

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

"How little a thing can make us happy when
we feel that we have earned it" ~ *Mark Twain*

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...

- "Hair" proves link between chronic stress and heart attacks.
- *1 in 7 home kitchens would flunk restaurant inspections - most are worse!
How bad is yours?*
- Study: Popular diet pill Meridia increases heart attack risk.
- *Shocking and surprising things CHEFS probably don't want you to know.*
- Researchers find Mother Nature's Staph infection blocker?
- *PLUS: How A Mother Saved Her Newborn Baby Boy When Her Doctor Had
Left Him For Dead!*

LET'S BEGIN!...

Shocker : Heavy Drinkers Outlive Non-Drinkers?

Discover what a new paper in the Journal *Alcoholism*
found that might make you fall off the wagon!

Is it possible? Can it be true? There is no way... right?

As revealed in a new paper in the journal *Alcoholism: Clinical and Experimental Research*, people who do NOT drink alcohol do NOT live as long as people who do.

According to an article in Time Magazine, *"Research suggests that -- for reasons that aren't entirely clear -- abstaining from alcohol does tend to increase one's risk of dying, even when you exclude former problem drinkers. The most shocking part? Abstainers' mortality rates are higher than those of heavy drinkers."*

"Moderate drinking, which is defined as one to three drinks per day, is associated with the lowest mortality rates in alcohol studies."

WOW! According to this paper, people who do not drink at all die sooner than heavy drinkers... not people who have a drink or two a night - but... **HEAVY DRINKERS!**

According to the article, a moderate drinker, defined as 1-3 drinks per day, had the lowest mortality rate.

Even though researchers do not know the real answer, there are plenty of theories as to why these findings exist.

One is that moderate alcohol consumption (especially red wine) can improve circulation, cardiovascular health and reduce stress. Stress reduction may be the most important item on the list. Here is why...

There is a vast amount of research linking stress to poor health, possible disease and shortened lifespan.

In fact, a press release from September 3, 2010 states researchers had finally found direct evidence linking stress to heart attacks.

It's All About HAIR

According to the press release, *"Researchers at The University of Western Ontario have provided the first direct evidence using a biological marker, to show chronic stress plays an important role in heart attacks. Stressors such as job and marital and financial problems have been linked to the increased risk for developing cardiovascular disease including heart attack."*

This study, published in the journal Stress, said researchers developed a method to measure cortisol levels in hair. This is important because cortisol levels are an indicator of stress levels and now the cortisol/stress level can be measured for several months leading up to the heart attack.

Until now, cortisol levels were only measured in saliva, urine and serum. Because of this, stress levels were only seen at the time of the measurement - not leading up to the event. Doctors and researchers have suspected for a long time that stress was bad for you but it has been hard to measure and "prove." Now, it looks like we can all say with relative accuracy... that...

STRESS KILLS!

This might shed new light on the alcohol research above. Maybe it's not alcohol as a chemical compound that is beneficial to your longevity... Maybe the key is alcohol's role in stress reduction.

Who knows? Right now, no one knows for sure, but we do know that correlation is not causation. In other words, just because drinkers live longer does not mean "alcohol is good for you." For example, if the reason drinkers live longer is actually due to a reduction in stress... then it may be possible to get the same results without alcohol consumption. Maybe learning to control stress through meditation and other ways will be found to be just as effective. The mind-body connection is what's really important. Heart disease is the number one cause of death in the United States, and science has now linked it to your stress levels, which basically links it to the way you think.

The way you handle situations in life every single day is actually a matter of not just happiness... but of...

Life and Death

So here's a little advice: Learn about stress and stress management ASAP. Most likely it will not only lead to a happier life... but a longer one.

WARNING: Popular Diet Pill Increases Heart Attack Risk

Healthday News reports a new study linking the popular weight loss drug Meridia, to an increase in non-fatal heart attacks and strokes. A researcher said the drug only increases the risk for those who already have a history of heart attack and stroke and they should not take the drug in the first place. Others say, "Good old-fashioned diet and exercise is the only substantive sustained therapy that's shown to be helpful. There's no quick-fix pill."

Researchers Discover Mother Nature's Staph Infection Blocker?

