

In Good Hands

A Free Monthly Newsletter For The Friends And Patients Of:
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"Force is all-conquering, but its victories are short-lived." ~ *Abraham Lincoln*

SCROLL DOWN FOR THIS MONTH'S "Health Updates"

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LET'S BEGIN!...

What's Better?

**Eating 6 Small Meals A Day Or 3 Big Ones?
Working Out For 10 Minutes Or 10 Hours?**

The Real Truth May Shock You!

Plus: Tips to prevent low-back pain, why experts think one third of breast cancer cases may be avoidable, 4 things shortening your life, and how to wake up EARLIER!!!

Have you ever watched the television show *Myth Busters*? Just in case you haven't, here's the gist of the show...

Two scientists take common myths and try to re-create them to see if they are real, fake or plausible.

For example, one show tested whether or not a well-trained Ninja (yeah - the martial arts Ninja!) could catch an arrow shot at him by an enemy. They found a well-trained Ninja and actually shot arrows at him! The result?

One Dead Ninja!

Well, the Ninja didn't actually die because they used special arrows with protective tips. But, if the arrows had been real, the Ninja would have been TOAST.

Anyway, that's what science is all about - attempting to separate fact from fiction, - and this can be very hard to do sometimes.

Now, we'd like to do a little "myth busting" of our own. In fact, we are going to bust TWO myths.

Here's the first: I'm sure you have heard eating many, small meals throughout the day is better than eating fewer large ones. It is pretty well-established... and it makes sense. If you eat a bunch of small meals, your metabolism will increase and you will lose weight.

Well, a study published in the *British Journal of Nutrition* just put that theory to the test. In the study, one group ate 6 small meals each day and another group ate 3 larger meals.

According to the study, both groups lost significant and equivalent amounts of weight. There was no difference between them in fat loss, appetite control or measurements of the hormones that signal hunger and satiety.

One thing is important to note: Both groups ate the same number of calories. The only difference was the number of meals the calories were split across - 3 versus 6. These researchers believe it's the number of calories per day eaten and NOT the way they are broken up that determines weight loss. Would 8 or 12 very small meals (or snacks) make a difference?

Maybe... however, that question was not answered in this particular study.

And here's the second myth: It is a commonly held belief ... as far as exercise is concerned... more is better. In other words, to get into good physical and cardiovascular shape - you must train for a long time.

After all... I'm sure you've seen Rocky... and he spent all day busting his butt!

Well, a new study shows this may not be the case.

In this study, published in the *Journal of Physiology*, researchers believe their findings "blow away" the notion that you must exercise for long periods of time.

Here is why: In the study, participants rode an exercise bike for just 60 seconds, but they peddled hard enough to get close to their maximum heart rate. Then, they would rest for 60 seconds, and then peddle for 60 seconds again. This process was repeated for 10 minutes.

Tests afterwards showed their muscles had improved just as much as if they had been involved in endurance training. This type of training is known as "high intensity interval training" or HIT. The research did not give the reason why HIT was so effective, but it appeared to "stimulate many of the same cellular pathways" as traditional training regimes. The researchers also mentioned **time is no longer an excuse for not exercising!!!**

Why 1/3 Of Breast Cancer May Be Avoidable...

According to the March 25, 2010 USA Today: *"Up to a third of breast cancer cases in Western countries could be avoided if women ate less and exercised more, researchers at a breast cancer conference said Thursday."*

The article stated the focus should shift from early diagnosis and treatment (both of which have slowed the disease) to changing behaviors such as diet and physical activity. Here are some breast cancer facts from the article:

- Breast cancer is the most common cancer in women.
- Last year, in the United States, there were more than 190,000 new cases and 40,000 deaths.
- A woman's lifetime chance of getting breast cancer is about one in eight.
- Obese women are up to 60% more likely to develop any cancer than normal-weight women.

