and E. Coli at the make-up counter!*
- First study to show "modest weight reduction reverses some of the very adverse inflammatory changes we see in obese people with diabetes."
- *The ONE-TWO PUNCH for fighting Arthritis!*
- Why a certain kind of nap can boot your memory!
- *MISSION: IMPOSSIBLE... Self-destructing text message technology is here!*
- While some sports stars and celebrities make headlines for lying, cheating, drug abuse and adultery... this pro golfer silently (and amazingly) does the right thing...
- *Physical Activity Prevents Heart Disease*
- Why Human Nature Is KILLING You! Lose Fat, Get In Shape, And Become Healthier...The Real Way!
- *YOU: The Most Important Choices For Making Yourself Younger: Making Your Water Safe*

## **LET'S BEGIN!...**

# Who Else Wants To Add 12 Years To Your Life?

I don't know about you, but I bet if you asked most people on their death beds if they would like to have another 12 years, they would say...

**"Heck Yeah!"**

Well, if you would like to add 12 years to your life... it may be possible. And it may be simpler than you think. Here is why...

Bad Habits. Everyone's got them, and we all make excuses why they are okay... Life is short... You gotta have some fun some times... My career is stressful so it's okay to have a vice...

**Blah, Blah...BLAH!**

Just like bad habits - everyone's got excuses, too. However, just because a behavior is common with a plethora of excuses, it doesn't make it any less deadly.

For example, a new study published in the April 26 issue of *Archives of Internal Medicine*, shows people who smoke, drink, rarely exercise and skimp on fruits and vegetables die younger - with a death risk of someone 12 years older!

In the study, 4,886 people age 18 or older were interviewed in 1984-1985. Participants were followed up, on average, 20 years later. In the two passing decades, 1,080 participants died. 431 died due to heart/cardiovascular disease, 318 due to cancer, and 331 due to other causes.

**Now, here's the striking part:** When comparing participants with all 4 bad habits to those with none - the group with all 4 habits were about 3 times more likely to die of cardiovascular disease or cancer, were 4 times more likely to die from all other causes, and had an overall death risk equivalent to someone 12 years older.

Clearly, Mother Nature doesn't listen to excuses for smoking, drinking, not exercising and not

eating right. It may be time to stop making them.

Now for some great news...

Science Daily reported on April 20, *"Australian scientists have shown for the first time that even modest weight loss reverses many of the damaging changes often seen in the immune cells of obese people, particularly those with Type 2 Diabetes."*

## **Your Immune System**

The immune system has many types of cells that act like a little army to attack invaders such as germs and viruses. But, these cells operate in a delicate balance within our body.

For example, too much body fat causes the production of pro-inflammatory immune cells. Too many of these cells circulating in the body can be harmful. According to Dr. Alex Viardot, *"These inflammatory cells are involved in promoting coronary artery disease and other illnesses associated with obesity."*

In the study published in the *Journal of Clinical Endocrinology Metabolism*, the authors concluded that even modest weight reduction of just 13 lbs. could produce an 80% reduction of pro-inflammatory T-helper cells and also a reduction of other circulating immune cells.

Dr. Viardot added, *"This is the first time it has been shown that modest weight reduction reverses some of the very adverse inflammatory changes we see in obese people with diabetes... The situation has reached crisis point, and people must be made aware that excess fat will affect their immune systems and therefore their survival."*

## **One-Two Punch For Arthritis!**

Osteoarthritis is basically a combination of the wearing of the cartilage and synovial fluid in between bones that make up a joint... and... inflammation. Glucosamine is one of the building blocks of cartilage and synovial fluid and can help maintain and boost cartilage repair.

Omega-3 fatty acids help reduce inflammation. Fish oil has been shown to reduce inflammation associated with cardiovascular disease and rheumatoid arthritis.

Now, for the first time, a study has shown combining the two can reduce the pain and stiffness associated with osteoarthritis.

