

HEALTH SOLUTIONS

CHIROPRACTIC & WELLNESS CENTER

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Newsletter (813) 717-7553

Summer 2008

FEATURES:

1. Medication Found To Increase Hip Fractures
2. Are you staying well hydrated with pure H₂O
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Heartburn Medications Increase Risk Of Hip Fractures

A recent study (JAMA December 2006) found that common over the counter and prescription medications such as Tums, Rolaids, Prevacid, Nexium, and Prilosec used for heartburn / acid reflux symptoms increase the risk of osteoporosis and hip fractures. I find that the majority of middle aged and older patients have some degree of bone density weakness. Osteoporosis is an epidemic in our country because of poor nutrition and lack of weight resistance exercise ...even without the use of these medications. These medications however do add to the problem and severity of this epidemic by creating a pH that is not acidic enough or that is alkaline. Absorption of calcium and other minerals into the bone requires proper pH. While taking antacids may help relieve the symptoms temporarily, it does not correct the problem. There are safer and healthier solutions that corrects the problem and relieves the pain. If you are interested in learning more on how to correct heartburn and improve bone density, just ask us next time you're in the office.

Simple, Pure H₂O...Are You Getting Enough?

Everyone knows that staying hydrated is important to avoid dehydration, however, drinking enough water to avoid dehydration is not enough and most Americans stay dehydrated because we simply do not drink enough of it! So what's a good amount?

A good general rule is to drink about half your weight in ounces daily of purified water...and drinking TEA is not the same...not even close!

The following are some facts about water and the importance of proper hydration:

- ~ 75% of Americans are chronically dehydrated.
- ~ For many Americans the body's thirst mechanism is so weak that it is often mistaken for hunger.
- ~ Mild dehydration will slow down one's metabolism as much as 3%.
- ~ Just one glass of water shut down midnight hunger pains for almost 100% of the dieters studied in a U. of Washington study.
- ~ Lack of water is the #1 trigger of daytime fatigue
- ~ A mere 2% drop in body water can trigger fuzzy short term memory and difficulty with focus.
- ~ Drinking proper amounts of water decreases the risk of colon, breast, and bladder cancers.
- ~ The most natural substance to hydrate the body...there are no better or healthier substitutes. So Drink Up!
- ~ Adding a good amount of lemon to your water will act as a safe diuretic.
- ~ Reverse Osmosis water is best in most cases. Distilled water requires the intake of a multiple vitamin as it will deplete the body of essential minerals.

What's In A Can of Soda?

- **Sugar:** 9 - 10 teaspoons/can
- **Phosphoric Acid:** the active ingredient in most soft drinks is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days!

Phosphorus also depletes the bone of calcium.

- **Caffeine:** a highly addictive drug that is able to pass the blood brain barrier causing headaches and other neurotoxic effects.

- **Benzene:** is present when added Ascorbic Acid mixes with the preservative Sodium or Potassium Benzoate...this causes Leukemia.

-Sodas have become the #1 source of calories in the U.S.

-Soda consumption per person in the U.S. since 1971 has doubled from 25.5 gallons to 46 gallons per year in 2003.

-Each added 8 ounce daily serving of soft drink a child consumes increases their chance of being obese by 60%

Holiday Hours

Office will be closed the
afternoon of Thursday
July 3rd and Friday
July 4th, 2008

We Wish Everyone A Safe And Happy Independence Day

HAPPY 4th Of July !

We will always remember. We will always be proud. We will always be prepared, so we will always be free.

- **Ronald Wilson Reagan**

HEALTH SUCCESS STORY

We are always excited to hear success stories because we know how powerful an experience like this can be for someone suffering with pain or illness. If you are interested in writing one of your own, you can...just bring your success story in with you to the office!

I am writing this letter to thank you and your office staff for the wonderful care you have given me on two separate occasions. The first time was last year when I came to you with extreme shoulder and arm pain. An MRI showed that I had a rotator cuff injury. Instead of surgery, I was able to get relief and repair through an aggressive treatment suggested by you that included laser therapy and ultrasound. The second reason I came to you was earlier this year when I had knee surgery for a torn meniscus in my left knee. You suggested laser and ultrasound therapy and my knee pain was reduced by 50% within the first week, and after three weeks my pain was almost completely gone and range of motion greatly improved. Additionally, you were proactive in attempting to find ways to reduce the 24/7 pain in my right leg affected by RSD for the last couple of years. You spent time after our appointments researching my disease and gave me two suggestions for further treatment outside of your office. You also provided me with DMSO cream and MSM lotion for use on my leg at home for the pain. I continue to have almost no knee pain and I am very happy at being able to reduce the pain medication that I take daily for RSD by more than half. I am grateful to you and your office for everything you have done for me. Thank you for the extra time you have spent on my behalf.

Sincerely, Carol L.

