

THE SPINAL COLUMN

Summer Greetings,

The IRS loses two million documents per year, including checks, returns and your personal records. Just thought this would be a good attention getter.

A 1988 Nilson report cited the biggest cause of that year's bankruptcies as illness or injuries. 40% to be exact. Remember what I said last news-letter?

We have information about an insurance company that specializes in covering chiropractic and other alternative health choices. So if you're finished playing games with your company, give us a call for this company's phone number.

Everyone will have another opportunity to play softball at my place in the Fall. Get back to you soon with more details!

Researchers have discovered a higher incidence of Alzheimers disease in smokers vs non-smokers. Apparently there is a high amount of Aluminum in the tobacco which gets into the brain. Add this fact to the one I previously reported about the radiation in cigarette smoke.

Try this concoction. Fill a glass jar with peeled garlic cloves. Cover the cloves with raw honey and let the mixture sit at room temperature for 2-4 weeks. You can use this syrup for colds and coughs. Yum!

Please don't make collect calls to my office. They cost nearly \$3.00 per minute vs 8 cents for a direct call. Allen will be fully hooked up in EAS by early 1990, which will give everyone toll-free calling to my office from anywhere in the metroplex.

PRIVILEGED—information reports a survey of 100,000 frequent flyers found that the quality of airline food and beverages ranked only 11 out of the top 14 consumer concerns. More important than a meal that won't make you sick were convenient schedules, low ticket prices, safety, being on-time. I don't know about you, but I will order a fruit or vegetarian platter when I travel, it doesn't cost any more!

Physicians who own test labs prescribe 45% more tests for Medicare patients than other physicians. This deed uncovered by the inspector general for the Department of Health & Human Services.

Speaking of Medicare and the elderly, that group purchases 25%-30% of all prescription drugs, even though they represent only 12% of the population. They also account for 25% of all psychoactive drugs. Want to guess why these poor folks need so many drugs, especially those that fight depression? Keep living the abusive diet you're on, you'll know when you get there! Thanks to Dr. Meyer Glantz of the National Institute of Drug Abuse.

I have a short video done by a female MD on self-breast exam. Please let me loan this to you females. As a limited health care provider in the State of Texas, I cannot do these exams on you. You should do them regularly on yourselves anyway. Remember, most lumps are benign.

Send a referral in during August and get one free treatment that same month for yourself. Everyone needs Chiropractic, including children!

Last newsletter we discussed the value of more frequent chiropractic visits. I would like to categorize different body types and personalities to give you a better idea how frequently you should be chiropractically adjusted.

ONE VISIT EVERY SIX MONTHS if you eat at least 90% of the vegetarian-based diet I preach, take a multiple vitamin/mineral supplement, drink filtered water, get some form of exercise at least 3 times per week. You have no arthritis or back surgeries. You are not overweight.

ONE VISIT EVERY THREE MONTHS if you eat fish, fowl or red meat every other day, consume dairy or eggs more than 3 times per week each, take supplements occasionally, buy bottled water most of the time, exercise on weekends, feel you control stress moderately well, have occasional

morning or evening joint stiffness or aches. You are only 10 pounds overweight.

ONE VISIT EVERY OTHER MONTH if you eat predominately red meat, but have a few flesh-free days a week, consume dairy or eggs every day, take occasional supplements but pathetic ones such as Centrum, weekend sports only but with a beer or other treat as your reward. Feel stressed most of the time, with it affecting your personality, fatigue or get sore easily, more than 10 pounds overweight. You drink a variety of beverages more than water, which is not purified.

ONE VISIT PER MONTH if you eat animal flesh, especially red meat, every day. Consume dairy or eggs daily, take no supplements, eat little raw food and drink beverages with your food. Love sweets and fast food. Stress is killing you and you know it. No exercise or sports besides the TV or sex. Probably 25 pounds overweight. Your back is always sore when someone squeezes those shoulder muscles or massages the lower spine.

These are just guidelines and you may benefit by fitting yourself anywhere in this frequency, even increasing it to more than once per month. We will have no problem with your insurances paying for the treatments because if I find something wrong with you to manipulate, we have a diagnosis! Also, anytime something hurts, call for an appointment, even if the pain goes away in a few days, there could still be nerve interference causing a dis-ease process!