German researchers combined 1,500 mg of glucosamine sulfate with 200 mg of omega-3 fats.

Head researcher Joerg Gruenwald, Ph.D. said, "*Omega-3 fatty acids inhibit the inflammation process in OA, whereas glucosamine sulfate further supports the rebuilding of lost cartilage substance.*"

### **This Kind Of Nap Boosts Memory...**

Good news for all you "nappers" out there. A recent study reported on health.com found not only did college students who took a 90-minute nap perform better than those who did not - the nappers who dreamt performed 10 times better!

In the study, 99 college students were asked to memorize a complex maze on a computer. The students who performed 10 times better dreamt about the maze.

I think it's time for a nice 90-minute siesta!!!

### **Herpes And E. Coli At The Make-Up Counter!**

If you try on make-up at the make-up counter... you may be exposing yourself to Herpes, pink eye, E. Coli and more.

According to a recent L.A. Times article, a two-year study from Rowan University on public make-up testers found on an average Saturday, 100 percent of the makeup at cosmetic counters was tainted with staph, strep, and/or E. Coli bacteria.

Dr. Zein Obagi, a Beverly Hills-based dermatologist, was quoted in the article, "If a woman has a cut on her lip and borrows lipstick from someone who has a cold sore, she'll get a cold sore. You can pass herpes (the cold sore virus), conjunctivitis (pink eye) and all sorts of things through sharing makeup."

### **MISSION: IMPOSSIBLE Self-Destructing Texts Are Here!**

*Quick Prediction:* Tiger Woods and just about every celebrity will be using this new technology. Here is why...

Ogilvy Advertising has created something called "Safe Text." This service will warn text message recipient's they will only have one chance to read a text message... after that it will be automatically erased.

The service currently offers up to 10 free anonymous text messages per day.

*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)

## **Just When You Thought Integrity Was DEAD!**

*While some sports stars and celebrities make headlines for lying, cheating, drug abuse and adultery... this pro golfer silently (and amazingly) does the right thing...*

Here's an interesting ethical dilemma...

Think back to when you were a little kid. Let's say 8 or 9 years old. I bet you had a dream that dominated your thoughts.

It may have been to become a policeman... or fireman... or President of the United States of America... or a football, basketball, soccer or baseball player.

Whatever it was... just about all 8 or 9 year olds have a dream.

Maybe you are among the small percentage of people who actually get to live out their childhood dream... Maybe you are living that dream... Right now.

Chances are, especially if your dream was to become a professional athlete, you fell short.

But, what if you had the opportunity to finally achieve that goal and live your dream with one little twist...

And that twist is...

## **You Had To Cheat To Do It?**

Would you do it?

But wait, that's not all, it gets better.

What if you could cheat to achieve your life's dream - **AND NO ONE WOULD EVER KNOW, BESIDES YOU?**

Now, would you do it?

It's like that old question, *"If you found a bag filled with stolen money and no one knew you found it and there was no way to get caught, would you keep it or return it?"*

In today's "me first at any cost" society, it's clear what most people would do.

But, here's where the story gets **REALLY** good...

Brian Davis is a professional golfer. You've probably never heard of him even if you're into golf, which is another reason this story is so amazing.

Davis has never had a PGA tour win. As you can imagine, this is one of his **BIG DREAMS**.

And, he was on the verge of doing just that.

He was in a playoff against Jim Furyk at the Verizon Heritage. A playoff in golf means they were tied for first place and had to go head-to-head to decide who took first and who took second.

Off the tee, Davis' ball went into some weeds. On his second shot, his back swing may have touched some weeds.

Who cares? In golf it **IS** a big deal. That's because the rules state that hitting any material around your ball on the back swing constitutes a violation of the rule against moving loose impediments. It's an immediate two-stroke penalty. In plain English - it's a **BIG** penalty and in this playoff situation, he would surely lose.

