

# In Good Hands

A Free Monthly Newsletter For The Friends And Patients Of:  
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"The aim of life is self-development. To realize one's nature perfectly -  
that is what each of us is here for." ~ *Oscar Wilde*

## 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...

- Researchers discover how a key enzyme repairs sun damaged DNA. ("The two subatomic particles healed the damage in a few billionth of a second.")
- *Will this lead to cures for premature aging and skin cancer from the sun?*
- Is Acetaminophen\* a trigger for teen asthma? (Study shows even once a year use may worsen asthma in teens and children.) \*The best-known brand name for acetaminophen is Tylenol.
- *Can Chiropractic care help chronic "whiplash" injuries?*
- How to help your children get a good night's sleep as they start a new school year. (There is one *technical* problem you must fix!)
- *Find out what UCLA researchers have to say about STRESS and why lessening it may be the most important thing you ever do.*
- Are your children on the internet? Find out what Google's CEO said about them...

## LET'S BEGIN!...

# A World Without Wrinkles

# Or Skin Cancer?

## ***...Have Scientists Finally Discovered How To Reverse Damaging Effects Of The Sun?***

Have you ever gotten a sunburn? If you have, you are not alone. Most people, at one time or another, have played in the sun a little too long and turned a sweet shade of pink or even red. Until recently, the long-term damage done by sunburn was not fully known.

Nowadays, most people now know the effects of a sunburn come out years later in the form of premature aging- like leathery skin, wrinkles and "sun spots." Even worse, overzealous sunbathing can cause skin cancer. But, what if there was a way to completely erase all the damage done to your skin by the sun? What if you could wipe out wrinkles, sun spots, rough skin and even skin cancer... and do it in a fraction of the time it takes you to blink an eye?

### **Wouldn't That Be Amazing And One Of The Best Scientific Discoveries Ever?**

Well, scientists haven't quite discovered the ultimate cure for skin related aging and cancer yet... but with this incredible discovery, it looks like they are very close... **Here's the discovery:** Researchers have long known humans lack an enzyme that most other animals and plants have that reverses damage done by the sun.

Now, for the first time, researchers have actually seen how this enzyme works... on the atomic level... to repair sun damage. According to an article published in [physorg.com](http://physorg.com), *"The discovery holds promise for future sunburn remedies and skin cancer prevention. In the early online edition of the journal Nature, Ohio State University physicist and chemist, Dongping Zhong, and his colleagues describe how they were able to observe the enzyme called photolyase inject a single electron and proton into an injured strand of DNA. The two subatomic particles healed the damage in a few billionths of a second."*

According to the article, Ultraviolet (UV) light damages cells by causing bonds in the DNA to form in the wrong places. Photolyase seems to break up the "wrong" bonds and "reset" them so atoms in the DNA can move back to their original positions.

Photolyase is present in all plants and most animals... even insects and bacteria.

Only mammals are missing this enzyme. According to the article, *"Now that researchers know the mechanism by which photolyase works, they might use that information to design drugs or lotions that heal sun damage, Zhong said. Normal sunscreen lotions convert UV light to heat or reflect it away from our skin. A sunscreen containing photolyase could potentially heal some of the damage from UV rays that get through."* But until modern science actually comes up with the solution - the best thing to do is not get a sunburn.

### **Does Acetaminophen (Tylenol) Cause Asthma In Teenagers?**

According to research reported in WebMD Health News August 13, 2010...*"Even once-a-month use of acetaminophen -- the best-known brand name is Tylenol -- may trigger asthma in teens. Teens using acetaminophen at least monthly had 2.5 times the asthma risk of non-users. Once-a-year users had a 43% increase in asthma risk. The findings come from a study of some 323,000 13- and 14-year-olds from 50 nations by Richard W. Beasley, MD, Professor of Medicine at the Medical Research Institute of New Zealand in Wellington, and colleagues."*

This is the first study to link acetaminophen use to asthma. However, researchers say this study does not prove acetaminophen causes asthma because it may just be that teenagers and pregnant women who are predisposed to getting asthma are more likely to take the drug.