Staphylococcus aureus can cause a bunch of health problems, including minor skin rashes to serious skin and life threatening blood infections that require immediate hospitalization.

Methicillin-resistant *Staphylococcus aureus* , or MRSA, is a growing public health problem in hospitals, nursing homes, and other institutions because it doesn't respond to most antibiotics. "Staph" causes infections by first adhering to the host. This is usually made by contact with the skin - especially if the skin is scraped or cut. The "staph" clings to the host and multiplies rapidly - forming a group or colony called a biofilm.

According to ScienceDaily, a recent study tested healthy females and found that drinking cranberry juice cocktail stopped both *E. Coli* and *Staphylococcus aureus* from forming biofilms. *E. Coli* is the bacteria responsible for urinary tract infections. Researchers believe the bacteria cannot cause infections if it cannot adhere to the surface and from biofilms.

Terri Camesano, Professor of Chemical Engineering at Worcester Polytechnic Institute (WPI) said, "What was surprising is that *Staphylococcus aureus* showed the most significant results in this study. We saw essentially no biofilm in the staph samples, which is very surprising because *Staph aureus* is usually very good at forming biofilms. That's what makes it such a health problem."

Researchers also said these results "create more questions than answers." More research needs to be done - but drinking a little cranberry juice might not be a bad idea. :-)

P.S. The research detailed in the current study was supported by grants from the Cranberry Institute and the Wisconsin Cranberry Board.

1 In 7 Home Kitchens Flunk Restaurant Inspections? *Would Your Kitchen Pass?*

Do you think your kitchen is clean? According to an article in USA Today, "The small study from California's Los Angeles County found that only 61% of home kitchens would get an A or B if put through the rigors of a restaurant inspection. At least 14% would fail -- not even getting a C.

"In comparison, nearly all Los Angeles County restaurants -- 98% -- get A or B scores each year."

Maybe eating out isn't such a bad idea after all...

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.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Inspirational Story Of The Month
(Names And Details Have Been Changed To Protect Privacy)

The Amazing True Story:

How A Mother Saved Her Newborn Baby Boy When Her Doctor Had Left Him For Dead! .

Albert Einstein once said...

"Not everything that can be counted counts, and not everything that counts can be counted."

This profound statement is often completely forgotten in today's world where everything must be scientifically proven.

To some scientists and doctors - if it is not proven in a scientific study published in a peer-reviewed journal - it does not exist.

Then, for those same people, love does not exist, or that feeling you get when you see your first child being born, or take his or her first steps, or graduate from high school, or when you walk your daughter down the aisle.

And most definitely, the story you are about to read is impossible. But, guess what?

It Is 100% True And Verifiable!

Let me fill you in on what this story is all about...

Jamie and Emily Ogg were twins born on March 25, 2010. Jamie was tiny - born at just 27 weeks.

Their mother, Kate Ogg, made it through 3 days of labor only to have her joy suddenly ripped away. Within minutes after his birth, little Jamie stopped breathing.

Doctors worked feverishly in an effort to resuscitate him for 20 minutes. Nothing worked.

A doctor turned to Kate and asked if she had chosen a name for her son. She said, "His name is going to be Jamie." The doctor already had Jamie wrapped up and said, "Jamie didn't make it. We've lost him."

Devastated and overwhelmed with grief, Jamie's parents, Kate and David, were given a moment to hold baby Jamie.

This was meant to be time for them to say good-bye to the son they believed was dead.

What Happened Next Defies The Laws Of Medicine

As Kate held Jamie, he would occasionally look like he was gasping for air. Doctors said this was normal for an infant who had just passed away.

Just as the last person left the room, little Jamie jumped a little in Kate's arms. He started gasping more and more. Shortly after that, Jamie opened his eyes!

Kate believed Jamie was still alive and called for the doctor. The doctor sent a midwife back in to tell Kate these were just natural reflexes and Jamie was gone.

This went on for two hours. Kate called for her doctor twice and both times got the same response. The doctors said there was no possible way he could be alive, but Kate never gave up.

Kate and David ignored what their doctor told them and actually began giggling to themselves saying, "What if he lives! We might be the luckiest people on earth!!!"

Kate put some breast milk on her finger and Jamie took it. This news got the doctor's attention.