Davis thought he may have seen the weed move on the backswing out of the corner of his eye. So what did he do? He...

### **Turned Himself In!**

Not to the Police - but to the golf officials. After reviewing that video tape - it was true - He DID hit a weed on his backswing. This cost him first place. :-)

**But get this:** the infraction was so minor, they could only see the weed move during a slow motion replay. Without being prompted by Davis turning himself in, the odds of officials even noticing were akin to finding a needle in a haystack.

Imagine that - a man so honest he relinquishes a life dream to do the right thing... even when he probably would never have been caught... because HE would have known... and... he wanted to do the right thing.

Brian Davis should be admired for this. Brian Davis should get sponsors for this. Brian Davis should be in the headlines for this. Brian Davis should be the role model for young men and women, even if they don't golf.

*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 ?**

Physical Activity Prevents Heart Disease... There's no doubt about it!

Physical in-activity is a cause of premature coronary heart disease. Coronary heart disease refers to blockages (plaques) in the arteries that provide oxygen and nutrients to your heart muscle.

Your heart beats 100,000 times a day, every day, year after year - what an amazing organ! It must have a reliable blood supply. In fact, 12% of all deaths in the U.S. are attributable to lack of regular physical activity, including at least a doubling of the risk for heart attacks or sudden cardiac death.

How does exercise contribute to improved heart health? Exercise improves the lipid profile: reduces triglycerides and raises HDL cholesterol ("good cholesterol"); prevents and treats type 2 diabetes; reduces the systemic inflammation that plays a role in development of atherosclerosis; lowers blood pressure; and helps with weight control.

## **Tip Of The Month**

### **Why Human Nature Is KILLING You! Lose Fat, Get In Shape, And Become Healthier... The Real Way!**

Do me a favor. Just for a moment - forget EVERYTHING you know (or think you know) about weight loss, getting in shape and living a healthy life. If you do, there is a very good chance you will get results you never dreamt possible.

Let's see if we can do that for you... Shall we? First, we have to talk a little about...**HUMAN NATURE**. Why? Human nature is one of the biggest forces behind why we do what we do. Human nature silently influences (and even controls) most of our actions... whether we know it or not. And, if we don't know about it, we tend to make very bad and unrealistic choices.

For example, what if you had two offers. One for \$1 million dollars, but you had to work hard for the next 5 years to get it. The second offer is also for \$1 million dollars, but without doing anything whatsoever to earn it. No work... Just Cash The Check!

**Which one would you choose?**

If you are like most people... you'd take the no-work deal. Sure, a cool million over 5 years is darn good, \$200,000 a year. But... sitting on the beach, sipping a tasty beverage with that same cash is much better! That, my friends, is human nature. It is not right, wrong or indifferent - it just

is - we follow, what seems to be, the path of least resistance.

Now let's take weight loss and staying in shape. **You have three choices: (1) Purchase a diet pill... take it... and wake up thin. No exercising or eating right. (2) Purchase a "secret" exercise program or piece of exercise equipment, put in a few minutes a day for a very short period of time and look like a swimsuit model. Big results for very minimal effort. (3) Follow a strict diet, which includes not eating many of the foods and treats you love, exercise vigorously several times a week, see results slowly over time - and do this for the rest of your life.**

**Which One Are You Going To Choose?** Odds are it's either #1 or #2 because millions and millions make that choice every year. The population keeps getting more and more overweight and it's all because HUMAN NATURE leans on you to make the easy choice or what SEEMS to be the easy choice at the time. We all know, in the end, it is much more difficult to take the easy way out than to do it correctly from the beginning. If you are not in the shape you would like to be or as healthy as you could be - deep down inside you know this to be true.

**And let's be honest:** we all know #3 (or a version of it, depending on your goals, age etc.) is the REAL way to get in shape, lose weight and stay healthy. Come on! Fight it! Fight that human nature telling you to tell me to shove it! Telling you there is an easier way! Telling you that you can swallow the next wonder fat burner discovered in some remote part of the rain forest... eat a half gallon of Hagen Daz... and wake up thin!