### **How Your Brain Responds To Social Stress Can Influence Your Health!**

Everyone experiences social stress on some level. Yes, even the person who seems so cool, calm and collected gets nervous about things like job interviews, new social settings, giving a speech, etc. Heck, performers have been known to actually get physically ill and vomit before going on stage. The more researchers discover about stress, the more we understand how bad it actually is. For example, it has been reported in an August 9, 2010 press release that UCLA researchers have discovered how your brain reacts to social stress can influence your body's immune system and affect your health. According to the press release, *"individuals who exhibit greater neural sensitivity to social rejection also exhibit greater increases in inflammatory activity to social stress. And although such increases can be adaptive, chronic inflammation can increase the risk of a variety of disorders, including asthma, rheumatoid arthritis, cardiovascular disease, certain types of cancer, and depression."*

Two things are very important here: (1) It is not the situation or event that causes the problem... it is your reaction to it. Some people look at certain situations as a challenge - while other see the same situation as a stressful nightmare. And (2), this is just more proof of how closely your mind and body are connected. Self-help guru, Napoleon Hill, said decades ago that we all become our dominant thoughts. It looks like science is proving him correct. Bottom line: if you are not thinking healthy - you cannot be physically healthy.

## **Can Chiropractic Care Help Chronic "Whiplash" Injuries?**

With over 10 million car accidents each year - chances are, at some point in your life, you will be involved in one. And many car accidents result in whiplash injuries. Whiplash is a term used to describe an injury that occurs when your head is suddenly moved. This can occur when you either stop too fast - or accelerate too fast. Either way, your head "jerks" and can injure the soft tissue (muscles, tendons, ligaments) and/or spinal joints of your neck.

Some people suffer whiplash symptoms such as pain, stiffness, reduced motion and headaches immediately after a car crash. But for many, these symptoms come on days or weeks later. According to research published in the November 1996 issue of Injury, *"Forty-three percent of patients will suffer long-term symptoms following 'whiplash' injury, for which no conventional treatment has proven to be effective."*

The research went on to say, *"A retrospective study was undertaken to determine the effects of chiropractic in a group of 28 patients who had been referred with chronic 'whiplash' syndrome... Twenty-six (93 percent) patients improved following chiropractic treatment."*

The publication also said more research is needed.

***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)

## **A REAL Winner**

### **How Overcoming Almost Insurmountable Obstacles Is The True Sign Of A Champion - Not Wins, Losses Or Even Playing Time**

Are you a winner? I guess it depends on how you define the term... In today's society, winners are defined in many ways. Of course, if we are talking about sports, the team with the most points... or an individual whose hand is raised... is clearly thought of as the 'winner' (at least for that brief, fleeting moment).

But life is not only about brief, fleeting moments. It is also about how that moment was achieved and what happened before and what will happen after that moment. And there are many "winners" who never score the most points... get their hands raised... or even...

### **Get Much Playing Time, If Any...**

For example, Stafon Johnson immediately comes to mind. Stafon was a star running back for the University of Southern California and is now with the Tennessee Titans in the NFL. Last September, Stafon suffered a horrific accident. While lifting weights at USC, the barbell slipped and 275 pounds came crashing down on his throat. His larynx was crushed and he was rushed into emergency surgery. He had a breathing tube until the end of October and doctors said he is very lucky to be alive. If not for his strong neck muscles - the accident probably would have killed him.

It was unknown how Johnson would be able to recover and what he would be able to do. Most completely discounted the prospect of Johnson ever playing in the NFL.

### **The Doubters Did Not Convince Stafon Johnson**

Johnson started working with a strength and conditioning coach and due to his big heart and work ethic, he made tremendous gains. He was able to gain his strength back

and was signed by the Titans as an un-drafted free agent. But, that's just the beginning of this story...