The doctor laid Jamie on the bed and checked him out. He started shaking his head, "I don't believe it... I don't believe it."

What the doctor didn't believe was that he had been completely wrong. Baby Jamie was alive.

Most premature babies need immediate medical attention. Little Jamie survived after a doctor had pronounced him dead.

Some doctors say it was his mother's touch - her love - that was passed to Jamie and is what saved his life. Others... of course... say there is no proof.

"Not everything that can be counted counts, and not everything that counts can be counted."

Watch the video here and decide for yourself: <http://tinyurl.com/newsletter1110>

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!

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Did You Know?

Plants have been used for centuries as medicines.

Now, genetically modified plants can produce plastic, skin tissue agents and human blood proteins. Biotechnologists have created genetically modified (GM) plants that can grow plastic. They managed this by inserting 4 genes from plastic-producing bacteria into varieties of oilseed rape (Eurasian plant) and cress. Conventional plastics are made from oil and do not degrade easily, but the plant plastic is biodegradable. But it is expensive, costing five times more than petroleum-derived plastic.

Actually, mankind has been "genetically modifying" everything from food to dogs for many centuries, but in the past, the only tool has been selective breeding. There are a variety of ways that scientists now modify plants and animals with genetic engineering techniques.

In the meantime, before you grow your own plastic plants, take good care of your real plants. Clean them often, speak to them, and play them some nice music - there is a lot of research that shows playing melodic or classical music to plants makes them grow healthier.

Tip Of The Month

**Shocking And Surprising Things
Chefs Don't Want You To Know -
What order makes them mad and
what THEY never order when they go out to
eat.**

Roaches? Recycled Bread? And What Happens To Your Food When You Send It Back!!!

Have you seen the movie, "Waiting..."? If not, it's about shenanigans that go on at a restaurant by the waiters, managers and cooks. It's a comedy and not "real." But, it shows a lot of things people are afraid actually happens behind the scenes when they go out to eat.

For example, one customer sends his steak back because it is not cooked to his liking. So what does the cook do? He freaks out. Throws the steak on the floor... says, "ooooops"... picks it up and puts it back on the grill. The movie shows a lot worse than that!

Well, does any of this stuff really occur? And besides that - what are some of the things chefs probably don't want you to know? Food Network Magazine surveyed thousands of Chefs (anonymously) across the country - and here's what they found...

Chefs Are Picky Eaters But Hate Picky Eaters!

Yes... this may be a little contradictory. But come on - you probably don't like some of the things you do either! According to the survey, 60% of chefs said requests for substitutes were annoying. One of the biggest annoyances was when customers "pretend" to be allergic to something. Hmmm... one has to wonder how they knew they were "pretending?"

Chefs Have Expensive Taste And Avoid Pasta And Chicken

The restaurant chefs listed the most as "best in the country" was The French Laundry in California's Napa Valley. Dinner there is \$240 per person, before wine. They avoid chicken and pasta because they are often the most over-priced items on the menu. Ironically, they like fast food... Wendy's topping the list.

What About Roaches?

Are you sitting down? You are... good. 75% said they have seen roaches in the kitchen! Also, on a scale of 1-10, 85% of chefs rate their kitchen as an 8 or above for being clean.

Do Chefs Spit In Your Food If You Send It Back?

Only 13% said they saw chefs do bad things to people's food. The worst was, *"Someone once ran a steak through a dishwasher after the diner sent it back twice. Ironically, the customer was happy with it then."* Three of the chefs said they re-used uneaten bread after it was taken back from the tables.

Chefs also work hard!

They average between 60-80 hours a week and work holidays. Their average pay is \$75,000 a year. And there's more... like menu specials are often experimental dishes, fresh fish deliveries do NOT come on Sundays, and the appropriate tip for your meal is 20%. The complete article can be found by googling "25 Things Chefs Never Tell You Food Network Magazine".

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

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At:

- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Health Update : Low Back Pain

What Causes Low Back Pain?