The article also mentioned many breast cancers are related to estrogen, a hormone produced in fat tissue. It is theorized that the more fat in a woman's body, the greater the chance she'll develop cancer. Even slim women could benefit from exercising to decrease body fat and increase lean muscle mass.

One important point made by the USA Today article was that the medical establishment is NOT blaming victims for developing breast cancer. Likewise, victims should not blame themselves and wonder how much their weight was a factor.

The article stated, *"We would never want women to feel responsible for their breast cancer... It's a complex disease and there are so many factors responsible that it's difficult to blame it on one specific issue." The recommendation to stay slim applies only to breast cancer in post-menopausal women, as there isn't enough evidence to know whether this applies to younger women."*

Figures quoted in the article from the International Agency for Research on Cancer estimate that 25 to 30% of breast cancer cases could be avoided if women were thinner and exercised more.

Tips To Help Prevent Back Pain

Back pain is extremely common. Fact is: you have an 80% chance of suffering from back pain in your life. Sometimes, it can be nothing more than a nuisance... other times, it can be debilitating. No matter what, the best thing to do is to try to avoid it altogether. Here are some tips that may help:

- Always keep good posture - never slouch or slump.
- Lift with your legs, not your back.
- Do not smoke.
- Wear comfortable low-heel shoes.
- Sleep on your side on a bed that is good for your spine.
- Moderate exercise for flexibility and stability of the spine and supporting structures.
- See your Chiropractor if you have any questions or as soon as a problem occurs.

4 Preventable "Things" That May Shorten Your Life

A study published this week in *PLoS Medicine* recently found four risk factors (smoking, high blood pressure, high blood sugar and obesity) may be guilty of decreasing life expectancy in the United States. These four factors combined are estimated to decrease the life expectancy of men by 4.9 years and women by 4.1 years. These four risk factors are preventable and are responsible for hundreds of thousands of deaths each year through chronic diseases such as cardiovascular diseases, cancers and diabetes.

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)

For A Complete Stranger?

How A 24 Year Old Nursing Student Entered A Fire-Blazing Crash And Became A Real American Hero

On a cold November day in New Jersey, 24 year old Angelica Mercado was driving down the road simply minding her own business on her way to nursing school. Before she knew it, she had stumbled upon a horrific car accident.

"I looked up again and within seconds there were flames...like huge flames..."

An 18-wheel tanker truck filled with gas had tipped over and burst into flames.

While everyone fled the extremely dangerous scene, Angelica headed right for the flames to rescue the driver.

"I saw flames on his head... on his shoulders... on his clothes... and his clothes were just falling to the ground as I was running up to him..."

Angelica took off her coat and wrapped it around the man. She forced him to the ground and smothered out all the flames. Her jacket actually melted onto the man - and so did his boots.

Fearing the tanker was going to explode, Angelica picked up the driver and carried him to her car.

She drove him to the nearest emergency medical center.

"I was scared. I knew I had to get him to a hospital right away. He was hunched over... moaning in pain. His body was so hot that the heat was fogging up the windows of the car. It was just a scary situation..."

Because of Angelica's actions, 32 year old Raaj Sing lived. He is a family man and had only been driving the truck for 4 months. He had severe burns on his back and legs.

Angelica doesn't consider herself a hero.

"I just did what I feel anyone else would have done in this situation."

She may feel that way, but many others ran away from that same burning tanker as she ran to help.

According to Raaj, "Of course she is a hero."

Simple but very true words.

Angelica said she decided to go into nursing because she wanted to make a difference in people's lives. She is still in school and she has saved one already.

Angelica and Raaj still keep in touch. Angelica calls him for updates and to see how he is doing.

Raaj is going through physical therapy and plastic surgery.

When interviewed, Angelica said how scared she was when she first saw the crash and the flames. Everyone was running away. She wanted to run away, too, but something inside her wouldn't let her. Something inside her grabbed her and made her risk her life to help a complete stranger.

Whatever that "something inside her" was - it's the special stuff so many common folk think they do not have. It is the special stuff heroes are made of.