In his first pre-season game this year against the Seattle Seahawks, Johnson was off to a wonderful start. His first 3 carries totaled 23 yards. And then it happened... Johnson's leg was trapped underneath him during a play and he went down, and stayed down. He was carried off the field and his leg was placed in an air cast.

Coaches and players prayed for Johnson as they shared in his pain - knowing what he had gone through to get there. Surviving near death and countless, grueling hours of rehabilitation - all gone in the blink of an eye.

At the time of this writing- it is reported that Johnson suffered a dislocated ankle and will miss the entire 2010 season. But this time, few have any doubts if he will be back.

After his first injury, Johnson said, ***"I knew I had to do it to get to where I wanted to get to ... I wasn't 100 percent, but I will compete against anyone and everyone because that's how I am... That's how desperate I am to be great."***

Stafon Johnson won't be putting on a Super Bowl ring this year. He won't be basking in the glory of being a big NFL star. He won't even be playing on the field.

Instead, he will be doing what he does best - and that is whatever it takes to succeed and be great.

Most others would have quit a long time ago. But that's why Stafon was a star and headed for the NFL in the first place - because he is not a quitter. I'm sure he has had more obstacles in life than have been reported.

Stafon Johnson is a winner because of his attitude and what he is willing to sacrifice in order to achieve his goals and dreams. Even if Stafon was injured to the point that he could never play football again - no one would ever have to worry about him because he will be super-successful in whatever else he chooses to do because Stafon Johnson is a REAL winner.

***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?

The Human body is comprised of various body organs, cells and tissues which are functioning in a synchronized and cooperative manner. Each organ has its own very specialized function.

Following are the significant facts about the different organs and their functioning:

- The purpose of eyebrows is to keep sweat from running into the eyes
- *Hair is the second fastest growing tissue on the body. Bone marrow is the first.*
- Hair is made out of the same substance as fingernails
- *Around 20% of the oxygen you breathe goes to your brain*
- You cannot properly tickle yourself as your brain knows that you are touching yourself and will not react in the same way as if something foreign were touching you
- *An adult human body requires around 90 pounds of oxygen per day*
- The heart produces enough pressure that it can squirt blood at a distance of over 35 feet
- *The human heart beats an average of 35,000,000 times per year - thus, the average human heart beats around 100,000 times per day*
- The volume of tears on the surface of our eyes is 7 micro liters (seven one thousands of a milliliter) when resting
- *Most common solid tissue to be transplanted in the world is the cornea.*

## Tip Of The Month

### **The "Technical" solution to kids getting a good night's sleep...and...**

***Why Google's CEO thinks your children may have to change their name.***

Everyone wants the best for their children. And that's exactly why you will find this information so important...

So let's jump right in with the "technical" solution to kids getting a good night's sleep.

Studies have recently shown kids are using forms of technology - such as cell phones, gaming systems and computers - late into the night. This not only keeps them up late, it can excite the brain so even when they try to sleep, it can be difficult. One of the worst things you can do right before bedtime is to surf the internet or play a video game. Your brain gets all "charged up" and it takes some time for it to relax so you can sleep soundly.

*"Any factor that deteriorates the quality or quantity of sleep will lead to difficulty with school performance and behavior problems,"* said William Kohler, MD, Medical Director at Florida Sleep Institute. *"When children stay up late at night texting in bed or playing computer games, they are increasing their risk for neuro cognitive problems."*

According to an article published August 11, 2010 in Science Daily, *"having a regular bedtime was the most consistent predictor of positive developmental outcomes in four-year olds. In this 8,000-person sample, language, reading and math scores were higher in children whose parents reported enforcing regular bedtimes."*

It is important to keep the same bedtime and wake time seven days a week. Staying up late and sleeping in on weekends can make it difficult to re-adapt during the week. Constantly shifting sleep patterns is not a good idea. Maintaining a regular bedtime routine is important; doing the same thing every night like changing clothes, washing up and brushing teeth will signal the brain that it's time for sleep. Exercise, caffeine, and sugary foods should be avoided.