A Special Thanks

I would like to say thank you to everyone for your continued referrals of family, friends, and co-workers. Our growth and the opportunity to help others are possible because of each of you and we thank you for your trust and confidence.

As Always – a complimentary visit will be given for each new patient referral that you make to our office – **Thank you!**

Newsletter Health Question

Would you like the chance to win a special **FREE GIFT?** Each month the free gift changes. To win you need only answer the health question posed below. If you think you know the answer or want to guess ... come by and let us know your answer! It's that simple.

Q: What is the normal pH range of stomach acid found in a healthy stomach?

Hint:

The pH scale ranges from 0-14.

Acid levels range from 0-6.9. Neutral is 7.0

Alkaline levels range from 7.1 to 14.

FOOD COMBINING: Here are a few helpful tips on proper food combining. Food combining is recommended for better digestion, assimilation of nutrients, and decreases the stress on your digestive tract. It can also help with indigestion and other symptoms associated with poor digestion.

1. Proteins should be eaten for breakfast and lunch and combined with complex carbohydrates such as vegetables.
2. Simple carbohydrates (rice, potatoes, bread, pasta) should be eaten once daily and combined with complex carbohydrates.
3. Proteins and Simple Carbohydrates ideally should not be eaten together (mixing steak with potato!)
4. Fruits should be eaten alone preferably as a snack.

~ Feature Businesses ~

Do you own your own business or are you a part of a great company? If so, let us know! We are compiling info for a business directory of our patients and we will be featuring businesses in each newsletter. If you are interested, just give us your company and business information while at the office.

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HEALTHY RECIPE

~TABOULI SALAD~

1 cup Bulgur Wheat (Arrowhead Mills)

1½ cups boiling water

1½ tsp Sea Salt (optional)

¼ cup lemon juice

¼ cup olive oil

Dash of garlic powder

2 tomatoes, diced

3 cups chopped fresh parsley

4 green onions, chopped with tops

Pour boiling water over bulgur wheat and salt. Cover bulgur wheat for 30 minutes and let sit. Stir next three ingredients into bulgur and chill for 2-3 hours. Add tomatoes, parsley and green onions and gently toss before serving on a bed of lettuce.

CANOLA OIL - Is It Safe ?

Canola oil comes from the rape seed, which is part of the turnip or mustard family of plants. Rape seed oil makes a great insect repellent, industrial lubricant and fuel, and is very toxic or poisonous to all living things because of the erucic acid content. Canola Oil does not contain the same levels of erucic acid but is still thought to be Carcinogenic (cancer causing agent), Goitrogenic (Goiter producing) and pose other health risks.

Canola oil was given its name not because it came from the "Canola Nut or Seed" but because it was an oil developed in Canada to mean **Canadian Oil Low Acid**. Supporters of Canola oil talk about how good it is because of the unsaturated structure, the good omega fatty acids content and other qualities similar to olive oil. Canola oil has a lighter color and more mild taste compared to olive oil. They also point out that although Canola oil originally came from the rapeseed it has much lower levels of the toxic erucic acid found in rapeseed because of engineered breeding. Canola oil contains 0.5 to 1% erucic acid, well below the 2 percent limit set by the USDA. My own interpretation: the ill effects of Canola Oil on the body are minimal and un-measurable because it has only a little bit of poison.

Canola oil is now also produced in North America and has become a huge cash crop with massive marketing praising its "health benefits". This however does not remove the fact that it is genetically engineered and still contains levels of erucic acid that in any quantity is not beneficial to the body. Also, many oils when heated undergo free radical damage that are damaging to the body including Canola Oil. Because there are more natural, healthier and better options to Canola Oil I simply don't recommend it.

I recommend using Grapeseed Oil and Olive Oil both of which are natural and healthier for your body. Grapeseed oil is a light and mild cooking oil produced from the seeds of grapes. It contains high amounts of Resveratrol which has anti-cancer, anti-viral, and anti-inflammatory properties as well as anti-aging properties...one research study determined it extended the life of both a worm and a fruit fly! I also recommend you purchase Organic Grapeseed Oil and cold pressed -extra virgin Olive Oil.

*Sources: <http://en.wikipedia.org/wiki/Canola> http://en.wikipedia.org/wiki/Grape_seed_oil

Your Amazing Spine

Did you know that your body is an engineering miracle? It is truly amazing, what I'm about to describe about your spine and body! The cervical spine of your neck consists of 7 interlocking bones, like Lego's. The brain stem becomes the spinal cord which is the "information super highway" of your nervous system.

This is what enables your heart to beat without your conscious awareness, keeps you digesting food, feeling pain, and all the...

Miracles of life we experience!

The forward curve of the neck is known as a lordosis. This curve is what enables you to turn your head side to side and gaze toward the ceiling. An injury such as whiplash can cause the spine joints to lose motion and yes can also cause it to move too much!