Angelica doesn't live in a bat cave or wear a cape and a mask. She's just a good person with a great big heart.

This is a special thanks to Angelica Mercado for her actions that show all of us what we can do and should do more often.

Trying to help a complete stranger shouldn't only be attempted when they are on fire.

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 ?

What's in fruit, veggies, and whole grains that keeps your GI system on track? Fiber, for one thing.

But here's another: **prebiotics**. Certain produce and grains are chock-full of the stuff. (That's a good thing, because prebiotics prompt the growth of healthy, keep-you-regular probiotic bacteria.) Bananas, berries, asparagus, garlic, wheat, oatmeal, barley, flaxseed, tomatoes, Jerusalem artichokes, onions, chicory, greens, and legumes (just to name a few!) all contain prebiotic carbohydrates - non-digestible fiber that sets the stage for beneficial probiotic bacteria.

Probiotics do everything from protecting your bowels from toxins and infections to helping things move on through.

Digestive "Do's" - Other things to help you stay regular: *Fill up on fiber -- at least 25 grams a day; Stay hydrated; and Exercise! When your body moves, other things get moving, too.*

Eating 25 grams (38 grams if you are a man under 50) of fiber per day makes your real age 2.5 years younger than eating 12 grams of fiber per day.

Tip Of The Month

How To Be More Like A Genius...

Discover What Einstein, Picasso And Edison Had In Common That You Can Do Too!

Wouldn't it be nice to be a genius? You'd be super smart and everything would come easy to you. You'd hardly have to work at all. Life would be a piece of cake.

Or at least that's what you'd think. But, reality is often very different. Let's take 3 geniuses as an example: Einstein, Picasso and Edison. When most people think of these three geniuses, they think of their God-given gifts. Things like very high IQs... artistic ability... etc.

Did you know all three of these geniuses had something in common besides their intelligence that may be even more important? What is this incredible commonality? Incredible **WORK ETHIC!** That's right. All three men (who supposedly had it so easy) **WORKED, ON AVERAGE, MORE THAN DOUBLE WHAT THE AVERAGE AMERICAN WORKS TODAY.** In fact, all three averaged 18 hour workdays... 7 days a week!

Edison still worked 16 hours a day at the age of 75. On average, Edison only slept 3-4 hours a day... usually naps in his lab. Picasso painted 18 hours a day until he was in his 80s. In his 90s, he was still producing works of art. Picasso said he never got tired, and when asked about his work in his 90s, he said, "I am overburdened with work. I don't have a single second to spare, and can't think of anything else."

Einstein was also an obsessed worker and over-achiever. He said there was never enough time for work. It is reported he did not like socks because they were unnecessary complications of life that diverted one's energies from what was important.

WOW!

So, what's the bottom line in all this and why is it important to you?

The first thing to understand is, while the size of their IQs definitely helped, it was not even close to being the most important thing in their achievements and successes. What's more important was their desire and willingness to **WORK.** Even after monumental achievements... and at an old age... they continued to push forward and get more and more done. Each only slept about 3-4 hours a night. How else could they work 18 hours a day?

But, let's get this point straight: No one is saying you should only sleep 3-4 hours a night.

On the contrary, recent research suggests it is not a healthy thing to do. But, if you want to be successful in anything, spending more time doing it will make your success quicker and better. That's why getting up earlier every day is extremely important to anyone who wants to be successful. Being an "early riser" is another commonality of ultra-successful people.

Just imagine if you could wake up an hour earlier every day. At the end of a year, you would have had an extra 365 hours... or almost 46 full 8-hour workdays to work towards your goals. Here are some tips to help you become an early riser - with the least amount of pain!

- Make a goal list - and write it down - before you go to sleep. This gives you a good reason to get up.
- Go to bed and wake up at the same time EVERY DAY - including weekends. This puts you in a natural rhythm and is healthier.
- Use an alarm you like - so you do not wake up angry.
- Do something physical as soon as you wake up. It can be sit-ups, push-ups or a morning walk. This gets the blood flowing and wakes you up quicker so you will be more productive.