The room for sleeping should be quiet, dark and kept cool... below 75 degrees. Technology should not be used for at least an hour before bedtime. According to the Science Daily article, *"Insufficient sleep and poor sleep habits have been linked to health problems such as obesity, cardiovascular disease, diabetes, depression, moodiness or irritability, reduced memory functioning, and delayed reaction time."*

## **What Google CEO Says About The Internet And Your Children -**

Google's CEO, Eric Schmidt, recently told the Wall Street Journal that young people should be entitled to change their names to escape their misspent youth that is documented on the internet through sites such as Facebook. According to an article in the telegraph, Mr. Schmidt said, *"I don't believe society understands what happens when everything is available, knowable and recorded by everyone all the time."*

The article went on to say that Schmidt believes that one day, young people will be able to change their names to "*distance themselves from embarrassing photographs and material stored on their friends' social media sites.*" Maybe a good rule for everyone - not just children - is to never say, do, or post anything on the internet you would not want to run as the lead story on the nightly news.

***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**

## **Running and Low Back Pain**

Have you ever noticed every time you go running, you have lower back pain either during or after the run? If so, I'm sure you're wondering if you should quit running, find an alternative sport, or simply stop all activity and adopt a sedentary lifestyle. If you love the benefits of running and want to continue, is there anything you can do to make running tolerable? First, NEVER stop doing activity and adopt a sedentary lifestyle - it will start a slow decline with an unhappy ending! So let's see if we can make running work for you!

1. **STRETCH:** In general, stretching helps "warm up" your muscles and joints and can prevent the low back from hurting during or after your run. In past newsletters, we've reviewed simple stretches that can be done from a sitting position (when you're in a hurry), as well as others. Yoga based exercises are also excellent!
2. **FOOT STRIKE:** The "proper" gait or, method your feet hit the ground is very important! To avoid low back injuries (not to mention foot, ankle, knee or hip injuries), run SMOOTHLY so the heel strike is gliding/glancing vs. a hard vertical load. The foot then "ROLLS" from heel to toe, first on the outside of the foot and then shifts to the inside during which time the arch flattens out, getting ready to "spring" you forward. The heel then lifts up and you push off the ball of the foot and big toe.
3. **RUNNING POSTURE:** Lean forwards when you run - DON'T run vertically like a Po-Go stick! By doing this, your momentum will be to move forwards - NOT

- downwards into the pavement (like a "jack hammer")!
4. **CORE STRENGTHENING:** By keeping your "core" (midsection) strong, your back is more supported and less likely to become injured. Core exercises include pelvic tilts, the "dead-bug", bridges, prone swimmers, lunges, squats, sit-ups, arch-ups, side bridges, 4-point kneeling/opposite arm/leg, and many others. These can be done on the floor and/or with a gym ball. Balance exercises are also very important!
  5. **RELAX:** Have you ever noticed when some people run, they just look "tight" and uncomfortable. RELAX - don't shrug your shoulders up to your ears; let your arms hang down bent at your sides; don't clench your teeth or make a fist - RELAX!!!
  6. **PADDED INSOLES:** There are many brands of padded insoles - try some and see how they work for you.
  7. **RUNNING SHOES:** The key here is TRY THEM ON and walk around inside the store. There are a lot of good supportive shoes so just find a brand that works for you!
  8. **FLAT FEET:** This is common and NOT a reason to stop running. Ask us about foot orthotics and the function and importance of the arches.

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.

