

# 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

"The power of accurate observation is commonly called cynicism  
by those who have not got it." ~ *George Bernard Shaw*

## 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...

- The pros and cons of drinking coffee (before you exercise)
- *Sports Stadium Food NIGHTMARE! Many failed inspections... Salmonella... Rat feces...*
- San Francisco Bans Soda From Vending Machines (What's Next?)
- *Prozac shortens lifespan of ocean shrimp. (Why are shrimp even taking Prozac?)*
- Who Else Wants A Popsy Cake? How A 16-Year Old Student Started A Business And Took Her Simple Idea All The Way To The Top
- *Do You Know The Two Times You Should Not Eat Sugar?*
- Study shows Tylenol PM® and other common medications cause brain problems
- *YOU: Why Sugar is a Dose Related Thing?*

## LET'S BEGIN!...

# Do You Know These Facts About Drinking Coffee?

Do you want to walk up to someone you've never met and tell them something about themselves and be right more than 50% of the time?

If you do, all you have to do is tell them they drank coffee today.

More than half of Americans drink coffee every single day.

In fact, according to CBS news, *"After oil, coffee is the second most valuable commodity in the world. More than 50 percent of Americans drink coffee every day -- 3 to 4 cups each, more than 330 million cups a day and counting."* Many people use coffee as a crutch to wake up every day. I'm sure you've heard someone say, "I'm worthless until I have my first cup."

It's also common to see people drink coffee before they work out. If you've spent any time in gym, you've probably seen people actually drinking coffee during their workout!

## **But is all this coffee drinking good?**

The answer is yes... and no...

A recent U.S. News and World Report article claims caffeine could be an asset to your workout. The article states, *"Yes, a caffeine kick could be a valuable addition to your pre-exercise routine, delaying muscle fatigue and keeping you focused and energetic."*

Then it goes on to warn, *"You don't want to overdo it, though. Sleep problems, headaches, irregular heartbeat, high blood pressure, or maybe even a heart attack can result."* WOW! We're not sure the benefits outweigh the risks.

Bottom line: Caffeine is a drug and ALL drugs have side effects. Most people make the mistake and believe if something is "natural," then it is safe (or at least safer than a drug). Snake venom is natural. So is Mercury. Some of the most toxic substances known to man are natural.

So, the big question for you is: do you really think it is a good idea to use a stimulant every single day of your life? It is entirely up to you.

On a similar note...

### **Ocean Shrimp Are On Prozac!**

It's true. Due to flushing medication, ocean shrimp are now taking the popular anti-depressant. Here's the scary part: Researchers studied the effects of Prozac on shrimp and found they became easier prey.

According to National Geographic: *"The fluoxetine likely makes shrimp's nerves more sensitive to serotonin, a brain chemical known to alter moods and sleep patterns ... animals other than shrimp likely suffer from these high doses of fluoxetine"*.

Fluoxetine is a key ingredient in Prozac. Scientists exposed shrimp to the fluoxetine at levels detected in average sewage-treatment waste. Shrimp normally gravitate toward dark corners, but when exposed to fluoxetine, they became five times more likely to swim toward a bright region of water, making them more likely to be eaten by a predator.

### **Study Reveals How Cranberry Juice Helps Urinary Tract Infections**

If you've had a urinary tract infection (UTI), you've probably heard all about the home remedy: cranberry juice. For years, it was nothing but an "old wive's tale" without any scientific proof. Now, cranberry juice is widely accepted to fight the bacteria that causes UTIs... but the mechanism of exactly how it works is still not known.

Now, a study from the Worcester Polytechnic Institute is finally shedding some light on the secrets of Cranberry juice's bacteria fighting power. According to researchers, 95% of UTIs are a pathogenic strain of the same E. Coli bacteria found in the intestines. The "bad" E. Coli have little arm-like appendages that grab onto and anchor themselves to the cells of the urinary tract.

These tiny anchors are important because without them, every time

you went to the bathroom, the force of your urine would simply flush the bacteria out of your body. As soon as the E. Coli get a good grip on the Urinary Tract cell walls - they start multiplying.

### **Fast Moving Little Buggers!**

What's amazing is E. Coli doubles in number in one hour and it only takes a few hours to cause an infection.

Cranberries have been known to help as far back as 1620. Clinical trials were conducted in 1923 and researchers believed cranberries increased the acidity of urine, killing the bacteria. Sixty years later, scientists realized cranberries did not make urine acidic enough to kill E. Coli.