Do it for 21 days because it generally takes 21 days to change a behavior and make it a habit.

After 3 weeks, it will become much easier.

WARNING: Waking up earlier and working harder will not make you a genius, but it will make you more "genius-like" and it will most likely bring many good things into your life :-)

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

Why Does My Back Always Hurt?

Low back pain is a very common problem affecting 80-90% of all of us at some point in our lifetime. Why is that you ask? There are many reasons. One of the biggest reasons is that we are 2-legged animals carrying 2/3rds of our weight above our waist. Studies have shown deterioration or arthritis occurs much sooner in us vs. our 4-legged animal counterparts. A 180 lbs man carries roughly 120 lbs above the waist. This means, every time he bends over, in order to stand upright, he needs to lift 120 lbs PLUS whatever he is lifting. Hence, the argument of, "...but I only bent over to lift a pencil and my back went out," seems on the surface as impossible but in reality, the man in our example is lifting the pencil plus 120 lbs. Now, let's add to that the point that a 5 pound

weight equals 50 pounds when held out in front with the arms stretched out straight. Now, if that's not bad enough, now, let's assume all of this is happening from a bent forward position, with a twist at the waist, with out stretched arms, while lifting a 20 pound object. Get the idea? It's amazing our back doesn't get injured every day as we lift 2 bags of groceries into the far end of a car trunk, or, when lifting our 30 pound child in and out of a car seat, height chair, or when they are screaming and pushing away from us as we try to lift them!

In order to further appreciate why the low back is so vulnerable to injury, some basic understanding of anatomy is needed. When we're born, the back is made up of 33 segments of which 5 fuse by the time we're about 18 years old to make up the sacrum (bottom of the spine) and 4 fuse to make up the coccyx (tail bone), leaving 5 lumbar (low back), 12 thoracic (mid-back) and 7 cervical (neck) vertebra. These are stacked up on top of each other like building blocks and are connected to each other by a shock absorbing disk in the front and two smaller facet joints in the back, acting like a tripod. In the low back, we're supposed to bear about 80% of our weight in the front and 20% in the back but, if our abdominal muscles are a bit out of shape and the pelvis rotates forwards, the curve in the low back increases and overloads the back of the vertebra (facets) making them vulnerable to injury. The disk becomes injured when we bend/lift/twist. This can tear the outer tough fibers of the disk, allowing the central more liquid-like material to leak out. If this happens, the leaking or "herniated" disk can put pressure on the nerve that exits the spine and travels down our leg. If the pain pattern includes the back of the leg, it's commonly referred to as "sciatica."

OK, enough about anatomy. What can we do to reduce the chances of having periodic low back pain? Obviously, staying in shape is very important. Certain muscles of the body must be tight to keep us upright or standing. These muscles need to be stretched on a regular basis. For example: the hamstring muscle. We've all had to perform hurdler types of exercises and remember how tight they feel!

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

Carpal Tunnel Syndrome & Chiropractic

"When I try to thread a needle, button my shirt, or crochet, I can't seem to feel my finger tips. I've also noticed when unscrewing jars, my grip feels weak. In fact, I almost dropped a cup of coffee the other day. I wake up 3-4 times a night and I have to shake my hand and flick my fingers to wake them up. Gripping the steering wheel is becoming a challenge and I have to change hands frequently while I drive. I've had this off and on for the last 5 years but this last year it seems to be getting worse. I'm really getting concerned. Can you help me?"

If this history sounds familiar, you may be suffering from carpal tunnel syndrome or CTS. It's a very common disorder affecting millions each year. It's also one of the biggest problems for certain types of industries such as meat packaging plants, textile manufacturers, and virtually any job that requires fast, repetitive movements commonly used on assembly lines in many lines of work.