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**Health Update: Carpal Tunnel**

## **What Is Carpal Tunnel Syndrome?**

So what IS CTS? According to the National Institute of Neurological Disorders and Stroke (National Institutes of Health), CTS occurs as a result of the median nerve, which is located in the middle of the forearm and hand on the palm side, getting pinched or squeezed at the wrist. This results in numbness, or tingling and later, weakness in the part of the hand that is innervated by the median nerve (palm and index, 3rd and half of the 4th fingers). The reason this occurs so frequently is primarily due to the way the



## Health Update: Fibromyalgia

### Fibromyalgia: The Dirty Dozens of Exercise

Fibromyalgia (FM) is a common chronic condition that affects millions of people. The overview of the symptoms is widespread pain in the muscles accompanied by pain, fatigue, and "...just feeling wiped out!" Sleep deprivation is a common problem and some feel sleep loss for any reason -- stress, past injury, current illness, etc. -- can result in FM and restoring sleep is a key component to treatment. Here are 14 key points to consider to effectively "manage" or gain control of FM (as there is no "cure"):

1. **Keep Moving:** Exercise of a REGULAR BASIS. The presence of pain is NOT a reason to NOT exercise - a common mis-belief about FM. Exercise is not only good for your muscles but it also helps improve the circulation, maintain bowel regularity, and reduce stress.
2. **Talk To Your Doctor:** Always discuss your fitness plans with us, your chiropractor! It's important to have a structured plan to follow and most importantly, START SLOWLY!
3. **"Learn" Your Limitations:** Around the house, at work and in the gym, learn what you can handle by slowly introducing new activities into your routine. Don't feel guilty about taking multiple breaks during your day!
4. **Remember to Stretch:** To improve flexibility, improve muscle tightness, and reduce pain, gentle stretching exercises are VERY rewarding! These can be done at any time of the day and also as a "warm up" and "cool down" before and after your exercise session.
5. **Make It Fun:** Choose exercises that appeal to you such as bicycling, swimming, or walking - make it fun! Exercise in a location that is appealing such as walking in a park, or in the woods. Take your dog (or the neighbor's dog) for a walk. Try to achieve thirty minutes of movement-based exercise each day.
6. **Set Realistic Goals:** Don't try to run a marathon on your first day of exercise. You need to determine what you can handle by gradually introducing the activity. For example, start with a 5 or 10 minute walk and set a goal of 30 minutes by the end of the 1st or 2nd week. Then work on speed or pace. Make sure the exercises you choose do not aggravate your condition further.
7. **Make Sleep a Priority:** Restless, non-restoring sleep is a common complaint of FM patients. Exercise can really help faulty sleep patterns. Set a sleep schedule - go to bed and wake up at the same time each day. Also, talk to us about nutritional options.
8. **Block Out Distractions:** Use ear plugs, "noise machines," or an eye mask to

block out sleeping distractions.

9. **AVOID Caffeine:** Coffee, chocolate or caffeine rich soda can disrupt sleep patterns well into the night. Avoid these for at least four [4] hours before bedtime.
10. **Reduce Stress:** Just struggling with FM is stressful enough! Yoga, meditation, deep breathing and relaxation exercises can be extremely helpful in reducing stress.
11. **Learn To Say No:** It's OK to say "no." We're all too busy but with FM, additional worries and stress really take their toll!
12. **Socialize Wisely:** Socialize with people who have a positive attitude - choose your friends wisely. Remember, the glass is always at least "half-full!"

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

### Neck Pain and Sleep

I'm hoping this "HEALTH UPDATE" will not PUT you to sleep but rather WAKE YOU UP to the important information presented here about how to sleep in the presence of neck pain.

If you've ever had neck pain, then you already know how challenging it is to find a comfortable position in bed and how difficult it can be to fall asleep and stay asleep! In fact, sometimes neck pain can get so bad, that lying down is not even an option.

Sleep, especially deep sleep, is a VERY important part of healing so it's important to learn as much as possible so you can get some good quality sleep! In fact, a Harvard based report states 75% of us get less than 6 sleep hours at least a few nights per week, which over the short haul, is not a problem, but NOT so in the long haul! They go on to

list "Six reasons not to scrimp on sleep:" 1) Learning and memory - "memory consolidation" occurs better after we sleep when learning new tasks (and tests scores reflect the difference); 2) Weight and metabolism - chronic sleep problems can cause weight gain by altering the way our body processes and stores carbohydrates and by altering the hormones that affect appetite; 3) Safety - increased fatigue = a greater tendency to fall asleep during the day, which can be catastrophic (car accidents, industrial accidents, etc.); 4) Mood - the lack of sleep can increase irritability, impatience, concentration loss and moodiness; 5) Heart health - serious sleep loss has been linked to hypertension, increased stress hormone levels, and irregular heartbeat; 6) Disease - alters immune function and may help fight cancer.