Now, a new study theorizes cranberries work to protect you from UTIs in a very different way. Here's the new theory: Cranberries contain large amounts of a chemical called proanthocyanidin or PAC. PAC functions almost like a shield that blocks the arms or anchors of E. Coli from attaching to the cells in the urinary tract. These shields actually make the "anchors" crumble when they try to attach themselves to the urinary tract.

### **An Ounce Of Prevention Is Worth A Pound Of Cranberries...**

Here is something very important: According to the research, Cranberries' "shields" were only effective at preventing a UTI. In other words, cranberry "shields" only worked when E. Coli was trying to attach itself - once it was attached, cranberries did not have the same affect. According to the researchers, "Cranberry juice seems more effective at preventing future bacterial infections than treating an existing one." The study was published online on June 21 in the journal, *Molecular Nutrition & Food Research*.

**WARNING: Eat Sports Stadium Food**

## **At Your Own Risk!**

A July 25th article on ESPN.com revealed some shocking news. The website's writers reviewed health department inspection reports at all 107 North American arenas and stadiums that are home to Major League Baseball, the National Football League, the National Hockey League and the National Basketball Association teams.

At 30 of the stadiums, more than 50% of the concession stands or restaurants had been cited for at least one "critical" or "major" health violation. These violations pose a risk for food borne illnesses that can possibly prove fatal.

Some of the violations included food not properly cooked, reheated or held at unsafe temperatures, because that allows the growth of dangerous bacteria such as E. Coli, Salmonella, and Staphylococcus Aureus.

According to ESPN: *"In the past few years, Lucas Oil Stadium in Indianapolis and Angel Stadium in Anaheim were cited with dozens of critical violations for rodent infestations. The violations ended up on local TV stations and in newspapers. Lucas Oil Stadium faced \$3,500 in fines, and the violations in Anaheim angered officials with the city, which owns the stadium."*

## **San Francisco Bans Certain Soda From Vending Machines**

If you want to buy a Coke, Pepsi or Orange Fanta from a vending machine on city property in San Francisco... you can't. That's because Mayor Gavin Newsome, under an executive order, has banned non-diet sodas, sports drinks and artificially sweetened water. Fruit and vegetable juice must be 100% juice and diet sodas can be no more than one quarter of what the vending machine offers.

The San Francisco Chronicle reports this is the Mayor's effort to combat obesity and promote health.

The Mayor's administration points to a study linking soda with obesity. One recent UCLA study showed adults who drink at least one soft drink a day are 27% more likely to be obese than those who do not. One had to wonder: What will be banned next?

***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](http://www.WeeklyHealthUpdate.com) - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: [www.InGoodHandsLetter.Com](http://www.InGoodHandsLetter.Com) - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

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

## **Who Else Wants A Popsy Cake?**

### **How A 16-Year Old Student Started A Business And Took Her Simple Idea All The Way To The Top**

You've probably never heard of a "Popsy Cake" and you've probably never heard of Jessica Cervantes.

Mark these words - because you will be hearing a lot about both very, very soon.

Here is why: When Jessica was only 16 years old, she decided to create a business with the help of The Network for Teaching Entrepreneurship (NFTE).

Jessica always liked baking and had learned quite a bit from her grandmother. So, when she became part of the International Business and Finance Academy at John A. Ferguson Senior High School, she decided to put her baking skills... and imagination to good use.

In New York City, Jessica competed against 25,000 business students across the country and won first place on October 23, 2008. First prize was \$10,000. Not bad for a high school kid!

But, that's just the beginning...

## **What She Created Is Causing A Tremendous Buzz In The Business World!**

What is it that Jessica created? It's call a Popsy Cake and it is a cupcake on an edible stick. "Big deal," you say? Well, maybe you should check this out...

Jessica got the idea when she noticed how messy it was to eat a cupcake. So, Jessica thought putting the cupcake on a stick would makes things easier - and less messy.

And better yet - what would be better than putting a cupcake on a cookie stick? As the story turns out - not much!

The process involved a lot of trial and error. Jessica added that her earliest experiments were inedible. "The first Popsy Cake I tried, I couldn't swallow it. It was so bad. It took several months to create a cupcake that would work. I'm still working on it," she says. "It's not like the product is completely finished."

Jessica reports her biggest challenge continues to be time management. "It's crazy. In high school, I thought that it was overwhelming." Now that she's a full-time student at Miami-Dade Honors College, it's even worse.

She spends Thursdays baking the weekend's orders. Bill Hansen Catering is letting her use the company's commercial kitchen. She says her largest order to date is 400 Popsy Cakes for an event. More typically, she fulfills orders for several dozen cupcakes.