Instead, make the commitment to do it right. Do it the REAL WAY... Talk to your Chiropractic Physician and he or she will help you create a road map to the success you are looking for. They can help you lay everything out, so you do the right things at the right times to maximize your efforts. And yes, it does take effort. Consistent effort. And it all starts with the decision you make... right now.

So what's it gonna be: 1, 2 or 3?

*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**

## Would Traction Help My Back Pain?

Traction is a common form of treatment for patients with low back pain. By definition, traction is the "act of pulling a body part." That basically means traction can be applied to an arm, leg, finger, toe.....virtually any body part that one can get a hold of. Here, the focus of traction is being applied to the lower part of the spine and the primary objective is for pain relief and restoring function. Traction "works" by applying a force that separates and increases the space between joints. It also stretches the surrounding soft tissues, including ligaments, joint capsules, muscles and tendons. Spinal traction can be applied manually (with the hands) or by a device with either the use of complicated computerized equipment or, by a gravity assisted means such as using the body's weight and gravity as the traction force.

Common conditions of the spine for which traction is often utilized include low back sprains and strains, disk herniations ("slipped disks"), and spinal stenosis. Spinal stenosis occurs when there is a narrowing of the hole or canal through which a nerve root exits the spine or where the spinal cord travels, often caused by arthritic spurs. Hence, it is most common after the age of 60 years old. Traction has been shown to improve circulation, reduce inflammation, and by movement of the joints, it may also reduce the nerve's excitability, resulting in pain reduction.

The "dose" of traction from a clinical experience standpoint, is determined by patient comfort. It must "feel good" to be safe. Remember, too much of anything changes it from being beneficial to being potentially harmful. Therefore, when determining the dose of traction for the first time, we advise the patient to pay careful attention to the way they feel during the time traction is being applied. Often, it feels good at first but may become uncomfortable as time passes. If there is sharp pain, radiating pain (such as down a leg), or, if it is just not comfortable, traction should be discontinued and the recovery time should be reported.

A "typical" dose is 10-15 minutes of time, and the traction force can be continuous or intermittent, kind of like turning on a water faucet and leaving it running vs. turning it on and off. With intermittent traction, we can vary the time that the force is applied such as 30 seconds on and 10 seconds off. Generally, the total treatment time can be longer with intermittent traction (such as 15 minutes) compared to continuous traction, where 10 minutes may be utilized. The traction weight or force can be gradually increased, depending on tolerance and individual patient response to the prior weight.

The Cochrane Report found traction is most effective for cases of sciatica or nerve root pressure creating leg pain. Also, it's best when used in conjunction with other treatment approaches. In a chiropractic setting, manual traction (where the doctor uses their hands to apply the force) is often utilized along with side to side or figure-8 movements to achieve better results. Spinal manipulation, muscles massage, myofascial release techniques, exercise training for both stretch and strengthening purposes and patient education such as teaching proper bend/lift/pull/push techniques are often utilized to achieve the most satisfying results when managing patients with low back pain.

We realize that you have a choice in where 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

## Do I Have to Have Surgery For Carpal Tunnel Syndrome?

*"For the last few months, I've been waking up at night with numbness and tingling in my hand. Lately, I've been waking up more often, 3-4 times a night and I'm having a hard time falling back to sleep. When I drive, my hands fall asleep within a few minutes and I have to shake my hand and fingers to wake them up. This has gotten to the point where I have to do something but I really don't want surgery. What are my non-surgical options?"*

CTS or, carpal tunnel syndrome is a condition where a nerve (called the median nerve) that travels down from the neck into the arm and through the wrist becomes pinched and inflamed. Common symptoms include numbness, tingling, dexterity problems (such as difficulty buttoning shirts), and opening jars due to weakness in grip and pinch strength. Sleep interruptions and loss of many daily activities, including work, occur because of CTS.