Let's get back to sleeping best with neck pain! As a start, avoid caffeine at least 2-3 hours before bedtime - that's a "no brainer!" For some, exercising too close to bedtime is not helpful.

Regarding neck posture while sleeping, the proper pillow is VERY IMPORTANT! Try lying on your back and both sides but preferably not your stomach due to the need to rotate the neck. The "ideal pillow" is one that allows the neck to remain "neutral" or, maintain its normal curve that is present when standing. The pillow should not be too thick or too thin. Since the neck is generally skinnier than our head, a "neck-friendly" pillow should be thicker on the edge so that it fills in the space between the neck and bed and thinner under the head. This is true whether we lay on our sides or back but the amount of space varies with age, gender, and phenotype - that is, thin, medium or heavy-set body types. There are many contoured or "shaped" pillows available that are thicker on the outside edges and thinner in the middle. Some of these include foam pillows of different densities, air pillows, water pillows, memory foam pillows, feather pillows, and others. Some companies make a pillow based on the measurement between the neck and the point of the shoulder. This allows the person to pick the pillow size best suited for their neck size. It's important to note that it can take about a week to get used to the "new shaped" pillow so, "BE PATIENT!" Since we spend 6-8 hours of time in bed sleeping (that's 25-30% of our life is spent sleeping!), neck pain may be PREVENTED by using a contoured pillow and, it's easier to get used to the new shape when you don't hurt so take advantage of getting a contoured pillow when you are feeling good - talk to us as we can measure you and help you get set up right away!

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.

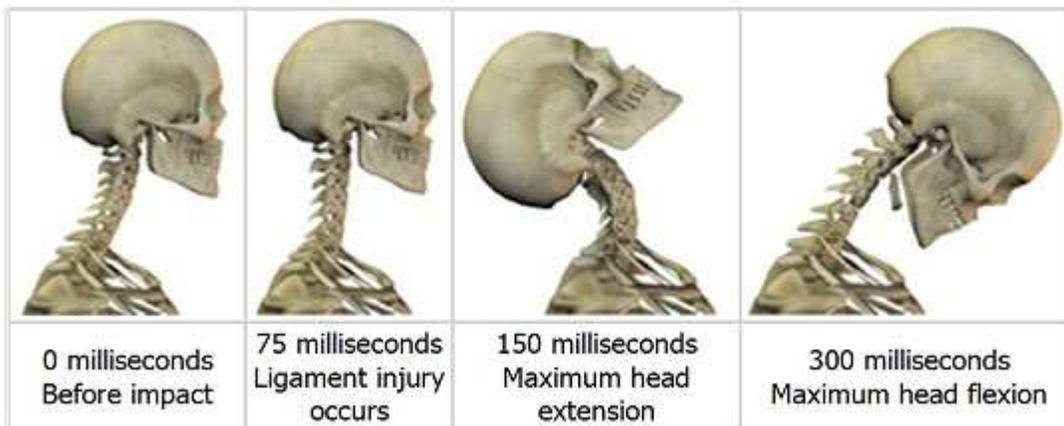
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## Health Update : Whiplash

### What Causes Whiplash?

The most common causes of "whiplash" are injuries that arise from automobile accidents or motor vehicle collisions (MVC's). So, let's chat about why and how this happens in a "typical" MVC. You are stopped at a red light, patiently waiting for the light to turn green and suddenly, you hear the screech of tires followed by a sudden jolt as the car from behind collides into the back of your vehicle. By reflex, you may turn your head to the right to look in the rearview mirror to see what is happening. Even if you see the inevitable collision prior to the impact, the sudden jolt occurs so fast that you really don't have a chance to adequately brace and you feel yourself being forced back into the seat and headrest followed by a rebound forwards. Since you always wear your seatbelt, you feel the restraint across your chest and lap belts tighten as you're propelled forward. The seat belt stops you from hitting the steering wheel or worse, propelling you forward through the windshield but by now, the damage has been done! This ALL occurs in less than 500 milliseconds - you cannot voluntarily contract your muscles this fast, which means even if you had time to prepare yourself for the impact by bracing, you can't stop the whiplash effect!