Still, the profit she's made to date has paid for a lot of schoolbooks. "I can't dedicate myself fully to it. I don't have a location yet. I haven't quite established myself. It's a work in progress."

### **Business May Be Getting A Whole Lot Better Fast...**

It's reported that Jessica and her Popsy Cake business have caught the eye of media mogul Richard Branson and Popsy Cakes may be added as a treat at some of his businesses.

This will probably break the 400 Popsy Cake order record and

automatically put her business into super high gear!!!

Popsy Cakes sell for \$5.00 each and you can design your own at the website [www.popsycakes.com](http://www.popsycakes.com) . Even though Jessica has not made much money... YET!... she still donates 5% of what she brings in to breast cancer research.

Jessica is currently majoring in Biomedical Engineering, yet hopes to one day become a corporate lawyer.

It's amazing how the will and determination to succeed can bring a little 16-year old girl, with a cupcake on a stick, all the way to owning a thriving business and a potential blockbuster deal with Richard Branson.

It truly proves you can be successful at whatever you put your mind to and hard work behind because, let's be honest, it's not the cupcake on the stick, it's Jessica. She would be successful at anything she decides to do.

***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](http://www.WeeklyHealthUpdate.com) - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: [www.InGoodHandsLetter.Com](http://www.InGoodHandsLetter.Com) - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

## **Did You Know?**

Vitamin D deficiency is widespread among infants and most pediatricians remain unaware of the problem. Only 5 to 13 percent of breast-fed infants receive at least 400 IU of Vitamin D per day, the amount currently recommended by the American Academy of Pediatrics.

Human breast milk is actually relatively low in Vitamin D, probably because during our evolutionary history most babies got plenty of exposure to sunlight. An infant would need to drink 32 ounces of fortified formula per day to get 400 IU of Vitamin D, an amount that is probably unrealistic for young children.

The body produces Vitamin D when exposed to UV-B radiation from sunlight. The nutrient is essential for the development and maintenance of bones and the immune system, and deficiency can increase the risk of soft or brittle bones, infection, cancer, heart disease and autoimmune disorders.

It is recommended that infants get no direct sunlight at all for the first six months of life, and that they wear protective clothing and sunscreen beyond that age. This effectively rules out the healthiest, most reliable source of this essential nutrient. Making matters worse, only 1 to 13 percent of children under the age of one take a Vitamin D supplement.

## **Tip Of The Month**

# **Do You Know The Two Times You Should Not Eat Sugar?**

***Plus: Study shows Tylenol PM® and other  
common medications cause brain problems...***

Do you know the two times you should not eat sugar? If you do not, eating sugar at these two times of the day can strain your system and wreak havoc on your strength, fitness and health. In just a moment, you will discover these two very important times.

But first, here's some important news about... Common Over The Counter Medications And Brain Damage...

According to a July 13, 2010 issue of Neurology, drugs called anticholinergics block acetylcholine, a nervous system neurotransmitter, and are widely-used medical therapies. They are sold over the counter under various brand names such as Benadryl®, Dramamine®, Excedrin PM®, Nytol®, Sominex®, Tylenol PM®, and Unisom®. Other anticholinergic drugs, such as Paxil®, Detrol®, Demerol® and Elavil® are available only by prescription.

Older adults most commonly use drugs with anticholinergic effects as

sleep aids and to relieve bladder leakage problems. Researchers from the Indiana University School of Medicine conducted a 6 year study with 1,652 African-Americans over the age of 70 with normal cognitive function.

Results: "We found that taking one anticholinergic significantly increased an individual's risk of developing mild cognitive impairment and taking two of these drugs doubled this risk. This is very significant in a population, African-Americans, already known to be at high risk for developing cognitive impairment," said Noll Campbell, PharmD, first author of the study.

Dr. Campbell is a Clinical Pharmacist with Wishard Health Services. "Simply put, we have confirmed that anticholinergics, something as seemingly benign as a medication for inability to get a good night's sleep or for motion sickness, can cause or worsen cognitive impairment, specifically long-term mild cognitive impairment which involves gradual memory loss. As a geriatrician I tell my Wishard Healthy Aging Brain Center patients not to take these drugs and I encourage all older adults to talk with their physicians about each and every one of the medications they take," said Malaz Boustani, M.D., IU School of Medicine Associate Professor of Medicine, Regenstrief Institute Investigator and IU Center for Aging Research Center Scientist.

### **Now for... The Two Times NOT To Eat Sugar...**

When you work out, exercise triggers the release of human growth hormone (HGH). If you consume a high sugar meal or high sugar sports drink within 2 hours of your workout, you will seriously diminish the release of HGH. This is important because the HGH release helps in fat burning for 2 hours after you work out.

