

In Good Hands

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*A Free Monthly Newsletter
For The Friends And Patients Of:*

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"Truth has beauty, power and necessity."
~ *Sylvia Ashton-Warner*

SCROLL DOWN FOR THIS MONTH'S "Health Updates"

- **Health Update #1: Low Back Pain**
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PLUS...

- "Text Neck" is on the rise - what is it and how can you avoid it?
- *Do you suffer with MIGRAINES? What research says about treatment and what you should know.*
- 4 tips to lose weight... without dieting.
- **What It Really Takes To Be The Best: Paralyzed Racecar Driver Looks To Be #1...**

LET'S BEGIN!...

Did Alternative Medicine Kill

Steve Jobs - Or Did It Extend His Life?

Discover what some experts say about the computer giant's decision to put off surgery and seek natural methods...

You probably know his name. But, even if you don't, it's pretty much a guarantee that he has affected your life... probably every single day.

His name is Steve Jobs. The company he started out of a garage is called Apple. They make iPhones, iPods, iTunes, iMacs, MacBooks, etc.

Whether you liked Steve Jobs or not, there are some things you just cannot deny...

First, Steve Jobs is the quintessential storybook American dream.

At birth, his parents gave him up for adoption to a middle-class California family, with the stipulation that he attend college.

After one year at Reed College, Jobs dropped out and traveled to India to seek enlightenment.

After his return to the United States, Jobs and his friend, Steve Wozniak, started Apple Computer.

In the first year, they assembled computer boards in a garage and brought them to local computer enthusiast groups to try to sell them.

A little later, they developed the Apple II. It was a roaring success and the company went public four years later. In December of 1980, Steve Jobs' net worth passed the \$200 million mark. He was only 25 years old.

After that, there were several up and downs. Jobs was actually fired from Apple and then brought back to save it a decade later. And, he did. Nowadays, depending on the stock market, Apple is either the most valuable company in the world, or a close #2.

So What Does All This Have To Do With Alternative Medicine Killing Steve Jobs Or Extending His Life?

Plenty. But, the first thing to understand is that Steve Jobs was no fool. He was not some guy with minimal intelligence who read some stuff about cancer treatments on the internet and decided to risk his life, doing them. And, he was not the type to get fooled by slick marketers peddling a cure.

On the contrary, Jobs was a genius and a visionary. From what seems to be the case, he looked at the research... the pros versus the cons... and allegedly decided to put off surgery for pancreatic cancer for 9 months in favor of other, more natural approaches.

According to MyHealthNewsDaily.com:

"After Steve Jobs was diagnosed with a rare form of pancreatic cancer in 2003, he allegedly delayed surgery to remove the tumor -- the recommended treatment -- for nine months.

"During that interim period, he attempted to treat his cancer with alternative medicine, including a special diet, according to news reports.

"Could such a delay in treatment have worsened Jobs' prognosis, and ultimately hastened his death?"

According to Dr. Maged Rizk, a gastroenterologist at Cleveland Clinic, "I don't think waiting nine months for surgery was a bad decision."

"I believe that he must have really refocused his health practices [through changes in diet and exercise], " said Dr. Ashwin Mehta, an Assistant Professor and Medical Director of Integrative Medicine at the University of Miami's Sylvester Cancer Center. "To do as well as he did, he must have done a lot of things right. Therapies such as meditation, acupuncture and exercise may be used in conjunction with standard cancer treatments in order to improve health and reduce the side effects, which can include fatigue, chronic pain and problems with sleep."

"I would never say to one of my patients, 'you don't need to continue with your radiation treatment or your chemotherapy, all you need to do is meditate and adopt healthy sleep habits, and start an exercise routine, and then you can cure yourself,'" Mehta said. "The reality is that's not the case."

But, used the right way, integrative medicine may provide a meaningful impact on the health of a patient with cancer.

"The bottom line is that the mind is such a powerful thing that it's unreasonable not to use it as an ally in the course of standardized medical treatment, " Mehta said.

Here's something very important to note about this story: The average life expectancy for someone with a metastatic neuroendocrine tumor is about two years, according to PCAN. (It remains unclear whether Jobs' cancer was metastatic when he was diagnosed.) Jobs lived for 8 years after his diagnosis.