There are many non-surgical approaches to the treatment of CTS that should be utilized before surgery is considered, according to the American Academy of Neurology. In one study, 40% of neurologist polled recommended non-surgical care due to the potential side effects of surgery, some of which being severe, resulting in lengthy work loss post-surgically. A partial list of non-surgical care options include:

1. **Rest** - Giving the inflamed CTS time to heal is therapeutic but not always an option.
2. **Activity/job modifications** - Avoiding certain activities or modifying them by taking breaks during the work day, slowing down the pace of the job, altering the position of the job task,

such as propping up a part so that the wrists do not have to bend to the extremes, or when necessary, complete avoidance of the job task.

3. **Wrist Splint** - This is a brace that maintains the wrist in a neutral position so it cannot easily bend. When the wrist flexes or extends, the pressure inside the carpal tunnel (on the palm side of the wrist) increases significantly, placing additional pressure on the already pinched median nerve. Wrist splints are especially useful at night.
4. **Nerve Gliding Exercises** - These are exercises that stretch the wrist joint and muscle tendons (as well as the median nerve inside the carpal tunnel), with the objective of breaking adhesions that limit the normal glide or movement of the nerve in the forearm and wrist.
5. **Manual therapy techniques** - These include manipulation of the arm including the forearm, wrist, and hand and sometimes the neck and shoulder, when needed. The objective is to improve the range of motion of the joints and soft tissues that may be participating in the process of median nerve pinching.
6. **Anti-inflammatory medication / nutrients** - Medications include aspirin, ibuprofen, naproxen and similar prescription drugs. Nutritional options including herbs (such as ginger, turmeric, boswellia), digestive enzymes, and Vitamin B6 may also help. Ice is also anti-inflammatory and direct, on-the-skin ice massage is quite effective.

Chiropractic is a perfect choice when considering a health care provider for the treatment of CTS as many of the above non-surgical techniques are utilized by our office. We realize that you have a choice in who you are considering 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 chronic condition where there is widespread / whole body pain that is often difficult to diagnose. Some patients may spend years of going to different doctors, undergoing many tests (of which most, if not all, are "negative"), and they may be diagnosed with

different conditions such as rheumatoid arthritis, hypothyroidism, or mononucleosis before a diagnosis of FM is finally given. Needless to say, this process can be very frustrating!

The reason for this dilemma is that there is no single diagnostic test (blood test, x-ray/image finding, etc.) that verifies the diagnosis of FM, leaving doctors in a position to "rule out" all other possible "diagnose-able" conditions first, before considering FM as "the" diagnosis. Another challenge is the fact that FM symptoms vary widely from one person to the next and even vary within the same person at different times of the year. There are a few "guidelines" doctors can use to help secure the diagnosis of FM.

One such guideline is from The American College of Rheumatology (ACR) which requires that "widespread" pain be present throughout the body for at least 3 months ("widespread" is defined as pain on both sides of the body, above and below the waist). The ACR also has identified 18 points on the body of which at least 11 of the 18 "tender points" must be present to secure the diagnosis of FM. There is debate as to the accuracy of this rather stringent criteria as FM symptoms can come and go and vary, making the 11 of 18 tender point findings sometimes change between visits. Hence, widespread pain above/below the waist on both left/right sides of the body for at 3 months has become a more accepted indicator for diagnosing FM.

Yet another challenge in pinning down the diagnosis is that the FM sufferer may experience signs and symptoms seemingly unrelated to FM, such as stomach ache/digestive problems or headaches. This can lead the doctor down other paths before considering FM as a diagnosis.