An important note: Research has shown eating carbohydrates after a workout starts the protein synthesis recovery process faster. There are several studies involving young cyclists who compete for several days back-to-back, and quick recovery is their priority, not maximizing HGH.

The second time NOT to eat sugars if you want to maximize HGH is 90 minutes before bed. Here is why: HGH is dependant on sleep and a major hormone surge occurs during the first 30-70 minutes of sleep. If this sleep is disrupted, the hormone surge can be dramatically reduced. Carbohydrates can disrupt this HGH output because carbohydrates stimulate the production of insulin... which reduces HGH.

So, according to HGH magazine, if you want to maximize HGH

output, do not eat carbohydrates 90 minutes before you go to sleep.

***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](http://www.WeeklyHealthUpdate.com) - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: [www.InGoodHandsLetter.Com](http://www.InGoodHandsLetter.Com) - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

**Health Update: Low Back Pain**

## **"Did You Do Your Exercises - Did You Brush Your Teeth?"**

"Has your chiropractor ever asked, "Did you do your exercises?" How did you respond? If you're like 96% of the general population, you probably scrambled, looking for excuses that your chiropractor would "buy." Of course, we're not out to humiliate you or make you feel...too bad... about not being the "perfect patient" who does exactly what we request. In fact, only about 4% of you will indeed continue your exercises after the pain stops reminding you to do them. So, what are some "tricks" we can "play on ourselves" so we actually do our exercises? Certainly, we know there must be a way. For example we have successfully adopted brushing our teeth on a regular basis so we should be able to add exercise to our daily "habits."

Last month, we discussed some simple "on-the-go" exercises you can do in as little as 30-60 seconds of time, if time is that tight. We talked about the importance of doing some stretches to interrupt the cycle of back stress and strain by taking a "mini-break" and stretch out from a chair. I hope you've tried these as they fit right into the picture of back pain prevention.

This month, I'm going to give you another option.....no, let's call it a "must" so that you "just do it." Maybe it's the sound, smell and pain

associated with the dental drill that scares us into brushing our teeth; that makes that process a morning and evening habit. Well, let's assume you've had back pain and at a time it was bad, you commented (if you're a mother), "...this is worse than childbirth!" For the non-mothers out there, remember how you felt when you couldn't move because the pain felt like a knife stabbing you in the back? I want you to remember those times when you were so worried about whether you would ever feel right again, and when you said, "...I WILL to do my exercises! I don't ever want to go through this again!" If you can remember that, your ability to become disciplined and regular about exercise will work.

So here's what I want you to do: The **FIRST** thing you do in the morning, before your hectic day begins, move to the carpet floor of your bedroom or bathroom and go through the following:

1. **Abdominal crunches** 15-20 reps - you can use any type of sit-up you've learned;
2. **Hamstring stretches** - bring your knee to your chest by grabbing behind your knee and then slowly straighten your knee until you "feel the burn" in the back of your thigh - hold for 5-10 seconds and do 5-10 reps....enough to feel looser than when you started;
3. **Bridges** - bend your knees, feet flat on the floor, raise your butt off the floor - push your heels into the floor at the same time, and raise up until your thighs line up with your body. Hold for 5 seconds and repeat 5-10 times;
4. **Side-ways sit-ups** - roll on your side and lift your upper body and legs towards the ceiling and repeat it 5-10 times;
5. **Push-ups** : From your feet or your knees, depending on your arm strength, do 5-10 reps in slow motion to make it harder. When you've finished with these (it takes about 5 minutes), ***then*** brush your teeth!

Repeat this process before bed at night, just like you do when you brush your teeth. WHEN (not "if") you do this, I "PROMISE" you will feel better, more alert (better than a cup of coffee) and, your back will bother you less. Remember the promise you made to yourself when you last hurt badly? Try these and keep your promise!

We realize that 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](http://www.WeeklyHealthUpdate.com) - Code:  
48187GEROU

- If A Friend Forwarded This Newsletter To You, Sign Up At:  
[www.InGoodHandsLetter.Com](http://www.InGoodHandsLetter.Com) - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

## Health Update: Carpal Tunnel

### What Isn't Carpal Tunnel Syndrome?

That's a strange question....well, maybe not as crazy as it sounds! Knowing what isn't carpal tunnel syndrome, or CTS, may help you avoid an unnecessary surgery for a condition that looks very similar to CTS. Because CTS is such a common problem, it's not uncommon for other conditions to be mistakenly called "CTS." Because of that, subsequent surgical treatment will fail.