"Text Neck" What Is It And How To Avoid It

The older you get, the more you realize there are pros and cons to everything. Even all the amazing new technology we have these days is no exception.

For example, there is a new condition called "text neck" and it is said to be on the rise due to the amount of time people spend hunched over their cell phones, tablets and computer screens.

Experts say cases of this repetitive strain injury are on the rise as smart phones and tablet computers (such as the iPad) become increasingly popular.

In severe cases, the muscles can eventually adapt to fit the flexed position, making it

painful to straighten the neck out properly.

This can be serious because long-term effects of such postural changes are believed to cause neck pain, headaches, shoulder pain and even arthritis, later in life.

"Imagine sitting on your ankle sideways for 10 minutes. It would feel stiff and sore when you returned it to its natural position. That is exactly what people are doing with their necks. If people continue to put their necks in these positions, the body will gradually adapt to the stresses," added one Chiropractor who sees text neck patients regularly. One of the best ways to avoid "text neck" is to simply move. Don't stay in any one position too long.

Tuck your chin and bend your neck to the back and to the front, then side-to-side and circles, as long as this does not cause any pain.

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)

What It Really Takes To Be The Best...

Paralyzed Racecar Driver Looks To Be #1

Excuses. We all have them. Some of us have (or make up) a lot more than others. We use them when we fail - or when we don't do as well as we wanted to. For many, there are always too many obstacles in the way to succeed at anything worthwhile. You were born too ugly, fat, short, bald or poor to achieve your dreams. There is nothing you can do and it is not your fault. It's easy to think that way, especially when so many accept it as their reality.

We become our dominant thoughts... so it doesn't take long before our lives are locked into a pessimistic reality.

...Until you hear about people like Michael Johnson and see him gliding his wheelchair into to the pit lane and his coach helping him climb into his racecar. But, Michael was never "normal." By the time Michael was 12 years old, he had already won several Motocross National Championships. Then, he suffered a terrible crash during a race. He broke his back, all of his ribs on the right side, one of his legs and numerous other bones.

The accident left Michael paralyzed from the chest down. Surely, if being born short...or poor...or not attractive is enough to make some people quit, then being paralyzed from the chest down is way too much for anyone to overcome... but, not Michael Johnson.

"The day I got hurt I told my dad 'I don't want to stop racing, don't make me stop.'" Michael said. *"When I was recovering in the hospital, we were researching things I could do to race and we finally found go-karts and I started from there."*

So, what does Michael's mother Kathi (who was there to witness her son's horrific crash) think about all of this? *"Don't ever tell him he can't do something because he'll prove you wrong" she said, "and he already has. Nobody said that he would be able to do this and he's already proved everybody wrong... He never got depressed... Never 'poor me poor me'... he's always had a wonderful attitude about this whole thing and that's what inspires everybody."*

Do you think there is a correlation between his mother's great attitude and her son's success and ability to continue and succeed, even when facing brutal odds?

Michael had experimental stem cell surgery in Portugal in 2007 and goes to intense physical therapy three hours a day, three days a week. He's been upgraded to an L1-L2 paraplegic, which means he's regained feeling in his chest and abdomen.

While he's still paralyzed from the hips down, he believes he will one day walk again. *"I consider myself lucky"* Michael said. *"It could have been a lot worse than what I am right now and it's coming back."*

He doesn't mind being considered a role model and he hopes to inspire others. He's on his way to achieving his goal of driving and competing in the Indianapolis 500. He's testing his new car on the famed track at the end of October and he will turn pro in 2012. While most drivers use their legs to operate the gas, clutch and break pedals and help stabilize them in the car, Michael's special car has controls on his steering wheel. This takes tremendous upper body strength and coordination and Michael is more than up to the task. Michael's coaches say he is the smartest and most consistent driver they have ever seen and that he WILL race in the 500.

It's amazing how much you can achieve when you really believe and put your mind to it - and make the decision that NOTHING is going to stop you. So, what's holding you back?

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. :)

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Did You Know?

