



The way to gain a good reputation is to endeavor to be what you desire to appear. ~ Socrates

### TELEVISION TRIVIA

- ❖ The average American home has more TV's than people.
- ❖ The average person watches 275 minutes of TV per day.
- ❖ Children who watched television for extended periods were more likely to have back pain, most likely due to their postures and inactivity. Of those children who watched TV between 1-2 hours each day, 59.3 percent had experienced back pain. When the viewing time increased to more than two hours each day, the incidence of back pain increased to 68.8 percent.

### “FRANKENFOODS”

Most Americans are already eating genetically modified food (though the effects on human health remain unclear), even though they may have no idea that they are doing so. 75 percent of all processed food in the United States now contains ingredients from genetically modified crops. The majority of corn and soy products are genetically modified. No labeling of genetically modified foods (GMOs) is required, despite the majority of Americans polled preferring labeling. It is interesting to note that in Europe foods containing GMOs must be labeled.

### ?FREQUENTLY ASKED QUESTIONS?

**Q:** What is a subluxation?

**A:** A subluxation is a misaligned or “stuck” spinal joint that can cause increased stress and damage to the joint and surrounding soft tissues (including discs, muscles and ligaments), reduced motion, nerve damage or nerve interference. If uncorrected this can lead to overall health degeneration, including but not limited to: loss of height, arthritis, fatigue and lowered resistance to disease.

Drugs never cure disease. They merely hush the voice of nature’s protest and pull down the danger signals she erects along the pathway of transgression. Any poison taken into the system has to be reckoned with later on even though it palliates present symptoms. Symptoms may disappear, but the patient is left in worse condition, though unconscious of it at the time.

~ Daniel Dress, M.D.

### HEARTBURN DRUGS AND HIP FRACTURES

Taking such popular heartburn drugs as Nexium, Prevacid or Prilosec for a year or more can raise the risk of a broken hip markedly in people over 50, a large study in Britain found. Stomach acid is a factor needed for the body to absorb calcium. The researchers speculated that when the drugs reduce acid in the stomach, they also make it more difficult for the body to absorb bone building calcium, leading to weaker bones and fractures. The study found a similar but smaller risk of hip fractures for the class of drugs that include Tagamet and Pepcid.

### WONDERFUL WATER

Along with contributing to fatigue and poor digestion, among other things, drinking too little water can hamper your weight-loss efforts. That’s because dehydration can slow your metabolism by 3 percent, which could mean weighing 5 extra pounds in a year. According to some sources, small amounts sipped often work better than 8 ounces gulped down all at once.

### BREASTFEEDING CONCERNS AND INFANT SUBLUXATION

Spinal misalignments in infants may become evident in breastfeeding difficulties. If an infant will only nurse on one side, often it is because his/her head can only turn fully in one direction. Correcting the subluxation restores the ability to nurse comfortably at either breast. Babies who cannot latch on firmly or who cannot coordinate suckling, swallowing and breathing may also have misalignments that interfere with biomechanics or the nervous system coordinating these activities. A chiropractic adjustment can often lead to happier, healthier breastfeeding infants and mothers.





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### **OVER-THE-COUNTER DOESN'T MEAN HARMLESS**

Federal health officials are considering making stronger warning labels on common over-the-counter pain medications, including aspirin, ibuprofen (Advil, Motrin, Nuprin) and acetaminophen (Tylenol.) For aspirin, ibuprofen and other nonsteroidal anti-inflammatory drugs (like Aleve) there is a risk of gastrointestinal bleeding and kidney injury even when patients take the correct dose. Acetaminophen can cause severe liver damage if taking more than the recommended dose or having three or more drinks a day while on the drugs. There are reports of patients taking two or more medicines – for example, one for pain and another for flu symptoms – without knowing they both contain acetaminophen. As in the case with all drugs, long-term use of over-the-counter medication should be closely supervised by a medical doctor.

### **GOLF, ANYONE?**

In the book, Search for the Perfect Swing, the authors note four key components to the perfect swing.

1. Flexibility – Golf requires full rotational capacity of most every joint involved. Efficient and explosive rotation must be repeated with every stroke.
2. Maintenance of center of gravity/balance – Optimal swing path depends upon this.
3. Proper exercise selection – like any athletic endeavor, one should train to golf, selecting exercises that recruit similar muscle patterns as used in the golf swing. One key area of emphasis should be the abdominal muscles as they help create stability during rotational movements in the lumbar spine.
4. Good posture at address – We cannot think our way to good posture. Awareness, attention and practice are keys.

Chiropractic care of the spine can help the golfer on his/her way to the perfect swing. If there are spinal joints that aren't moving properly it can affect flexibility, posture and balance. If you care about golf, care for your spine!