So, what are similar conditions you should know about? You'll be surprised at the possibilities: Pronator tunnel syndrome, cubital tunnel syndrome, radial tunnel syndrome, thoracic outlet syndrome, cervical radiculopathy, peripheral neuropathy, De Quervain's Disease, fracture/trauma, degenerative joint disease (osteoarthritis), ganglion cysts, rheumatoid arthritis (RA), serum lupus erythymatosus (SLE), scleroderma, syringomyelia, multiple sclerosis, pregnancy, obesity, hypothyroid, gout, diabetes mellitus, Paget's Disease, acromegaly, mucopolysaccharidoses, eosinophilic fasciitis, hyperlipidemia...

Obviously, you get the picture. There are MANY conditions that can either contribute and/or "cause" CTS. So, let's discuss how we can determine what the condition is that may be causing CTS. CTS is "likely" if none of the above causes or contributes to these symptoms of CTS:

1. Numbness/tingling in the distribution of the median nerve in the hand only (not forearm) affecting the 2nd and 3rd (sometimes part of the 4th) fingers.
2. The need to shake and "flick" your fingers repeatedly during certain activities such as writing, sleeping, typing, driving, reading/holding a book / newspaper.
3. Waking up at night due to numbness.
4. Difficulty buttoning a shirt, picking up fine things, unscrewing a jar,

riding a bike and more.

It may be necessary and appropriate to have some blood tests performed to help "rule out" (that means, "...get rid of..") some of the above long list of conditions. Some of these blood tests include (but are not limited to): a sedimentation rate (ESR), rheumatoid factor (RA), ANA antibody test (for SLE), uric acid (for gout), glucose (for diabetes mellitus), thyroid profile (for hypothyroid), lipid profile and even a Lyme's disease test to rule out the possibilities of that! If any of these blood test return "positive," get those conditions treated FIRST before consenting to CTS surgery so you can avoid having a poor / unsatisfying result.

Remember, you can always have surgery later, but you can't "undo" the surgery after the fact (if it doesn't help).

Therefore, why not consider a non-surgical treatment FIRST and if that fails, AND, blood tests prove none of the above conditions are present, THEN you can feel more comfortable that no underlying condition is present that is causing or adding to CTS. Some of the common non-surgical treatments you can expect from our chiropractic approach for CTS include: wrist manipulation / mobilization, active release technique (ART) applied to the flexor forearm muscles, night wrist splint use, low level laser therapy, activity modifications, ergonomic or work station modifications. Once you're sure no other underlying metabolic cause or contributor is present, call us and we will help you with our non-surgical, no negative side-effect treatment approach!

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

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

**Health Update: Fibromyalgia**

# Fibromyalgia: Exercise Recommendations

Fibromyalgia (FM) is a chronic condition that affects the muscles of the body in a generalized way, producing pain that is usually located in many areas. This widespread pain can impact many aspects of one's life and disrupt jobs, hobbies, and relationships.

Last month, we discussed dietary strategies that can be employed to minimize the inflammatory process in the body.

This month, we will continue the concept, "...what else can I do to help myself?" When you adopt the dietary recommendations described last month with the exercise recommendations that will be presented here, this combination will have a dramatic effect on minimizing the activity disabling qualities of fibromyalgia.

Let's break exercise down into three categories: strengthening, stretching, and aerobics. It is recommended you choose exercises from each category that are most appealing to you so you can develop a "regular habit" with these approaches. Recognize that as long as you're breathing, you will need to exercise. It's not like, "...once I get into shape, I can stop and enjoy my healthy condition that I've worked hard to achieve." Hence, make exercise automatic - something that you "look forward" to doing (not dreading). Presented here are three categories of exercises - choose several from each category and mix them up - and do it EVERY DAY!!!