Citrus fruits contain a vast array of phytonutrients that are just now being respected for their extraordinary health value. Fruits and vegetables have been renowned for years for providing essential nutrients like Vitamin C. There is a group of bioactive flavonoids that enhance the effects of Vitamin C and provide a powerful defense against oxidative stress. Bioactive flavonoids, Vitamin P, are found in living fruits and vegetables. The various bioflavonoids found in citrus include hesperidin, quercetin, diosmin, naringin and rutin, among others. These phytonutrients are vital for the proper absorption of Vitamin C. Many Vitamin C supplements consist of synthetically derived ascorbic acid. This is virtually ineffective. Without the natural citrus bioflavonoids, ascorbic acid is easily oxidized. This is why whole food nutrition is so much better than synthetically derived supplements.

Studies show citrus bioflavonoids effect capillary permeability and blood flow due to the powerful anti-inflammatory effects of these phytonutrients. This is especially important for oxygenating tissues and maintaining normal blood pressure. They reduce swelling, venous backup, and edema... and also improve respiration in the lungs.

The best sources of citrus bioflavonoids are lemons, limes, grapefruits, oranges, and tangerines. They are in their most potent form when they are picked off the tree in their full ripeness. The longer they are off of the tree, the more nutrient value they lose. Once peeled, citrus fruit begin to oxidize and within days can lose a significant portion of their anti-oxidant value.

Enhance Your Citrus BioFlavonoid Consumption: Do not throw away squeezed lemon... eat the pulp and membrane first. If the peel is organic, you can shred it into a lemon zest and apply it to meat, salads, etc. Avoid orange & grapefruit juices, due to the high sugar and instead eat the whole fruit which contains fibers and significantly more bioflavonoids.

Tip Of The Month

Do You Suffer With Migraines? What Research Says About Chiropractic Versus Popular Drug Treatments...

Although most headaches are not life threatening, they can negatively affect your quality of life. In severe cases, a headache is debilitating. Headaches have a wide range of causes, including infection, hangovers from alcohol consumption, fasting, and even serious conditions, such as brain tumors and strokes.

The most common headaches include tension and migraine, which are associated with nervous system disorders. More than 90% of the U.S. population will experience some type of headache. 28 million Americans, including 1 in 5 women and 1 in 20 men, experience migraine headaches. In a migraine headache, the artery on the outside of the skull under the skin of the temple (temporal artery) enlarges. As this process occurs, nerves that surround the artery stretch and release chemicals that cause inflammation and pain. The larger the artery gets, the greater the pain.

Most people know Chiropractic care can be beneficial for tension/cervicogenic headaches. But, can Chiropractic care help migraines too? Here's what research dating all the way back to 1998 says... The study, published in the Journal Of Manipulative And Physiological Therapeutics, compared amitriptyline (a medication), spinal manipulation, and the combination of both therapies. There was a 4 week baseline period, followed by 8 weeks of treatment and then 4 weeks of follow-up on a total of 218 patients diagnosed with migraine headaches.

RESULTS: "Clinically important improvement was observed in both primary and secondary outcomes in all three study groups over time. The reduction in headache index scores during treatment compared with baseline was 49% for amitriptyline, 40% for spinal manipulation, and 41% for the combined group. During the post-treatment follow-up period, the reduction from baseline was 24% for amitriptyline, 42% for spinal manipulation, and 25% for the combined group."

CONCLUSION: "There was no advantage to combining amitriptyline and spinal manipulation for the treatment of migraine headaches. Spinal manipulation seemed to be as effective as a well-established and efficacious treatment (amitriptyline). And on the basis of a benign side effects profile, it should be considered a treatment option for patients with frequent migraine headaches."

***Remember, we're always here to help your body heal
and maintain the health you deserve.***



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Health Update: Low Back Pain

Low Back Pain & Patient Education

Patient education is a very important aspect of caring for our patients. In fact, it can be one of the most important aspects of care. For example, when patients present with a brand new injury and pain levels are off the map, it's quite common for that acute suffering patient to inappropriately think that, "I'm going to die... this hurts so much!" Hence, one of the very first things we do as chiropractors is to determine what structures are generating the pain so we can tell you!