I can't tell you how many times a day this question is asked! Obviously, there are MANY causes of low back pain (LBP) but you may be surprised about some of the following:

1. **Trauma:** Let's start with the easy one - falling down, over lifting, twisting, pushing, pulling, bending over, sporting activities, work activities, sex, sneezing, raking, shoveling.....OK, I could fill the page with possible injuries that can cause LBP so I'll stop here. We've all sprained an ankle or a finger and based on statistics, most of us have also suffered from LBP as a result of a single event injury. These types of injuries include sprains (ligament injuries), strains (muscle/tendon injuries), disk injuries (tears, ruptures), and include many possible findings including subluxations (areas where vertebrae stop working well together or have shifted from their proper location). When there is radiating leg pain that travels below the knee, a pinched nerve may be involved, often caused by disk pressure or a combination of things.
2. **Insidious or, "I don't know what I did!"** : Believe it or not, this is probably the most common cause of LBP we see as the majority of people can't recall anything as causing their LBP. The "cause" in these cases often stems from a series of events that accumulate to a point where pain/swelling occurs, often hours or even days after several over-use activities may have been performed. Thus, more investigation into the activities that preceded the onset of LBP needs to be considered. We can usually uncover several possible culprits but we can't ever be 100% certain that we're right about the cause(s). In some cases, people will wake up with LBP, while others don't have it until they've been active.
3. **Biomechanical causes:** This category might be involved in the 2nd category discussed but deserves a separate discussion because of the many possibilities. First, we are 2 legged / not 4 legged animals and that by itself puts a lot of pressure on our lower backs. In fact, 2/3rds of our weight is carried from the waist up and as a result, just bending over for a pencil can, "...throw the back out." For example, a 180# person lifts about 120# of body weight just by bending forward! Another common problem is one leg being shorter than the other. It has been reported that 87% of us have unequal leg lengths and when the shift measures 7-9mm (about ¼ inch), the probability of back, hip, or sciatica pain is 2x greater. When the difference

is 16mm, there is an 8x greater chance of having back trouble. The "fix" in this case can be quite simple as using heel lifts in the short leg shoe. Flat feet and ankle pronation can also create an unstable pelvis and can contribute to LBP so foot orthotics can also be very helpful in the management of LBP. Obesity (body mass index >30) has been identified as a risk factor for a lot of conditions including LBP and a weight management program can be highly effective.

4. **Dangerous loading activities:** It has long been known that jobs where 50-100# is lifted or carried, especially if frequently handled, have an increase in occurrence of LBP. Using proper lifting methods is very important in jobs like this!

We realize you have a choice in where you choose to go 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.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Health Update : Carpal Tunnel

Musicians and Carpal Tunnel Syndrome

There are many jobs that place people at risk for carpal tunnel syndrome (CTS), but I bet you wouldn't have thought of musicians. First and most important, I don't want to scare anyone from playing a musical instrument as many of us find music to be a very important "release mechanism" or, an escape from reality (at least for a while) in our busy lives. Playing music uses part of the brain that doesn't get enough stimulation and has been found to improve learning skills in children and can improve (as well as prevent) Alzheimer's Disease in the more mature sector of the population. So PLEASE, continue playing your instrument or if you don't play, start taking lessons on your favorite instrument - something an increasing number of adults are beginning to do!

Ok, now that the "disclaimer" is over, we can discuss why musicians are at risk for developing CTS and how you and I can prevent CTS from becoming a "monster!" Playing a musical instrument utilizes our fingers in a rapid, repetitive way, similar to a typist or

keyboard worker. Also, some instruments require the hands and wrists to be placed in awkward positions, which is bad because the tendons, as they rub against each other inside the tunnel, create friction, heat and swell up, thus pinching the median nerve. If the wrist is bent, the pressure inside the carpal tunnel goes up a lot more than when it's kept straight, and this is especially true if there are already problems present like a mild case of CTS. In brief, the anatomy of the carpal tunnel includes 9 tendons, some blood vessels, and the median nerve which are, in a sense, jammed into a tight, confined space. Think of pulling a napkin through a napkin ring that is just a little bit too small - you REALLY have to work to pull the napkin through, right? Well, this is kind of what happens when one develops CTS. Instead of having a napkin and ring that match so the napkin easily pulls through, those with CTS have a tight, constricted tunnel (napkin ring) which really squeezes the contents, including the median nerve. The result of pinching a nerve is numbness, tingling, burning, and/or a "half-asleep" feeling in fingers 2, 3, and 4 (that is, the index, middle and ring fingers).