These changes negatively impact the nervous system! When the spine loses it's natural shape, it can pinch the nerves coming out of the spine. We call these **subluxations** and they alter the way your nervous system sends and receives sensations. Ill health can result, because it throws off the bodies ability to communicate within itself!

The lumbar spine consists of five vertebrae in the lower back. Like the neck, it should have a natural curve. Like tributaries of a river, nerves exiting the spine from the lower back area form

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OUR SERVICES

WE ARE ALWAYS LOOKING FOR NEW TREATMENTS AND OTHER ALTERNATIVES THAT HELP TO IMPROVE THE HEALTH OF THOSE WE SERVE. FROM TIME TO TIME WE WILL LIST THEM IN OUR NEWSLETTER TO KEEP YOU UPDATED ON ALL THE SERVICES AVAILABLE:

CHIROPRACTIC CARE: Chiropractic is a branch of the healing arts based upon the understanding that good health depends, in part, upon a normally functioning nervous system (especially the spine, and the nerves extending from the spine to all parts of the body). It addresses these diseases not by the use of drugs and chemicals, but by locating and adjusting a musculoskeletal area of the body which is functioning improperly to regain normal function of the spine and nervous system. Dr. Souther utilizes many different adjusting methods based on the needs of each individual. These different methods of adjusting range from manual hands on adjusting, instrument and drop table adjusting, Cox Flexion Distraction, Toggle and more.

NUTRITIONAL TESTING AND COUNSELING: PROPER NUTRITION IS A FUNDAMENTAL PART OF REGAINING AND MAINTAINING ONE'S HEALTH. DR. SOUTHER UTILIZES MUSCLE RESPONSE TESTING TO DETERMINE DEFECIENCIES OF THE BODY AND WHAT COURSE OF NUTRITIONAL SUPPLEMENTATION AND DIETARY CHANGES ARE NEEDED TO RESTORE AND MAINTAIN GOOD HEALTH.

NATURAL ALLERGY RELIEF USING THE N.A.E.T. METHOD: THIS TREATMENT IS A REMARKABLE NATURAL ALTERNATIVE FOR THOSE SUFFERING FROM ALLERGIES OF ALL KINDS. THIS TREATMENT IS UNIQUE IN THAT IT CAN ACTUALLY STOP YOUR ALLERGIC REACTIONS EVEN WHEN YOU COME IN FUTURE CONTACT WITH THE SUBSTANCE YOU ARE ALLERGIC TO. YOU CAN LEARN MORE ABOUT THIS TREATMENT BY PICKING A BROCHURE UP WHILE AT THE OFFICE OR LOG ON TO WWW.NAET.COM

LOW LEVEL OR COLD LASER: THE ML 830 LASER WAS APPROVED BY THE FDA IN 2002 FOR THE TREATMENT OF CARPAL TUNNEL SYNDROME. LASER THERAPY ALSO HAS A POWERFUL AND FAST HEALING AND PAIN RELIEVING EFFECT ON THE BODY. IT IS USED IN OUR OFFICE FOR THE TREATMENT OF INJURIES SUCH AS SKIN ABRASIONS, MUSCLE STRAIN, LIGAMENT SPRAIN, DISC AND WHIPLASH INJURIES, OSTEOARTHRITIS AND THE PAIN ASSOCIATED WITH THESE CONDITIONS SAFELY AND EFFECTIVELY. MORE INFORMATION ON LOW LEVEL LASER THERAPY IS AVAILABLE AT THE OFFICE.

GRASTON SOFT TISSUE MOBILIZATION: GRASTON IS A THERAPY DESIGNED TO BREAK UP AND REDUCE SCAR TISSUE AS WELL AS RELIEVE MUSCLE SPASMS, TRIGGER POINTS, JOINT PAINS, AND FOOT PROBLEMS. WE ALSO USE IT OFTEN IN CONJUNCTION WITH OUR CHIROPRACTIC ADJUSTMENTS AS IT HELPS YOUR VERTEBRAE MOVE BETTER INTO PLACE AND HELPS HOLD YOUR ADJUSTMENTS IN PLACE FOR A LONGER PERIOD OF TIME. MORE INFORMATION ON GRASTON THERAPY IS AVAILABLE AT OUR OFFICE.

FYI...

You Can Receive Your Newsletter
Via E-mail... There Is An E-Mail Sign Up Form
At The Front Desk !

Our Office Hours

~ Mon, Wed, Thurs: 8:30-1, 3-6
~ Tuesday: 1:00 - 4:00
~ Friday: By Appointment



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the sciatic nerve which runs down the back of each leg. If these nerves get irritated you have Sciatica and possible loss of muscle strength & function.

A healthy spine allows you to be and do your best by protecting the vital nervous systems link between your brain and your body! When your spinal nerves are free of subluxations, your nervous system and the rest of your body can't help but to feel and function better!

Chiropractic is a proven solution to helping people get well and stay well.