Once you have an understanding of where the pain is coming from and why it hurts so bad, then you can be reassured that it's not life threatening or dangerous. Also, at this acute point of time, the patient often unknowingly puts heat on the back, often for hours. This is the WORST thing you can do as the area is already swollen and putting heat on a swollen area draws more blood and fluids into the area. It's literally like throwing gas on a fire. So, receiving proper information from us such as, put ice on the area for 15-20 minutes on and off several times in a row to "PUMP" the swelling out of the area will make complete sense.

Also, did you know that 2/3rds of our body's weight is above the waist? That means, when a 150# person bends over, they are "lifting" 100#! That's one of several reasons why bending over can be so dangerous. To "fix" that, squat by bending the knees keeping the back straight and keep objects that you might be lifting close to your body as that weight literally weighs 10x more when your arms are straight and you're lifting. When you can't squat and have to bend over, bend the knees, arch your back (literally "stick your butt out"), and bend over at your hip joints - DON'T use your back. You'll need to practice that one a few times before it's fully understood.

As your back pain improves, we will review these important self-help approaches and

add new "tricks of the trade" like certain stretches, some strengthening and perhaps some balance exercises. Did you know that your thigh muscles shrink just by sleeping overnight? It's true! When you wake up in the morning, your thigh muscles are smaller than when you went to bed. Well, this same muscle shrinkage (technically called "atrophy") occurs in the lower back and hips, so strengthening exercises are REALLY IMPORTANT! Just think, if your muscles shrink overnight just from laying in bed, what about when you might have been told to use bed rest for several days or more? There potentially is a lot of muscle shrinkage and weakness that can occur in a relatively short amount of time and therefore, strengthening exercises also need to be taught in order to regain your strength so you can more safely do your activities.

Now what about back pain prevention? What methods do you think will help us NOT get low back pain? That's right - managing weight! If your BMI (body mass index or, the ratio between your height and weight) is >25 , you need to trim down a bit (or more). Go on line and SEARCH BMI, and pick one of many "BMI Calculators" to figure out your BMI. So, what do chiropractors know about weight loss? Did you know the chiropractic college curriculum includes more nutritional courses than most medical schools? We will help you find a way to lose weight - whether its calorie restriction, a special diet like no/low salt, gluten-free, or a diabetes-specific diet. Another prevention trick for the low back (actually, whole body!) is to STAY FIT! Make aerobic exercise and even a light weight lifting program part of your daily ritual. Other methods help too, so come in and let us guide you in this journey to better health!

We realize you have a choice in who you choose to provide your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

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Health Update: Carpal Tunnel

Carpal Tunnel Syndrome: What is it Again?

Carpal Tunnel Syndrome (CTS) is a condition that results from pressure applied to the median nerve on the palm side of the wrist that causes numbness, tingling, weakness, and/or muscle damage affecting the thumb side of the hand and fingers, including the thumb, index, 3rd and thumb side of the 4th finger. There is literally a tunnel through which 9 tendons and their sheaths, some blood vessels, and most importantly, the median nerve travel through to get to the thumb and fingers. As these tendons slide back and forth in their sheaths, friction can build up, leading to swelling when fast, repetitive finger related work is performed, especially for prolonged time frames. The "syndrome" starts when the swelling occurs and the numbness/tingling/weakness complaints begin.

There are many causes of CTS. Most commonly, CTS occurs in people whom perform fast, repetitive motions including (but not limited to): typing on a computer keyboard, using a computer mouse, sewing, driving, assembly line work, painting, writing, use of hand tools, sports such as racquetball or handball, and playing musical instruments. Many of these tasks involve bending or twisting of the wrists (think of a violin or flute player and you get the picture). CTS most often occurs in people 30-60 years old, affects women more than men and, can be either caused or contributed by other conditions such as fracture/trauma to the wrist or hand, arthritis of the wrist, diabetes, alcoholism, hypothyroid, kidney failure and dialysis, menopause, premenstrual syndrome (PMS), and pregnancy, infections, obesity, rheumatoid arthritis, SLE, and others.

Symptoms most commonly include numbness or tingling in the thumb-side palm, thumb, 2nd, 3rd, and thumb half of the 4th fingers. The symptoms can extend to the elbow or higher to the neck or shoulder, can affect both hands (but one is usually worse than the other), and can interfere with daily activities such as buttoning shirts, opening jars, holding onto the steering wheel, riding a bike, working with the hands, etc.