Fibromyalgia can be primary (no other condition caused it) or secondary (other condition(s) lead to the development of FM). Hence, the diagnosis process focuses on identifying conditions which can be identified through standard diagnostic tests, often overshadowing the diagnosis of FM. Testing for conditions such as lupus, multiple sclerosis, sleep apnea, diabetes, Crohn's Disease, and/or others, often makes sense to both you and your doctor, but adds to the delay in diagnosing FM. Here are some suggestions to help your doctor through this diagnostic maze:

- **Ask questions:** Ask about what each test is for and what the next plan is if the tests are negative. By increasing your understanding, this will reduce your frustration in this process.
- **Keep records:** Obtain a copy of EVERY test you have and share the information with any new doctor or specialist. This can save time and money!
- **Find the "right" doctor:** Find a doctor you can trust and "talk to." Not all doctors "believe" FM exists and some are close minded to considering it. Try to locate a doctor with a lot of experience with FM cases and is willing to "...work with you."
- **Build a good relationship:** Be open, honest and avoid anger, skepticism and don't be confrontational. Be upfront about what is frustrating you about your symptoms.
- **Take care of yourself:** Ultimately, "success" of treating FM demands a "team" effort between you and your doctor. Managing stress (eg., deep breathing exercises), obtain care that works (eg., chiropractic, massage), eat a healthy diet (eg., gluten-free), exercise regularly but don't overdo it, and get plenty of sleep and rest.

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 : Neck Pain**

### **How Can I Get Rid of This Neck Pain?**

*"I've been having this pain in my neck for a long time and it just won't go away! It's getting to a point where I have to do something and I'm not sure which route to go. Some of my friends have suggested chiropractic but I'm just not sure. Can you give me any advice?"*

Neck pain is a very common complaint that chiropractors treat on a regular basis. Most people will experience neck pain during their lifetime requiring professional care and the choice between chiropractic or some other form of health care certainly exists. Chiropractic is a non-drug, non-surgical option many find appealing because of the many side effects of medications and no one wants to consider surgery unless it's absolutely necessary and everything else has been tried first.

The Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders published some good, sound statements about neck pain of which a few include:

- In most cases, don't expect anyone to find a single "cause" for your neck pain.
- Stay as active as you can; simple exercises and reducing mental stress can help.
- A combination of therapies, including chiropractic care, may be needed.

First, trying to identify the "cause" of your neck pain is often tricky and sometimes impossible to trace. Don't worry, that's "normal" as most patients cannot trace it to one specific cause because it's multifactorial or, caused by more than one event, often over a period of time.

Second, staying active and performing exercises can greatly help to reduce and sometimes prevent neck pain. One particular exercise that can be done multiple times per day and even in public places, as it's not too conspicuous, is called chin tucks. Let's try it together! While sitting, look straight ahead and tuck your chin towards your chest or, glide your head backwards. Hold the tucked position until you feel fatigue, which usually takes 5-15 seconds, and then slowly release the head poking your chin forwards in the opposite direction. Looking at this from the side, it sort of looks like a chicken when they walk! Repeat this exercise and emphasize the slow release, as if you're in "slow motion," gliding forwards and backwards holding the endpoints for 5-15 seconds per repetition. Start with 5 reps and over time, gradually increase the reps to 10 and repeat this several times each day.

As a postural retraining process, when you're sitting in your car, at your desk, watching TV, or in meetings, partially tuck in your chin so that the weight of your head (which is approximately 15 pounds) is centered back over your upper back and not poking forwards. This will GREATLY reduce the amount of muscle tension that commonly builds up during the day due to the increased muscle activity that is required to hold the weight of the head when it's too far forward and away from the center of the body. Constantly remind yourself by maintaining a partial "chin tuck" during the day and perform the gliding exercises periodically, at least 3 times a day. Be patient as it takes about 3 months for this "new" posture to become automatic and your new "normal" habit.