In a recent study, it was found the muscles in the front of the neck contract first at about 100 ms, which is 25 ms too late to prevent ligament or muscle damage, and they reach their peak stretch at 150ms (see 3rd from the left picture above). The muscles in the back of the neck start contracting soon thereafter but are injured more than the muscles in the front of the neck around the 300ms point. The reason for this is because

as the head rebounds forwards, the muscles in the back of the neck are in the process of tightening up or shortening at the same time they are being stretched - NOT a good combination! This is one reason why many people injured in MVC's complain of neck pain greater in the back of the neck. This also helps explain why headaches are common symptoms associated with whiplash as the upper 3 nerves that exit the top of the spine in the neck go into the head/scalp and are compressed or squeezed by the tight muscles in the back of the neck when they are injured which results in headaches.

We hope this information is valuable and we realize that 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.

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## YOU: Why Sugar is a Dose Related Thing?

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.

***This is reprinted with a lot of editing from my blog at AOL. It is about parenting. You see, Mehmet Oz and I are so on releasing a book, written of course with Ted Spiker and Craig Wynett, and now with super pediatrician Ellen Rome, and joined by our wives, Lisa Oz and developmental pediatrician Nancy Roizen. So here is a Q and A between Nancy and me (MFR is me talking, and NJR is Nancy)...***

**MFR:** Nancy, can you start us off by talking about the YOU overriding parenting

principles, the Super Six--

**NJR: Action 1 is to Give Attention.** Early on, kids can't tell you their needs or wants by speaking, so they tell you by crying. In any case, no matter how young or old a child is, the fact is the thing they want most of all--and the thing that's most crucial to their biological and psychological development--is simply this: your attention. Research shows giving positive attention to children, in the form of everything from babbling back to them as infants to having regular family dinners, is associated with healthier and better-adjusted kids.

So find the ways to use positive attention to direct behaviors in the way you want, rather than waiting for the negative behaviors to take over. It takes energy, creativity, a bit of humor, and tons of patience to keep that attention positive.

Another key is figuring out how to give attention without spoiling them... just remember that attention isn't about things, it's about taking a walk in the park and pointing out different kinds of birds rather than taking a walk through the mall and buying the latest toy or gadget. It's about talking to your child rather than plopping him in front of the TV. It's about getting down on the floor to play and having a catch without checking your BlackBerry in between throws.

You should do some of these--after all you guys had a substantial role in bringing up the kids as well as evolving the principles of the book--so what is super parenting action number 2?

**MFR: Action 2 is to Be a Model!** Everything you do--and we mean everything--is observed and processed by your child. She's like a human recording device. Your child takes all of that info and figures, "Hey, that's the way I'm supposed to act!" You may also remember that most of the messages kids receive don't come from what you tell them but from all the nonverbal cues that accompany the actual words: your tone of voice, your body language, the gestures you use. If you want your child to eat healthfully, telling her to eat sautéed cauliflower while you order fried onion rings isn't gonna work. If you want her to have healthy friendships, make sure she sees you resolving conflicts in a respectful way. What is that they say about actions speaking louder than words? How about parenting action number 3, Nancy?