During an initial examination, a Doctor of Chiropractic exam will often check your sensation with a sharp pointed object, percuss over the palm-side wrist, ask you to hold your hands back to back and palm to palm while counting the seconds to numbness, test grip strength, and also check the neck, shoulder and elbow as these areas refer pain back and forth. Sometimes, he or she will order an EMG to test the nerve's damage. Conservative chiropractic treatment is highly effective and DEFINITELY should be done FIRST, before injections, medications, or surgery!

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

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Health Update: Fibromyalgia

Fibromyalgia: A Detailed Patient Description

Fibromyalgia (FM) is surrounded by much controversy in what establishes a diagnosis, what are the consistent historical features, and most importantly, what can be done about it - the treatment strategies. Doctors seem polarized, either they "believe in it" or don't. The result is a frustrated patient because after multiple attempts, they can't get a straight answer from their health care provider. Consequently, the patient doesn't know where to turn. A very important article, published in September 2011, discusses from the patient's point of view, their experience in living with this condition.

The study consisted of 6 female patients diagnosed at a university hospital with FM, which by the way, means all other conditions that create similar symptoms have to be "ruled out" or, considered first. Therefore, many tests are typically run to make sure there isn't some other serious underlying condition hiding behind the symptoms associated with FM. As a background, the authors describe FM as "...a chronic syndrome with no cure." Because of this, they state, "...a thorough understanding of the illness experience is therefore key in the palliative care of patients..." They acknowledge that care givers of FM patients often include chiropractors and other manual therapists and knowledge of the "...meaning and reality of living with this condition" is reported as being ESSENTIAL for all health care providers who manage FM patients. The focus of the study was to carefully look at the personal, occupational, and social impact of the condition on patients' lives and their views about the future. Structured

interviews with each participant were analyzed.

Results showed that FM impacted all aspects of life with 4 main themes arising from the data: 1) Personal life impact; 2. Occupational life impact; 3. The forecasted impact on future life; 4. Social interaction impact. Specifically, most of the participants had stopped working and felt useless. Leisure activities were greatly affected, as many described opting to not participate in various leisure oriented activities (such as going for walks, shopping, attending social events). FM was described as altering family bonds with some being made stronger while others were destroyed, resulting in separation and/or divorce. FM patients were reported to be "relieved" when a diagnosis was "finally" made, as it marked an end to a period of uncertainty. The participants were often ambivalent to interaction and despite some positive points, frustration prevailed from "perceived incomprehension" or, not really understanding why they feel the way they do. At times, this made it hard to discuss their symptoms and personal experiences. This study reveals the negative impact of FM and how complex and individual that is.

What is important about this study is that it alerts those of us who treat FM that we need a more efficient diagnostic process and we need to be better educated so that we can provide a multifaceted treatment option approach as each FM patient's needs vary because of how each patient "deals with" the condition. We need to really listen to the patient to determine what treatment goals they are interested in and we must create treatment plans that center around those needs and desires, possibly including checklists so everyone stays on task as it's quite easy to become distracted by the symptoms of FM. We are sharing this information with you so that you can feel comfortable approaching us with the many concerns and issues that surround FM.

If you, a friend or family member requires care for FM, we sincerely appreciate the trust and confidence shown by choosing our services!

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Health Update: Headaches

Do Chronic Sinus Problems Cause Headaches?

Many of us have had sinus related headaches, right? You know, these are the headaches that hurt over the sinuses (above the eyes or in the cheek bones next to your nose) and, when you blow your nose, it's not pretty! Sinus infections often lead to sinus headaches - wouldn't you say that's a true statement?

A recent November 2011 study begs to differ. Researchers took 58 patients with a diagnosis of "sinus headache" made by their primary care physician and asked them the following questions:

1. Have you had a previous diagnosis of migraine or tension-type headache?
2. Is there clinical evidence of a sinus infection during the past 6 months?
3. Is there the presence of "mucopurulent secretions" (that's the "not so pretty stuff" when we blow our nose)?