CTS is the result of pinching of the Median Nerve as it travels from the neck into the arm, through muscles in the forearm and into the hand through the carpal tunnel. Pressure on the nerve at any of these locations can create the symptoms of CTS. This tunnel is quite small in size and included inside the tunnel are 9 tendons, blood vessels, and the median nerve. When the muscles of the forearms and hands are overworked, they inflame and swell. Because the carpal tunnel is normally so tight, the increased swelling inside the tunnel pushes and pinches the median nerve creating the classic pain, numbness, tingling, and sometimes burning sensations often described by people suffering with CTS.

Certain situations make people more vulnerable or prone to develop CTS. CTS is more common in woman than men by 3 or 4:1. This is partially because women's bone structure is smaller and therefore their Carpal Tunnel is smaller too.

Women also experience fluid retention or build up during menstruation leading to symptoms like swollen fingers and swollen and painful breasts. Swelling in the already tight, confined space of the carpal tunnel will increase their susceptibility for developing CTS. Another hormone related cause or contributing factor is the use of birth control pills (BCPs). Since there are many different types of BCPs and each woman is unique and different, finding the BCP with the "right balance" of hormones where the swelling side effect is minimized is very important and should be discussed with the doctor who prescribed the BCPs.

Age (>50 years) is also a risk factor and with our aging work force, this is becoming a big issue. Other conditions like hypothyroid, diabetes, certain types of arthritis, and hypertension / congestive heart failure where an increase in fluid retention occurs can also increase the chance of developing CTS. Obviously, occupation type plays an important role as previously mentioned. Many jobs today require the use of computers and we're finding the position of the monitor, the keyboard and mouse, are very important.

Chiropractic management of CTS includes wrist, forearm/elbow, shoulder and neck

adjustments, corrective exercises, the use of night splints, and an anti-inflammatory diet. Also, correcting the "ergonomic factors" or, job-related causes is of utmost importance. This is why a chiropractor who treats all of these areas and has the specialized knowledge about CTS is the perfect choice of health care providers. 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 & Chiropractic Care

Do you wake up feeling tired, washed out, and dragged down? Do you have generalized pain throughout your body that doesn't seem to respond to anything you've tried? Do you wake up multiple times a night and fight getting back to sleep? These are classic symptoms of fibromyalgia (FM). However, when caught early and treated appropriately, FM can resolve or at least be controlled. Chiropractic care and management of FM is very effective and is becoming increasingly popular among FM sufferers. The goal of managing FM is to return you to a productive, enjoyable lifestyle allowing you to function and perform all of your desired activities.

Chiropractic care is the most popular and sought after form of alternative care or complementary medicine as 20% of American men and women utilize chiropractic care at some point in their lives. Of all the health care options, few have been found to be as satisfying to their patients as chiropractic with 80% of those seeking chiropractic treatment reporting significant pain relief, better functioning and an increased sense of wellbeing. Still, many ask questions such as, what is the science behind chiropractic and, what exactly does a chiropractor do?

The original hypothesis or theory of chiropractic that led to its founding in 1895 is that skeletal or bone misalignments cause nerve interference resulting in pain, loss of function, and a host of other symptoms related to the nervous system. The entire body is connected through bones, joints, muscles, ligaments, tendons, with their supporting circulatory or blood flow system and nervous system. When the skeletal structure is in good alignment, the body can handle the many stresses and challenges we all face on a daily basis. When there is a breakdown in this system, symptoms manifest and when left untreated, these symptoms can develop into chronic pain, including

conditions such as fibromyalgia. Chiropractors focus to reduce pain and the many other symptoms by correcting the imbalances in the skeletal system with the objective of reducing nervous system dysfunction. Many of the techniques utilized in chiropractic care include manipulation of not only the bony structures, but also the muscles, tendons, and ligaments through various forms of manual or hands-on therapy, stretching, posture correction methods, exercise, lifestyle modification recommendations including diet and nutritional management, and activity modifications. Chiropractic care also includes discussions and instructions for modifying methods of performing tasks including bending, lifting, pulling, pushing in both at work and home activities. Work station modifications are also thoroughly investigated, especially when symptoms are consistently worse after the work day.