When you watch a piano player, their palms are pointing down towards the floor while they play. The two long bones in the forearm, the ulna and radius, are parallel when the palms are up and cross over one another when the palms are down. The median nerve travels down from the neck, axilla, upper and lower arm and finally through the carpal tunnel to innervate the middle three fingers. There is more pressure on the median nerve when the palms are pointing down compared to up, but it would be impossible to play the piano palms up! Other instruments like the flute, trombone, trumpet, and many others require the arms and hands to be raised up to around the head level while the instrument is played. This places more pressure on the median nerve in the axilla area, referred to as the thoracic outlet. Many musicians practice multiple hours a day and the repetitive motion can really irritate the median nerve, and can result in CTS.

Again, PLEASE do not stop playing your musical instrument! Rather, take multiple breaks when practicing, do carpal tunnel stretch exercises, and seek chiropractic care as we can usually manage CTS successfully without the need for surgery.

We realize you have a choice in who you choose 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.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Health Update: Fibromyalgia

Fibromyalgia: Vitamin Recommendations

Fibromyalgia (FM) can be characterized by pain that is widespread, not limited to a single anatomical area but rather can affect the arms, legs, trunk, head and neck. This Health Update will concentrate on a few specific vitamin recommendations with the understanding that a "good" diet such as one low in glutens (wheat, oats, barley, rye), rich in fruits, vegetables, and lean meats, with an emphasis of omega 3 rather than omega 6 fatty acids, can be highly effective in and of itself. More importantly, it doesn't make sense to abuse your diet and expect any vitamin recommendation to be highly effective. So the plea is, PLEASE practice a good "anti-inflammatory" diet, such as that briefly outlined above PLUS take the following vitamins:

1. **Multivitamin/mineral**: This captures a little of everything and serves as a foundation (like the base of a pyramid) for more specific vitamin recommendations. In most cases, it is wise to skip iron as this is not usually a missing nutrient for most people and can be toxic for some. If however, iron has been recommended for you, feel free to include it.
2. **Magnesium (Mg)**: Magnesium is a missing nutrient as most foods do not include Mg and it is a vital nutrient in many of the pathways where proteins, fats, and carbohydrates are broken down in the body. Since it cannot be easily obtained through the diet, a supplement of Mg is wise.
3. **Omega 3 fatty acids**: There must be a balance between the anti-inflammatory omega 3 and the pro-inflammatory omega 6 fatty acids. Most people consume far more omega 6 vs. omega 3 fatty acids (instead of the other way around) by consuming things like fast foods and potato chips. There are long lists of omega 3 and omega 6 foods available on the internet - just "search" these and try to achieve a 3:1 omega 3 vs. omega 6 ratio. When choosing this supplement, many options will be available such as, "1000 mg of Fish Oil." But, take a careful look at the label to determine how many pearls/pills are recommended per day as this can vary quite a bit. There are two primary active ingredients abbreviated EPA and DHA that are the important part of "fish oil." Generally, about 1000mg of each per day is ideal, which usually requires 3-4 pearls per day (which may mean 3-4000mg of "fish oil" -- not "one-a-day").
4. **Vitamin D**: Even if you don't read magazines or newspapers, you probably have heard some of the many wonderful things about Vitamin D. Some of these benefits include anti-cancer (cervix, prostate, and others). It's also been reported as an anti-depressive and more effective for reversing the symptoms of SAD (Seasonal Affective Disorder) than stimulation using the correct type of light. It is a strong anti-inflammatory and hence, has a role in the treatment of most diseases as most conditions include an inflammatory component. The FDA has recently raised the minimum recommended daily allowance from 400 IU to 2000 IU/day. It has been reported that 70% of people living in the sunbelt are Vitamin D deficient as the

ONLY good source of Vitamin D is from sunlight and most of us avoid too much sun for skin cancer reasons.

5. **CoQ10:** This is a very strong anti-oxidant and it's been highly recommended for anyone with any heart related conditions. Anti-oxidants have MANY health benefits! Try 100mcg/day.