All 58 patients clearly seemed to have chronic sinusitis with an acute flair up and were given complete thorough examinations by a neurologist and an ears, nose, throat specialist (otolaryngologist) on a monthly basis for 6 months during treatment. The surprising results showed that final diagnosis in these 58 cases were 68%, 27% and 5% of the patients really had migraine, tension-type headache and chronic sinusitis with recurrent acute episodes, respectively. Treatment during the 6 months included antibiotic therapy in 73% of the patients with tension-type headache and 66% with migraine. Sinus endoscopy (taking a look up the sinuses with a scope - ouch!) was performed in 26% of the patients, and therapeutic nasal septoplasty (surgery!) was performed in 16% of the migraine patients and 13% of patients with tension-type headache (a pretty BIG mistake, wouldn't you say?). The conclusion was that many patients with self-described or primary care physician diagnosed "sinus headaches" have no sinonasal abnormalities but instead, met the criteria for migraine or tension-type headache.

So, what does this mean? Well, for one thing, too many antibiotics are prescribed for tension-type or migraine headaches and have no place in the treatment process of these two common headache categories. Side effects of antibiotics include (but are not limited to): stomach and intestinal irritation, nausea, and if one is allergic to the antibiotic, a potentially life-threatening condition called anaphylactic shock. Let's not forget to mention that sinus surgery was performed in 29% of the cases where the sinuses were NOT causing the headaches and we all know the risks of undergoing anesthesia and surgery can include death and infections, among other problems.

Chiropractic was reported to be a wise choice in the treatment of headaches by several publications, one of which provided a large review of the literature on the "Effectiveness of manual therapies: the UK evidence report," released in 2010 (<http://chiromt.com/content/18/1/3>). In this report, both migraine and cervicogenic-type

(headaches that start in the neck) headaches were found to have strong research support for manipulation or, chiropractic adjustments. In this day and age, you can be very confident that choosing chiropractic services for headache treatment is a wise, safe, and very cost-effective approach for a very disabling condition.

We realize that you have a choice in where you choose your healthcare services. If you, a friend or family member requires care for neck 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: Whiplash

MORE Whiplash Facts

Last month, we discussed 10 facts about whiplash in attempt to dispel the myths about this topic. Due to the amount of information available, we couldn't cover them all. So, here are 10 more interesting facts about whiplash:

1. Much has been published on the association between ongoing whiplash symptoms and litigation. There is now plenty of evidence that ongoing whiplash injury related symptoms occur regardless of the presence or absence of litigation.
2. The concept of a delay in symptoms means minimal injury is dispelled. In fact, it's considered "the norm" that symptoms are delayed.
3. Mild traumatic brain injury (MTBI) or post-concussive syndrome can occur as a result of whiplash trauma. The good news is that, in most cases, recovery occurs within the first 3 months.

4. In the European Spine Journal, a recent study reported that between 1 and 2 years after a whiplash injury, 22% of patients' conditions worsened. Condition deterioration at the 2 year mark has also been reported in other studies.
5. More detailed studies that followed whiplash patients through time, reported that 45% remain symptomatic at 12 weeks (3 months) and 25% at 6 months. Others reported the recovery time in most "minor cases" is 8 weeks (2 months), time to stabilization (not recovery) in the more severe cases was 17 weeks (4 months), and in the most severe category, 20.5 weeks (5 months). Hence, the concept that whiplash, like all other injuries heal in 6-12 weeks is challenged (note, there is little support for this common myth).
6. Each year, approximately 1.99 million Americans are injured in motor vehicle collisions.
7. Since 1990, a mean of 40% of a pool of whiplash patients from all vectors of collision (that is, rear, front or side impacts) were still symptomatic at a 2 year follow up. 59% of ONLY rear-end collision patients remained symptomatic at a 2 year follow-up.
8. Although these estimates vary, approximately 10% of WAD (whiplash associated disorders) injured subjects become disabled to a point of not being able to continue working.
9. Children who sustain whiplash injuries display sleep disturbances, nightmares, difficulty talking to parents and friends (brain injury), mood changes, poor academic performance and fears of participating in higher impact sports. Moreover, children tend to be overlooked in the evaluation and treatment process since they tend to complain less.
10. If the size of the 2 impacting vehicles is the same, an 8 MPH impact produces 2 times the force of gravity. When the bullet vehicle is larger than the target vehicle, the difference increases dramatically.