Patients with fibromyalgia classically have generalized pain and tender spots throughout their body and often present with back pain, neck pain, headaches, as well as arm and/or leg pain. Chiropractic care can effectively reduce the pain associated with FM by reducing bony misalignments, restoring muscle tone, and improving posture. Proper exercise training has been found to be very important in maintaining long-term control of FM and is included in the management of FM. Diet and nutritional counseling may also be beneficial. Research has been very supportive of chiropractic care for patients suffering from FM.

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

What Is This Pain in My Neck?

"When I woke up this morning, I couldn't move my neck! Every time I try to move it, I feel sharp pain on the left side of the neck shooting down into the shoulder blade. It just came out of nowhere!"

Chances are, you are suffering from a common condition called torticollis, which literally

means, "twisted neck" after the Latin terms of "torti" (twisted) and "collis" (neck). The common name for this is "wry neck," and it's basically a painful muscle spasm, like a "Charlie-horse" but located in the neck muscles. Usually, a person wakes up in the morning with this and the cause is often related to sleeping with the window being open or a fan or air conditioner blowing on you. It can also relate to a "cold settling in the muscle" after a cold or flu virus. Trauma such as falling or a car accident can also cause torticollis. However, most of the time, patients with torticollis are not sure what caused the abrupt onset of symptoms.

Usually, torticollis will gradually improve over a 2 week time frame. However, it only takes a few days to a week (at the most) if you receive chiropractic adjustments. Most importantly, without treatments, the sharp pain can last a week and can severely limit your activity, often prohibiting work as well as your desired "fun" activities. Hence, most people prefer having this treated as opposed to "waiting it out." In some cases, it can last longer than a month and in rare cases even longer, so getting this treated is highly recommended. Also, try to get in for a treatment immediately before the muscle spasm really sets up. We find this to be the most effective approach. Here are a list of symptoms and treatment suggestions for torticollis:

Acute Torticollis Symptoms

- Muscle spasms
- Neck and shoulder pain
- Neck and spine contortion (neck twisted to right or left side of body)

Pain Relief Treatments for Acute Torticollis

- Chiropractic neck and spinal adjustment
- Analgesics
- Heat packs
- Muscle relaxants
- Rubs and ointments (Icy Hot, BioFreeze)
- Massage with essential oils
- Reiki
- Sleep / Relax
- Supportive cervical collar

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 - What Can I Do To Help?

Whiplash occurs when the neck is suddenly and forcefully jerked, and is typically associated with car crashes. The speed at which the neck is forced upon impact is faster than we can contract our muscles in attempt to stop the forceful movement. This results in muscle, tendon, and/or ligament over-stretching, even tearing. Symptoms include stiff and painful neck movements, weakness or, the head "feels heavy" making it challenging to "hold up" as well as headache, and sometimes dizziness, ear noises, TMJ or jaw pain, and "mental fog." What should be done if a whiplash injury occurs?

The amount or degree of damage to the soft tissues - that is, the muscles, tendons, ligaments, and disks of the neck -- will be the deciding factors as to how much rest vs. activity should be initially performed. If there are no fractures, dislocations or other injuries resulting in an unstable cervical spine (neck), studies have shown rest and a soft collar is actually harmful when compared to early return to activity and exercises. Chiropractic treatment, which essentially exercises the joints of the neck, has been shown to speed recovery when performed sooner rather than later after a whiplash injury.

A handy way to classify the injury includes four categories:

1. Pain with no significant abnormal clinical findings;
2. Pain with mild clinical findings and range of motion loss;
3. Pain with neurological injury (resulting in radiating arm pain); and
4. Pain associated with fracture and/or dislocation.