<b>STRETCHING</b>	<b>STRENGTHENING</b>	<b>AEROBICS</b>
<b>A. LAY ON YOUR BACK</b>	<b>A. LAYING DOWN</b>	<b>A. LAYING DOWN</b>
1. Single knee to chest	1. Ab crunch-ups	1. "Dead Bug"
2. Double knee to chest	2. Bridges – lift butt off floor	2. Bicycle
3. Pelvic Tilts – flatten the back	3. Push-ups (from knees or feet)	3. Prone-superman
4. Cross leg knee to chest	4. Lay of your side sit-ups	4. Bend knees/roll side to side
	5. On stomach, raise arms/legs	
<b>B. STANDING</b>	<b>B. STANDING</b>	<b>B. STANDING</b>
1. Backward bending	1. Jump ups – single/dbl leg	1. Run in place
2. Toe touches (knees straight!)	2. Push hands together	2. Jumping Jacks
3. Side to side bends	3. Squats – ¼, ½, or full	3. Rope jumping
4. Arm Circles: side & over head	4. Lunges – FW, Sideways	4. Step up/down: Front
5. Neck Rolls – left & right	5. Neck Resistance-FW, sides	5. Step up/down: Sideways
<b>C. SITTING</b>	<b>C. SITTING</b>	<b>C. SITTING</b>
1. Single knee to chest	1. Ab lean-backs (from chair)	1. Horizontal arm circles
2. Cross leg - pull knee up	2. Squeeze knees together	2. Thera-tube arm movements
3. Cross leg - push knee down	3. Shlder shrugs: Grasp seat	3. Raise arms over head/down
4. Reach across trunk twists	4. Arm resistance-TheraTube	4. Knee repetitive kicking
5. Bruegger's Stretch*	5. Push hand against moving head	

**\* Bruegger's Stretch: Sit up VERY straight, extend the arms back (straight elbows) spread fingers, tuck chin, breath full/slowly and repeat 3 times.**



Note, we can help teach these to you if you're not sure how to do these!

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](http://www.WeeklyHealthUpdate.com) - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: [www.InGoodHandsLetter.Com](http://www.InGoodHandsLetter.Com) - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

**Health Update: Neck Pain**

## **"What Can A Chiropractor Do For That?"**

*"I was golfing a month ago (or, at least trying to...) and I hit the ground too hard and felt a jolt in my neck. Since then, I can't turn my head to the right, my right arm is numb, and I can't sleep through the night. I*

*went to my family doctor and he eventually gave me a muscle relaxer, an anti-inflammatory and a pain pill. I can sleep better but I hate that groggy feeling I get in the morning and to be honest, the pain is about the same. Is there anything chiropractic can do for me?"*

This type of case presentation is something we chiropractors see all the time. Often, the treatment options offered by family doctors have side effects that can sometimes be more annoying than the condition being treated. So the question is, "what can a chiropractor do for neck pain?"

Neck pain is frequently caused by one or more of the 7 vertebra in the neck shifting out of alignment and literally, getting stuck - losing its ability to bend and rotate when we move our head and neck. It's like taking one worker away from a group of 7 and asking the remaining 6 workers to do the same amount of work. This leads to all kinds of over-compensation in the other 6 vertebrae and can even alter function in the mid-back, as well. Depending on which nerve(s) get irritated, problems can include headaches, shoulder blade pain, arm pain, numbness and/or weakness.

Another common problem that occurs when neck pain is present are muscle spasms in the neck area. This is due to a reflex reaction where the brain receives the pain signals from the neck and in response, sends signals back to the muscles to tighten in attempt to protect the problem. This becomes a "vicious cycle" and may continue until the joint is unlocked or released, which is the purpose of the chiropractic adjustment.

Chiropractic treatment for these problems works great because we are using a physical (not a chemical) form of treatment to unlock the joint, which in turns shuts off the signals from the joint to the brain and in turn, the protective muscle spasm discontinues. Sometimes, the improvement is immediate but more often, several treatments may be required to complete the task. In general, the recovery time is shorter the closer to the time of injury you are treated, so obtaining an appointment immediately is wise. We can also show you methods of exercising the neck at home between treatments, which also speeds up the recovery time.

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.

- To Receive The "Weekly Health Update" Every Monday Via Email, Go To [www.WeeklyHealthUpdate.com](http://www.WeeklyHealthUpdate.com) - Code:

48187GEROU

- If A Friend Forwarded This Newsletter To You, Sign Up At: [www.InGoodHandsLetter.Com](http://www.InGoodHandsLetter.Com) - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

## Health Update: Whiplash

### **Whiplash: What Are The Odds of a Permanent Injury?**

I'm sure you've heard someone claim, "...you're not really injured - you're just going for a big settlement!" Or, "...that person isn't really hurt, they're just in it for the money!" Though there are cases that may fit this scenario, the majority of people who are injured in a motor vehicle collision would gladly forfeit any settlement to have their health and sometimes their life back. So, where in this process does the truth lie? Do most people "fake" their complaints or, are they really in pain? And, is there a way to determine who is more likely to suffer with problems long after their case is settled?