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**

## **Whiplash & Chiropractic Treatment**

The term 'whiplash' represents a collection of symptoms that occur as a result of a soft tissue injury of the neck. This includes over stretching and/or tearing of muscles, tendons, ligaments, disk tissue and/or nerve injuries due to the extreme movements that occur during a whiplash event (usually arising from a car accident). We have discussed the mechanism of injury and the symptom

complex that can arise in past articles.

So the question is - how many patients who sustain a whiplash injury actually improve and recover compared to those that don't?

In one study, it was stated that 43% of patients will suffer long-term symptoms after a whiplash type of injury. More specifically, if a patient is still symptomatic after 3 months following the injury, "...then there is almost a 90% chance that they will remain so." They go on to state that no conventional treatment has proven to be effective in helping these chronic cases.

The purpose of their study was to determine the effectiveness of chiropractic treatment in a group of chronic whiplash patients. To do this, they studied 28 patients (20 women and 8 men, between ages 19-66, mean 39) over a 2-year time frame, injured in motor vehicle collisions. Their symptom severity was graded on an A to D scale (A=minimal symptoms vs. D=disabling symptoms, with B= nuisance and C=Intrusive or partially disabling). Those in Groups C & D either had to significantly modify their work or, they lost their jobs and relied on continual use of medications. The chiropractic treatment included spinal manipulation (adjustments), controlled resistance of muscles to improve stability and coordination, and the use of ice. Treatment from an emergency facility and/or their general practitioner and physical therapy had been previously utilized for on average 15.5 months, before entering this chiropractic-based study.

Initially, 27 of the 28 were classified into symptom groups C or D and symptoms included neck pain (82%), neck stiffness (36%), and other complaints of headache, shoulder, arm and back pain. Following treatment 26 of the 28 (93%) improved, 16 by one symptom group and 10 by two symptom groups and this degree of improvement was assessed and agreed upon by both an orthopedic surgeon as well as by a chiropractor. Seventeen (61%) improved to a point of satisfaction where care was discontinued after the 1st assessment with 4 of the 17 considering return for treatment due to a return of symptoms. Litigation was still pending in 20 of the 28 cases at the time the study concluded.

This study is very important as over 90% of chronic whiplash cases improved from chiropractic management well beyond the point of improvement obtained through standard emergency, family practice and physical therapy. Other studies have pointed out that early intervention or treatment with chiropractic manipulation and management approaches generally results in a more favorable response compared to waiting for longer time periods. To be able to obtain this level of success after an average of 15.5 months is truly remarkable!

Chiropractic methods often utilized for patients with a "whiplash" injury include spinal manipulation (or adjustments), mobilization techniques (this includes stretching, figure 8 movements, manual traction), muscle release work (this includes trigger point therapy, myofascial release/friction massage, and others), and promoting self-help approaches (this includes exercise, home traction methods, computer station modifications and other job modifications as indicated, and others).

We realize you have a choice in where you choose for your healthcare services. If you, a friend or family member requires care for whiplash, chiropractic care is a logical first choice and

we would be honored to offer our services.

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## **YOU: The Most Important Choices For Making Yourself Younger: Making Your Water Safe**

**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, there is water, water everywhere--- but how do you ensure yours is safe for you and your child? The scary thing, water is not guaranteed to be safe, even the water in bottles you may pay a lot for. So, here is our four step plan:

1. If you are on a public water supply: Look at the yearly report from your municipal water company""it is required""it is called a C-C-R report""or Consumer Confidence Report. It is usually mailed in July but you can contact your water company to get it at any time. Check the report for six things:

- Lead levels
- Nitrates (from fertilizers)
- Nitrites
- Germs, and bacteria (usually from animal or human waste)

- Chlorination disinfection byproducts such as chloroform and total trihalomethanes
- Dangerous other substances, such as arsenic cyanide mercury benzene or trichloroethylene

2. If this is okay (any detections are below the federal limit), get a test kit and test your water at home as water from your town may be okay but water in your house might pick up contaminants like lead from your pipes, or bacteria. The standard (costs about \$20) test kit is a color changes kit. What you care about is

- Lead
- Bacterial contaminants -- town water is most often chlorinated so bacterial levels shouldn't be higher unless someone has a carbon filter that grows bacteria which is quite possible - we tell people to flush out the filter with extra volumes of cold water on a regular (daily) basis.