**NJR: Action 3 is to Play to Her Strengths--** Connections between neurons are how we learn, how we form memories, how we develop skills. Connections that we don't cultivate disappear. It's the ol' "use it or lose it" phenomenon in action. This is especially true for kids, because our neural network is most malleable when we're young. But the thing is, young kids are really unaware of the areas in which they have talent or skill, be it art, music, sports, or soufflé making. Our job as parents is to help identify the areas where they have both interest and perhaps natural talent, and when we find those areas, gently nudge them in that direction to allow them to experience the satisfaction and self-esteem that comes from fulfilling their potential. That doesn't mean signing them up for hours of tennis lessons or chaining them to a piano, and it also doesn't mean telling them they

shouldn't take art classes because it's clear they're no Picasso. There are benefits to doing things purely for pleasure, too. Follow your youngster's lead and resist imposing your own agenda.

**MFR: Action 4 is to Make good, healthy behavior automatic.** How do you do that? Early on, through repetition. It's easier to get a child to eat healthfully if he's fed good foods right from the start. If you go back to the river analogy we use in the book, it makes sense: In a river that has several possible branches, the direction the boat will naturally gravitate to is the path where the channel is deeper and the water runs faster; Just as kids develop muscle memory, they also develop behavioral memory.

**NJR: Action 5 is to Find the "Yes" Points** . From the perspective of many kids, parents have a four-word vocabulary: "No!" and "Don't you dare!" And while there's nothing wrong with establishing limits for your child and teaching her that there are boundaries and safety issues, you can watch your child with a level of anticipation (experts call it anticipatory guidance), where you learn to see potential problems before they happen and steer your child to something else. This can mean diverting your child from the monkey bars if he's not ready and toward another piece of equipment. It's not that "no" doesn't have a place; it's just that "yes" gives your child more opportunities to explore and learn about the world. Redirection and distraction are important skills a parent must learn early on.

**MFR: Action 6 is REMEMBER LIFE IS A PLAYGROUND--** We've spend a lot of time in our new book talking about the hallowed middle ground: trying to strike the right balance between too much and not enough, whether it's in the areas of discipline, food, or TV habits. And that's where you should try to live your parenting life, neither overwhelming nor underwhelming your child. That's especially true when it comes to the topic of hyperparenting, or overparenting. While it makes sense to have your child involved in all kinds of activities and to allow her to cultivate new talents, we don't think it makes much sense to have children scheduled like little CEOs. Leave them time to play, to create, to use all of their senses, to bang pots, to see what games they can invent with a couple of pillows and a cardboard box. Unstructured playtime--the time when a child's imagination goes wild and his brain development does the same thing--needs to be sacred time.

Feel free to keep your questions coming to [youdocs@gmail.com](mailto: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, rekki, obesity management and more) of the Cleveland Clinic, both located at 1950 Richmond Road in Lyndhurst. He is the co-author of 4 #1 NY Times Best Sellers including : YOU Staying Young and YOU: The Owner's Manual. He airs on WKH/1420 in Cleveland and 30 stations nationwide and streams on [healthradio.net](http://healthradio.net) Saturdays from 5-7 p.m . E-mail him

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**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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# Don't Be "The Hunch Back of Halloween!"

Dear Patients and Friends,

Halloween is an extremely popular holiday. Children love going door-to-door collecting candy. And adults love dressing up and having some fun too.

After all... who doesn't like the opportunity to put on a costume and be whoever or whatever they want to be... even if it is only for one night a year?

But there is some Chiropractic advice you must hear before you go out and have a good time this year.

And that advice is: DON'T BE THE HUNCH BACK!

Why? Because it's not good for your spine... or health... or the way you look!

It's much better to dress up as something or someone with a nice, healthy spine. And this goes for your "normal" every day life as well...

## **DON'T BE THE HUNCH BACK!**

Always keep good posture, exercise and see your Chiropractor to catch small problems before they become big ones.

So, if you would rather be someone or something with a healthy spine this Halloween, just give us a call at (734) 981-6969 and schedule an "Anti-Hunch Back" visit. This way you can be something cool for Halloween :-)

Here's to a great Halloween and NO HUNCH BACKS!

Sincerely,

Dr. Thomas Gerou

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