To answer this question, the Quebec Task Force (QTF), published two studies to investigate what types of whiplash injuries, which they term "whiplash associated disorders" (WAD), sustained in a rear end or side impact motor vehicle collision might end up with no residual injury vs. those more likely to become permanently disabled or impaired. The first of the two studies published in 1995 introduced 3 categories of injuries:

1. Those with neck pain, stiffness or tenderness only - no clinical (exam) findings;
2. Neck complaints and clinical findings including decreased ranges of neck motion;
3. Neck complaints and loss of neurological function including numbness or weakness in arm strength and/or altered reflexes.

The QTF then set out to investigate whether this approach could indeed accurately predict those more vs. less likely to end up with significant disability with ongoing problems.

They published these results in 2001 and found if they broke down

the 2nd category into two groups, those with vs. without neck motion loss, those patients who fell into the 2nd group (with neck motion loss) and the 3rd group (those with neurological signs) were more likely to suffer long term disability compared to those in groups 1 and 2a (without neck motion loss).

However, these conclusions have been challenged by many as being too simple because they do not include the psychological problems like depression, anxiety, and poor coping abilities, all of which play an important role in predicting long term disability. Also, treatment strategies must include aspects to deal with the post-traumatic stress disorder, anxiety, depression and coping, not just the biological injury aspects.

A convincing study published in 2008 looked at 226 studies on this subject and reported on 7 prognostic factors and found that 50-75% of people with current neck pain will report neck pain again 1-5 years later. Older age and psychosocial factors including psychological health, coping patterns, and the need to socialize were the strongest predictors. Three other potential predictors that require more investigation include the presence of arthritis, genetic factors, and compensation policies.

The bottom line or best advice to minimize our chances of having chronic, disabling neck pain after a car crash is, **don't stop living!** That is to say, carry on with work and hobbies as much as you possibly can so that you don't fall into the negative spiral of disability. If you feel yourself slipping, get help sooner than later! Pain relief and function restoration are strong goals and chiropractic has been found to be one of the first and most effective forms of treatment recommended by all treatment guidelines published on whiplash management.

Comparing potential side effects, medications carry a significant list of negative effects while chiropractic carries very few and, a host of positive benefits.

We realize that you have a choice in where you go for your health care needs and we truly appreciate your consideration in allowing us to help you through that potentially difficult process.

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

- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

# 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.

**Today we are discussing an important and key question sent by one of my readers (you can send us questions at [youdocs@gmail.com](mailto:youdocs@gmail.com)):**

*Dear You Docs: I am writing you today because of your recent Health Expert post by you, Dr. Michael Roizen, on AOL. As a registered dietitian who serves many clients including the food and beverage industry, your stand on sweetened beverages got my attention. With all due respect, this post displayed your extreme position on sweetened beverages and gave an unrealistic guideline for the intake of sugar. You weren't taking into consideration that people get added sugar from many places, not just soda. In fact, soda, sport drinks, sweetened waters and teas and energy drinks only contribute about 5.5% of the calories in the average American diet. Extreme ideas of how certain foods cause disease only creates more confusion and frustration to an already confused and frustrated public. A balanced approach to the subject can offer more perspective and provide the consumer with facts to help them make their own decisions on what they choose to eat and drink and how much. A healthy diet isn't about eliminating specific food groups or eliminating specific foods or beverages. Rather, it's about making informed, sensible choices based on individual*

*needs. Bottom line is that all foods can fit into a healthy diet. And with the right balance of quality calories in and calories out, everyone would be much healthier! Nutrition, exercise and behavior modification is my passion. Feel free to keep my information on file as a future resource on any upcoming nutrition topics. Thank you for your time! Nicole, R.D., Certified Personal Trainer*

Dear Nicole,

I wish I could tutor you personally, as you can help explain such to your clients/patients and the beverage industry you work with (according to your note).

And both your client's and your patients need to get it right as this is important for their quality of life as well, as America's competitiveness for jobs, since the chronic diseases caused by poor nutritional choices, lack of physical activity, tobacco, and stress cause over 70% of our health costs.

Your position that sugared drinks are "quality calories" is the extreme one...so allow us to discuss the science as I tried to in the blog you are commenting upon. Sugared drinks aren't the only thing changing how your and your clients/patients' proteins function but all added sugars and syrups that are absorbed quickly do the same thing... just that sugared beverages are clear in their negative effects as they are typically consumed without food or prior to food in a dose that clearly changes the way your proteins function and thus causes (or significantly contribute) to aging of your and your clients'/patients' arteries.