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.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Health Update : Neck Pain

Neck Pain Self-Help Techniques

It is very important that those of us with neck pain learn what we can do to help ourselves as the benefits from treatment are always much more satisfying for both the healthcare provider and patient. Self-care promotes independence and a feeling of accomplishment. You are the most important part of this "team" effort as we both work hard to "...get you better!" Let's take a look at what self-help techniques you can apply when neck pain strikes:

1. **Acute stage:** This is the period of time when neck pain first starts and it's usually very sore and painful. This stage occurs immediately after an injury and continues for 24 to 48 hours but can be perpetuated for a week or longer if you are careless about your activities and keep irritating it. Injuries to the neck are similar to a cut on the skin. If you pick your cut, it will bleed again. Sometimes, you have to wait a week or two before you can, "...pick off the scab." This analogy also applies to neck pain after an injury. At this stage, you need to apply the principle of "PRICE" (Protect, Rest, Ice, Compress, Elevate). OK, I guess we're not going to "compress" or "elevate" our neck but certainly the others apply nicely. To protect the neck, avoid quick/unguarded movements as these can "...pick at the cut" and re-injure the

tissue. Rest means you may have to hold back on some activities that are straining and might also, "...pick at the cut." Ice is a WONDERFUL pain killer and anti-inflammatory and should be rotated on/off/on/off/on at 15 minute rotations of ice/no ice/ice/no ice/ice. This creates a "pump-like" action that pushes away the swelling and therefore, reduces pain. After 24-48 hours, you can alternate ice/heat/ice/heat/ice at 10/5/10/5/10 minute intervals as heat relaxes tight muscles and as a result, can help reduce pain. These self-help techniques can continue for a few days to a whole month, depending on the degree of injury and, how "nice you are" to yourself (so you don't over do it!) Cervical traction (home over-the-door traction) can really help a lot too!

2. **Sub-acute stage:** This stage of healing starts anytime after 48-72 hours and can last 4-6 weeks or more, depending on again, the degree of injury and is "niceness" dependant! During this stage, the callus (scab) is hardening and its becoming stronger/less likely to "re-bleed." During this stage, range of motion, fiber stretching, isometric exercises can slowly be integrated into your program. Progressively harder exercises and re-introduction back into "normal" activities should be emphasized during this stage.
3. **Chronic stage:** This stage can last from 8 weeks to 1 or more years. When neck pain persists, determine which desired activities are well tolerated, including exercises. When "flare-ups" occur, a brief time period with PRI(CE) is nice! Exercises here can be quite physical and progressive, based on your tolerance and exercise experience.

We realize you have a choice in where you choose 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.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Health Update : Whiplash

Interesting Facts About Whiplash

We all know the most common causes of "whiplash" are injuries that typically arise from automobile accidents or, motor vehicle collisions (MVC's) although whiplash can also occur from slip and fall and virtually, any injury where your head is whipped backwards. But there are many things about whiplash you may not be aware of, which is the reason for this month's Health Update on whiplash.

For example, did you know the effect whiplash has on public health (in general) is tremendous? The number of cases occurring annually is frequently quoted as 1,000,000 per year, but this is based on an outdated (1971) and incomplete dataset. A more recent figure of 3 million per year is considered to be more accurate because it's based on several governmental databases and it accounts for the expected number of unreported cases by the NHTSA (National Highway Traffic Safety Administration). That's a huge difference! The updated figure accounts for whiplash victims not attended to by emergency medical services. In less catastrophic accidents, the injured party may not appear to be significantly injured at the scene of the MVC and decline emergency care and hence, the MVC will go unreported to a governmental data collection center.

Another interesting study surveyed over 3500 chiropractors who were asked if they commonly applied cervical (neck) spinal manipulation to patients who had known herniated or protruded disks (in their neck). Over 90% of the chiropractors indicated they found it safe and effective to utilize cervical adjustments (manipulation) in this patient population. It is VERY important for you to know this as frequently, you may be told by your medical doctor (or next door neighbor), "...don't let anyone crack your neck!" Now, you can rest assured that in the experience of MANY chiropractors (not just me), significant benefits can be achieved by this treatment approach. Moreover, the sooner neck adjustments are applied, the better the results - so don't wait to get a chiropractic treatment after an MVC!