Those suffering with category 1 or 2 injuries should minimize rest, collar use, proceed with life's activities and not be afraid to do desired activities. More aggressive exercise and, utilizing chiropractic adjustments as soon as possible is very effective in the first two categories of injury. Category 4 (fractures and dislocations) injuries require the use of a rigid collar usually for 4-6 weeks as rest/protection is imperative. Category 3 demands careful monitoring by your chiropractor as neurological problems like arm pain and numbness, muscle strength weakness, must be watched during the healing process. The use of ice is helpful with all four categories of injury and exercise training is important and can be started sooner in the first two categories of injury.

What can you do if you sustain a whiplash injury? The first order of self-help is the use of ice. This is a much better choice over the use of heat as ice reduces swelling and pain while heat can increase swelling because it brings in more blood flow into an already swollen area. The heat may feel good during its use but most patients report the pain either returns shortly thereafter or feels worse. Ice and heat can be alternated but ice should be emphasized by using ice for 10 minutes, heat 5 minutes, and repeat the ice / heat / ice approach starting and ending with ice. One session usually equals 40 minutes (ice/heat/ice/heat/ice for 10+5+10+5+10, respectively, = 40 min.), and several sessions can be repeated each day. The old adage of "ice for 24 hours followed by heat" does NOT apply here as ice or "contrast therapy" of ice/heat/ice/heat/ice can be performed for as long as there is pain or, for several weeks or longer. The good news is that you will never hurt yourself by using ice but, you can make it hurt worse by using heat too soon so, when in doubt, use ice!

The next, very important, recommendation is to utilize exercises to stretch and strengthen the neck and upper back region. The "general rule" of exercise is slow repetitions staying within "reasonable" boundaries of pain. That is, a good, stretch type of pain is encouraged while avoiding sharp pain. We have discussed several very practical neck stretches and strengthening exercises previously and we will again address this in the future. Posture correction of chin tucks, keeping your head back over your shoulders is very helpful as well.

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 whiplash, chiropractic care is a logical first choice and we would be honored to offer our services to you.

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YOU: The Most Important Choices For Making Yourself Younger: Don't Get That Prescription So Easily

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.

Think we're over the flu season and you don't have to worry about infections? Well, you're partially right, but $\frac{1}{4}$ of infectious deaths still happen in the summer months. Here's a lesson we want you to remember: Don't get that antibiotic, without an awfully good reason.

That's right, next time you get a sore throat or your kid's nose is at flood stage don't demand antibiotics. Half of the 125 million antibiotic prescriptions written for upper respiratory infections each year in the US and Canada cause more problems than they cure. Antibiotics are designed to knock out bacteria, but are 100% useless against viral infections like colds, flu, and many ear infections, sinusitis, and bronchitis.

Unnecessary antibiotics aren't just ineffective, they're bad news. They empty your wallet (at up to \$100 per prescription, that's not chump change). They put you at risk for side effects like diarrhea and allergic reactions. AND they contribute to the global rise of antibiotic-resistant bugs. Yet, many of us continue to nag for them when we get sick and our doctors give in.

In a recent, eye-opening or sleep inducing Vanderbilt University School of Medicine study (depends on if you're a science nerd), overall antibiotic use for respiratory infections has dropped 36 percent in the past decade (good), but prescriptions for stronger, more expensive broad-spectrum antibiotics have increased (bad).

Don't get us wrong. Some viral infections do morph into bacterial free-for-alls. If you or your child develops a strep throat, a bacterial ear infection, or pneumonia after a bout of flu, these wonder drugs are essential. But, it makes sense to do all you can to prevent a viral respiratory infection in the first place.

That's what they did in Ontario, Canada. The province offered everybody free flu shots starting in 2000. As a result, residents not only received 64% fewer antibiotic prescriptions than other Canadians, they were also healthier--with 52% fewer flu-related hospitalizations and 39% fewer flu-related deaths.