Here's why Nicole: The cells lining your blood vessels keep your blood in your blood vessels. Each cell is tightly attached to the cell next to it, forming a tile-like surface on the inner layer of your blood vessel tube. This surface keeps your blood in the vessel. The grout that keeps the tiles so tightly attached to their neighboring tiles or cells is a protein called phosphokinase 3. When sugar gets attached to this protein, the protein goes through a process called glycosylation and becomes less functional. This weakness allows nicks or wedges to develop between cells when the pressure of the blood (i.e., blood pressure) pushes on the junction between the cells.

Since your blood has to stay in your blood vessel, your body immediately mends that nick or wedge by patching it up with some grout, which comes in the form of lousy LDL cholesterol. That grout makes the artery older.

A blood sugar level of 250 changes the phosphokinase 3 in your brain and kidney, and that takes a lot of sugar. But a blood sugar level of

just 110 changes the phosphokinase 3 in your heart's blood vessels. More 4 grams of sugar consumed by the typical 150 pound person will put their blood sugar over 110. When your blood sugar rises above 110, the proteins that keep your inner blood vessel free of atherosclerosis and able to expand are glycosylate (with an added sugar) and lead to those lousy LDL cholesterol grout patches.

Since sugar in fruits and veggies are generally digested slowly, non-diabetics do not get a level over 110 when eating them. Processed food and sodas full of added sugars and syrups, however, are digested quickly and can easily spike blood sugar, damaging your arteries and making your vulnerable.

Unfortunately, Nicole, sugared sodas do not qualify as quality calories no matter what you say--the science just doesn't support that assertion. For quality, try other things that give your body sugar slowly-- and let's be clear: Your body and the bodies of your patients/clients need sugar. Sugar is the main fuel for your body's energy factories. It is the essential fuel for the brain and gonads (I know you want to say it: For some guys, those may be considered the same). But, too much sugar is harmful. And it doesn't take much sugar in your diet to create a dangerous amount of sugar in your blood.

So, quality is the sugar from fruit and veggies, because that sugar is absorbed slowly and doesn't usually cause you harm. Sugared soft drink sugar or corn syrup is absorbed quickly and in "doses" greater than 1.25 ounces (1/10 or so of a can) does change the way your and your clients proteins function.

Unfortunately, food is not let's make a deal--exercise is to a large extent, but food isn't--a calorie isn't a calorie isn't a calorie--it depends on the nutrients with the calorie and speed of conversion to sugar etc. That's the science and denial of that is like denying the heart pumps blood to the body. We used to think differently but science proved that it does. And in the 1980's and 90's science proved that too high a level of sugar glycosylates proteins in ways that renders them dysfunctional.

But America's and your ignoring these issues makes it more likely you and your clients and America will develop a chronic disease that raises health care costs and makes America less competitive for jobs.

Nope Nicole, no way around it --sugared soft drinks do not provide quality calories. Ignoring this fact does your clients and America a disservice.

So our bottom line on sugar soft drinks and added syrups and sugars:

Don't!! And keep them out of your vending machines and fridges. It's not letting free choice down...it is about staying as young and vital as you can be....

Feel free to keep your questions coming to youdocs@gmail.com. You can follow Dr Roizen on twitter @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 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](http://www.WeeklyHealthUpdate.com) - Code: 48187GEROU
- If A Friend Forwarded This Newsletter To You, Sign Up At: [www.InGoodHandsLetter.Com](http://www.InGoodHandsLetter.Com) - Code: 48187GEROU
- Check Out [My Blog](#) .
- Visit me at [www.Spine-Health.com](http://www.Spine-Health.com) .

# Back To School Means Back To...

Dear Patients and Friends,

It's that time of the year again. Summer is ending. The nights are getting longer, days shorter, weather cooler, and it's time for the kids to go back to school.

And with "back to school" comes "back to activities." This means YOU end up running around like a chicken with your head cut off. Have you ever felt exhausted at the end of the day, but can't remember really getting anything done?

Yeah... when you have kids, we all feel that way sometimes.

That's why NOW is the best time to come in for a Chiropractic tune-up. Two visits could help you relieve stress and prevent any serious problems that stress, strain and running around can cause.

Everyone knows you don't want to wait until your back "goes out" - especially not this time of the year.

Imagine having to do all the "back to school" stuff while suffering from agonizing pain. No, I'm not talking about all the mental pain caused by running around like crazy... I can't help that! :-)

**I'm talking about physical pain: back pain, neck pain or headaches.**

So... "back to school" means "back to the Chiropractor." I completely understand you are busy. That's why we will fit you in whenever it's a good time for you. Your visit will not take long, but it could make you feel a whole lot better! :-)

So give us a call at (734) 981-6969 and we'll get you in and feeling better ASAP. .

Sincerely,

Dr. Thomas Gerou

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