Another interesting study investigated the "proper" or "best" seated position in a car during a rear-end collision, based on an analysis of many previously published studies on this topic. Because the seated position of the person involved in a MVC is related to the degree of the injury, the factors studied included the angle of the seat back, seat-bottom angle, the density of the foam in the seatback, the height above the floor [of the knees], and the presence of armrests in cars. They found that the seat back angle of 110-130 degrees reduced disk pressure and low back muscle activity but 110 degrees - MAX. - was found to minimize the forward positioning of the head. A 5 degree downwards tilt of the seat bottom further reduced the pressure in the low back disks and muscle activity as measured by EMG (electromyography). The use of armrests and the use of a lumbar support were also found to be important to reduce injuries associated with MVCs. This combination was reported to be optimum for all of us to use in order to minimize the bodily injury in a rear-end MVC. Other important factors included firm dense foam in the seat back, an adjustable seat bottom (for angle, height, and front to back distance), horizontal & vertical lumbar support adjustments (...best if they pulsate to reduce the static load encountered in a crash), seat shock absorbers, and seat adjustments for front to back to adjust for different patient heights.

We hope this information is enjoyed! We realize you have a choice in where you go for your health care needs. We truly appreciate your consideration in allowing us to help you through this potentially difficult process.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

YOU: Picky Eaters - Preventing Food Wars

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.

We've all seen kids who decide the only thing worth eating is a chicken nugget. Or a bowl of mac and cheese. And that's it. Oh, the picky eater -- the child who asserts that he likes only a few things and refuses to let his tongue touch anything else. The real issue, of course, is not one of taste but one of control. To avoid future food wars, try these strategies to avoid raising a picky eater:

- Provide lots of choices, and don't be afraid to parallel cook. If Junior never eats fish, then have a different protein available, and encourage eating fish when there is positive peer pressure to try it. For instance, when Junior's best buddy, whose parent has told you he eats fish like a champ, is coming over, plan to have fish for that meal. Observation of peers and older siblings or cousins can be a powerful motivator.
- Food repetition is okay, as long as there's balance overall or a multivitamin makes up the difference. Children may go for days, weeks, or months wanting only peanut butter and jelly or whatever the latest taste preference is. Although it may drive you nuts, look on the bright side: You've got an easy meal that goes down without a

fuss.

- Keep exposing him to healthful foods; some may stick. Try food games like, "How many raisins can stick to a celery stalk filled with cream cheese?"
- When you feel a battle coming on, take a step back. Will your son be scarred for life if he doesn't eat two more carrots?
- Add a daily multivitamin. This provides an insurance policy against an imperfect diet. But read the label: Some brands recommend a half vitamin for children under 2 and a whole tablet for those 2 and older, while other brands recommend one vitamin for under age 2 and two tablets for those over 2.

Feel free to keep your questions coming to youdocs@gmail.com. You can follow Dr Roizen on twitter [@YoungDrMike](https://twitter.com/YoungDrMike).

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, 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.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

Don't Spend The Holidays Sick,

Tired Or Flat On Your Back!!!

Dear Patients and Friends,

Every year, it's the same old song and dance.

Your fall schedule is busy. Between work and activities, you don't have a minute for yourself. You're running around like a chicken with your head cut off trying to get everything done and please everyone else... and...

BAM!

Your back goes out, or your neck, or you get the nastiest cold of the season. No matter which one it is - you get laid out. You're either stuck in bed or at the very least - it's impossible to keep up.

That's why this letter is so important, because an ounce of prevention is worth a pound of cure. And it's about time you took a little "me time" and recharged your batteries before one of the terrible things above actually happen to you.

It can be as simple as taking a little time each day to simply be alone, close your eyes and relax. Let go of all the stress... even if just for a few minutes.

And pay attention to what you're eating and how much sleep you get. Little things add up to big problems over time. Get an extra hour of sleep tonight and take the time to eat right.

And don't forget to give us a call and get a spinal check-up so we can help you stay in tip-top shape for the holidays. Take care of it now before things get really hectic and it's too late.

Just give us a call at (734) 981-6969 and we will find a time that fits into your busy schedule.

Take a little "me time" and see how much better the Holiday season goes for you.

Sincerely,

Dr. Thomas Gerou

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To www.WeeklyHealthUpdate.com - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: www.InGoodHandsLetter.Com - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at www.Spine-Health.com .

**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.