

THE SPINAL COLUMN

Spring Greetings to Everyone!

This time of year we tend to think of our health more than the usual. When you come in for your spinal adjustment, your doing the most important step in preparing for a healthy summer. Getting your body free of any nerve interference.

For those of you who haven't been in since 1987, our adjustment rates have stayed the same! What a small price to pay for so much good a treatment offers.

We've been in our new office about nine months now. About the same time it takes to have a baby, and the readjustment period sure felt like we were growing a new child! Come out a see the new facilities, check out the massage or colonic therapies.

For you video game aficionados, according to Dr. Gary Myerson, a rheumatologist, habitual players of video games run the risk of developing chronic problems in their hands, wrists and shoulders. In a study he and his associates conducted, 65% of the players in a video arcade had blisters, calluses, pain in joints or inflammation of a tendon due to playing the games.

A recent study of 13,000 elderly Americans by the National Institute of Aging noted that getting older doesn't necessarily mean getting sicker. The researchers found that rural Iowans, though older than their counterparts studied in two east coast cities (average age, 71), were healthier, required less help with their daily living activities and had higher scores on questions measuring mental alertness. A possible explanation—they smoked less, drank less and were more physically active, plus they participated more in social & recreation activities.



Hurrah! 25 percent of American adults now are former smokers, nearly the same number as the 28% who still smoke. Keep on throwing away those packs!

SMIDGENS

GOSH! I
HAVEN'T HAD
A
CHECK-UP
IN AGES
!



I WONDER WHY MY
DOCTOR HASN'T
PHONED TO REMIND
ME OF THIS ?!



WELL...IF HE
ISN'T GOING
TO WORRY
ABOUT MY
HEALTH...

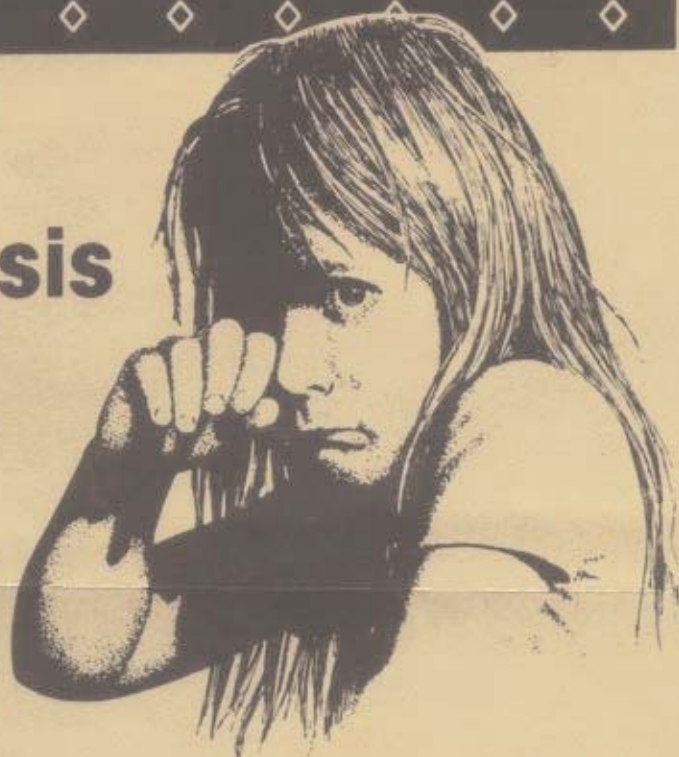


Bob
Corky
5-9

WHY
SHOULD
I
?



Nocturnal Enuresis Bed Wetting



"Mama...my bed's wet."

Does the child really not remember wetting the bed? Probably not. This is especially true if there is a diminished nerve supply from the brain to the bladder muscle (sphincter) causing it to be weak. Have you ever known someone having a slightly weak bladder muscle, that whenever they sneezed or laughed real hard, they would wet themselves? Would whipping or beating such a person make their bladder muscle tighter?

Bedwetting is high on the list of contributing factors in child abuse. Physical punishment has a very low cure rate. What it can and does do is create emotional instabilities for a lifetime.

The bladder is an expandable sac; as it fills, it expands.

The nerves to the bladder coming from the brain and spinal cord supply the muscle that keeps the exit duct closed. As the bladder fills, it triggers a series of nerve impulses to the brain informing it of its capacity. The brain, through a pain impulse, informs the conscious mind when the bladder needs to be emptied and our voluntary control takes over to allow the bladder sphincter (muscle) to relax and empty the bladder.

In the first few years of life a child is subject to many minor falls and injuries, especially when learning to walk. Occasionally a fall will cause a slight displacement of one or more vertebrae in the spine and create a slight squeezing

pressure on the nerves supplying the bladder. And the bladder, like an electric light bulb which only has a 60% electrical supply, would work—but weakly.

Consciously, the child can keep the bladder muscle closed, but when the child becomes unconscious, as in sleep, the weak muscle relaxes and the bed gets wet!

Is there relief from wet bedclothes? Is there relief from the child's embarrassment, anxieties and guilt?

Yes, yes, yes...and not just temporary relief. When the proper nerve supply is restored to the bladder with gentle chiropractic adjustments the bladder muscle becomes strong and "Mamma...my bed is dry!"

Imagine a city of one half million people, such as every man, woman and child in Denver. Now imagine the devastating effect on lives, the economy and the health care system if every one of them had a stroke. Thats the toll stroke will take in 1988 according to the AMA. About one third of that number will die, making it the third leading cause of death in America. How needless, when we know most could be prevented through improvements in eating habits. Don't become a statistic!

University of Arizona researchers for 14 years have checked the garbage from a retirement community outside of Tucson and from an affluent community near San Francisco. They've compared it against these people's reported diets and have found that people don't always tell the truth about what they eat. In summary, people have exaggerated their consumption of healthy foods and de-emphasized their intake of fats, sweets, alcohol and the like. There you have it, you never know if I have someone checking your garbage to see if you eat right!

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""You're not getting enough calcium.""

2% milk is actually 18 percent fat on a dry-weight basis and contains five grams of fat per 8-ounce serving, compared with eight grams contained in whole milk. Since the FDA currently considers low-fat food to contain less than 2 grams of fat per serving, 2% milk can't really qualify. "Only one percent, & one-half percent or skim milk is low enough in fat to reduce the risk of heart disease over a lifetime." I have a better idea, don't drink the stuff at ALL! Talk to me about the calcium controversy.

A post-workout massage can improve your performance the next time. Swedish exercise physiologist Nina Ash of Stockholm's Karolinska Institute studied eight cyclists. In a series of tests it was found that those cyclists who received 10 minutes of massage between tests, rather than 10 minutes of rest, did 11 % better on the next test. Ash believes part of the improvement came from increased blood circulation which diminished metabolic waste products such as lactic acid in the muscles. Part may also have come from the psychological effect of a relaxing massage.



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SEND IN THIS ENTRY FORM/ SURVEY FORM TODAY!
Drawing to be held on May 30, 1988

You could win 3 free treatments and up to \$25 worth of free vitamins. A combined value of \$100.00 ! Just fill in the blanks and answer the survey questions at the bottom. Mail or bring in your entry before deadline.

NAME _____

ADDRESS _____

PHONE # _____

WOULD YOU USE YOUR CREDIT CARD TO PAY FOR YOUR VISIT IF WE OFFERED THE SERVICE?

YES _____ NO _____

WOULD YOU COME IN MORE FREQUENTLY IF WE TOOK CREDIT CARDS? YES _____ NO _____

Thank You!