3. Public water supplies will usually have trace levels of chlorine byproducts (e.g., TTHMs, chloroform) and sometimes other contaminants. These can easily be filtered out with a granular activated carbon (GAC) filter. If there are other contaminants present on your C-C-R, such as arsenic or lead, you may need a more involved filter - reverse osmosis. If so, get professional consultation as soon afterward as possible. Five types of filters are easily available and are less than \$200 (total house filters are much more expensive) and help you deal with minor problems in your C-C-R, or issues you care about:

- Carafe filters (like Brita style, but others) --- good for drinking water, unless lead is an issue
- Faucet mounted water---these usually don't have a lot of filtering capacity and are not generally recommended.
- Above sink filters with separate housing that taps off the faucet. These are often the most economical and convenient in terms of long-lasting and effective
- Under sink filters or whole house filters -these can come in multiple stages and can have greater filtering capacity needed for special hard water, sulfur or contamination issues. A whole house filter is also excellent if you want to keep the bath water free of contaminants. This is the most expensive option and usually requires a plumber.
- Shower or bathtub filters. These have limited capacity and need to be replaced more often but are helpful in cutting down on exposures when bathing.

And importantly, remember to change your filters and keep them clean.

No matter what, always run water for a few moments and let it go down the drain, before you drink from your tap water, or even bathe in or cook with any water. Running and dumping water for a few seconds gets rid of a lot of the toxins and bacteria stored in your pipes""this may be the most important step everyone can do to have the cleanest water used in your house or wherever you drink or use water.

If you receive water from a private well -to test your water for everything that gets reported in

the CCR since no one is testing this water if you don't.

**About the author:** Michael F. Roizen, M.D., is a professor of anesthesiology and internal medicine, and 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, reiki, 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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## Why "Simple" Back Pain Can Bring You To Your Knees And Cause You To Visit The Emergency Room

Dear Patients and Friends,

Back pain is a very common condition. Research estimates nearly 8 out of 10 people will suffer with back pain at some time in their life, and it is a common reason why many people visit the emergency room.

If a condition is bad enough to make people go to the emergency room - you would think it would be life-threatening. Well, with back pain, that is usually not the case.

You see, back pain can have several different causes, and some are VERY serious like tumors, aortic aneurisms and infections. Other causes can be kidney stones, pregnancy, endometriosis,

prostate conditions and fibromyalgia, to name a few.

But, the most common cause of back pain is mechanical in nature. This occurs when either your spinal muscles or ligaments are over stretched. Over stretching and injuring your muscles is called a strain... over stretching and injuring your ligaments is called a sprain.

Some Chiropractors call a sprain of the spinal joint complex a subluxation. A subluxation can cause severe pain... pain so severe it can cause you to go to the emergency room.

However, with back pain, the severity of pain is not always associated with the severity of injury. For example, a relatively "simple" subluxation can bring you to your knees and land you in the emergency room due to pain and fear.

Countless subluxations are effectively treated by Chiropractors everyday - even on people whose back pain was so bad they thought for sure they had a broken bone or cancer.

On the contrary, some of the more severe conditions mentioned above can cause mild back pain, with more serious consequences.

That's why, no matter how bad or infrequent your back pain is, you should get it checked out by a qualified specialist. If you have back pain, our door is always open to you. We can do a thorough examination and tell you what's causing your back pain and what to do to have the best chance of relieving it.

Often, it is nothing to worry about and can be taken care of in no time.

If you have any questions, just give us a call at (734) 981-6969.

Sincerely,

Dr. Thomas Gerou

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*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.*