You can do even more. To fight viral infections head-on, start by washing your hands thoroughly and often during cold and flu season; this removes 99.9% of viral particles. Then, take these steps if you do catch something:

- **Get your vitamin D3 (AT LEAST 1000 IU a day get your level measured), 2 billion spore form of probiotic a day, ginseng, and sleep. And ask about the pneumococcal vaccine.** About one-third of deaths attributed to H1N1 have been in people who've also had

bacterial pneumonia. The pneumonia vaccine can lower that risk, but many people eligible for this shot don't take advantage of it. One type, Prevnar, is approved for young children; another, Pneumovax, is approved for adults over age 65 and for anyone over age 2 with impaired immunity or other health conditions that raise risk for pneumonia.

- **Prevent complications.** If your colds tend to become sinus infections, use saline nasal rinses (try a neti pot or clean bulb syringe) to help prevent viruses from breeding in pools of trapped mucus. Rinses help without the side effects that decongestants can cause.
- **Sore throat? Ask for a rapid strep test.** You may need antibiotics if it's strep. Your doc can't tell by looking, so ask for an in-office strep test; these cut antibiotic prescription by two-thirds in one study.
- **Ear infection? Ask for a prescription "to go."** Watchful waiting""just pain relievers and plenty of cuddling""clears up at least half of non-severe ear infections in kids over age 2. Try it for 48 to 72 hours, but have an antibiotic prescription handy just in case. Tell your doctor you're interested in doing this; in one Harvard study, 60% of parents were willing to give it a try, but just 6% of doctors suggested it regularly.

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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Misunderstanding Fibromyalgia

And What You Should Know

Dear Patients and Friends,

Not too long ago, if I uttered the word *fibromyalgia*, people looked at me like I had three heads. Some even gave me a "dog hearing a high-pitched noise" head tilt.

That's because fibromyalgia was a foreign term to most people, and those who knew about it were often seriously misinformed. I can't tell you how many times I've heard...

"Is Fibromyalgia Real? I Heard It's All In Their Heads..."

I've even heard that from doctors who should know better. Thank goodness things have changed.

There is more and more information published about fibromyalgia every year. And, although it is not completely understood... we are getting there. And the more we know - the more we can help.

This is extremely important because an estimated 5% of the population suffers from fibromyalgia (that's about 15 million people in the United States) with women 4 times more likely to develop it than men.

In other words... it's pretty common. If you do not suffer with it, chances are you will know someone who does... and...

It Is NOT "Made Up" Or All In Your Head!

That's why you should choose your doctor and treatment path wisely. The medical approach is usually: anti-depressants, muscle relaxants, anti-inflammatory drugs, and pain or narcotic medications. You should carefully consider these options and whether the risks are outweighed by any potential benefits.

Studies are very limited for any type of treatment approach, so you may be presented with

different options by many different types of doctors.

Many fibromyalgia sufferers don't know they have other options such as the proper Chiropractic care, exercise and nutrition. This is especially true if you have central or back pain. If you do, this is a condition that responds very well to Chiropractic treatment.

One major problem with fibromyalgia is that it makes it hurt when you move. That's why many fibromyalgia sufferers stop exercising, which ends up making the condition worse. The key here is to make sure your spine and joints are functioning properly and the exercise you do is correct for you and your condition.

Proper exercise can improve your mood and help you sleep better. When you combine that with proper nutrition, you may be surprised at the results you can get.

Bottom line is: There is no "magic cure" for fibromyalgia. But, there are safe and effective things you can do to feel better. If you are interested in our natural approach to helping you live with fibromyalgia, just give us a call and we will be happy to discuss it with you and let you know your best options.

Our number is (734) 981-6969 and our door is always open to you and your loved ones.

Sincerely,

Dr. Thomas Gerou

P.S. If you have a family member or friend who suffers with fibromyalgia, please pass this letter along to them. You never know how much you can affect someone's life with just a simple gesture of kindness and caring.

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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.