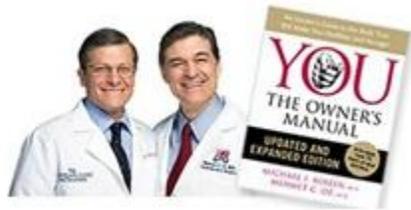
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The Most Important Principles For Staying Young: Can YOU Eat Healthy on a Budget?



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

Since this series started we've given you 43 easy to adopt tips to Staying Young, and today we'd like to talk about one that everyone asks me about: how you can eat healthy on a budget?

#1 Look for (and only take advantage of) the least expensive and healthiest grocery deals . Dried beans, nuts, whole grains, lean 2 leggers, fish, and herb products and produce are items that you'll want to stock up on when a sale occurs in your local store. Poultry, fish, and whole grain products can be easily frozen for use at a later date.

#2 Go dried when you're using herbs . The cost difference between fresh parsley, basil, rosemary and thyme is huge. Dried herbs last and provide great flavor to any dish! Another option is to grow your own herbs. You can do it year round with a few pots and some TLC.

#3 Buy generic . In taste tests, consumers rarely tell the difference between the generic options and their brand name favorites. Remember, the most important aspect of your item should be avoidance of the five food felons--saturated fat, trans fat, added simple sugars and

syrups, and any grain that isn't 100% whole grain. Such foods may appear inexpensive at first, but the long term health costs are very expensive.

#4 To get the best value in the food world, start buying in bulk . Bagged apples are cheaper than individual apples and a case of chickpeas at a warehouse store (for fabulous hummus you can make at home) will cost much less than an individual can from your local grocery store.

Kristin Kirkpatrick and I've compiled a meal plan for you to have a week of eating beautifully for \$36. That's averaging just over \$5 per day, and \$1.70 per meal! You can check your progress with the Eat Pretty Quiz. To start eating pretty for cheap, get your shopping list and the day-by-day menu. All at www.youbeauty.com

Now, a quick tip --My **Roizen's Rule for a Younger You** -cover your scars with extra sunblock (nonoparticalized zinc oxide is what we recommend) to keep them from looking more prominent.

Young Dr. Mike

Feel free send questions coming to youdocs@gmail.com. You can follow Dr Roizen on twitter @YoungDrMike.

The YOU docs have a new web site: YOUBEAUTY.com and a new book: YOU: The Owner's Manual for Teens. Thanks for reading.

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.

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If I Go To A Chiropractor, Do I Have To Keep Going For The Rest Of My Life?

That's a common question you hear over and over, and it keeps a lot of people from experiencing all of the wonderful benefits Chiropractic care has to offer.

The answer, of course, is ABSOLUTELY NOT!!!

Going to a Chiropractor is a lot like going to the Dentist. You will have less dental problems if you brush and floss your teeth and go for check-ups and cleanings than if you didn't go.

If you wait until your tooth hurts, you most likely need more dental work than if you didn't wait so long. Once you get the toothache fixed, you can choose to brush, floss and get routine check-ups...or not.

Most Chiropractic patients start care because they have a symptom...usually pain. Some get a handful of treatments, feel better...and don't come back until they have pain again. Others get out of pain and come for maintenance visits in an effort to keep the pain from coming back.

The bottom line is: It's all up to you. At our practice, you are free to choose whatever type of care you want, without lecturing or questioning from us.

You can come for one visit then call us in two years and we will be happy to see you again. It's your body and you are 100% in charge.

We will give you what we feel are the best possible recommendations, but we will not get upset if you choose another path. That's why we don't insist anyone committing to long-term care plans. We want you to give us a try and see if you like it, and if you do... take it from there.

So please, spread the word to all your family and friends who think that if you go to a Chiropractor once, you have to keep going for the rest of your life. If you know someone who has been locked into a long-term care plan they didn't like, please tell them we are different.

Or don't... that's up to you, too.

Call us if you need anything, we are always here to help.

Sincerely,

Dr. Thomas Gerou