I wanted to place an interesting case history here, listing some miraculous change that occurred in a patient after chiropractic care. Believe me, I have plenty and will share them with you at a later date. However, I want to point out an observation about my animal patients, whether it be dog, cat or horse. Even if they have a bad diet by my standards, they still get well faster than most humans! I think it's due to the fact they are so innocent and don't know anything else but to be healthy. This should be a lesson about the value of believing in yourself and desiring full health. You can have it, just get rid of those doubts!

Research in the UK and Europe has found definite connections to autoimmune diseases such as Lupus, MS and Rheumatoid arthritis with certain types of bowel (colon) bacteria. The body builds a defense against these critters but the markers on the bacteria that the body uses to identify it resemble parts of your own body, and your immune system starts attacking you also! A very simple way to avoid this is to maintain a healthy colon by not having rotting mucous and putrefactive protein sludge living down there from a bad diet.

In a six-month experiment, only an average of nine condoms a week were purchased from 16 machines in the men's bathrooms on the campus of Michigan State University. You can interpret this any way you like.

Deadly flourides in our body, $\frac{1}{4}$ of which comes from our mass-medicated water supply, are in the news again. Seems the element displaces Magnesium and Calcium from the body, thereby destroying various enzyme systems dependent on those minerals. This links the substance to osteoporosis, crib death, Downs syndrome, Parkinsons disease, Lou Gehrigs disease and various birth defects.

The Federal government has been dragging its feet on starting a congressionally approved study of Chiropractic under CHAMPUS. When they finally figure out how to administer this thing, it will no doubt show chiropractic to be more cost-effective than standard medical approaches to most musculoskeletal problems now plaguing the millions of Federal employees currently being denied insurance coverage for chiropractic.

According to the "prestigious" New England Journal of Medicine, most drug companies run their human studies on Western populations only. This means they generally ignore ethnic variables in determining a drug's safety level. The problem is a certain race may be more or less sensitive to a drug than the white Americans typically studied. It turns out they simply extrapolated their data to the rest of the world under a false assumption. After all, if a lab rat can be used to represent a human, certainly there

should be no problem with different races. Guess again! Want to guess how many killed or disabled around the world over the years from this mentality?

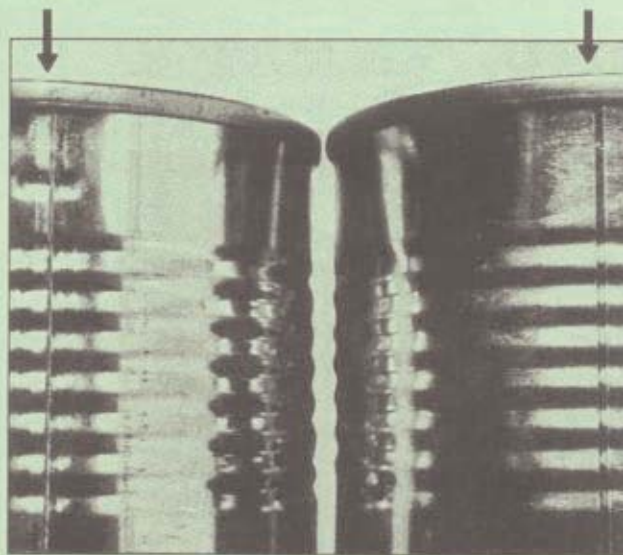
I want to keep thanking those of you who are sending referrals in. We'll always accept new patients since 1/4th of our patients move away every year and many others choose to come in only for immediate symptom relief, ignoring the benefits of lifetime chiropractic and its tremendous prevention ability. I know we give you thoughtful people a small discount off your bill and a thankyou call, but you know you do it so another life is helped. That's all we need to hold together our society in these troubled times, love for each other.

I'm going on vacation in August. The dates are August 10 thru 16, 1989. Even though you can reach someone minding the office or my home, I will be totally unavailable. Nancy will be at the office each morning a few hours for you to make appointments or pick up supplements. My back-up doctor for emergencies is Dr. Bryan or Christine Moore. They are on Spring Creek Parkway near Clark Stadium in Plano. There NUMBER is 424-7242.

Another interesting fact from the inspector general of the Dept. of Health and Human Services. Deaths due to drug reactions affect more people over 60 than any other group. Causes: Improper training of doctors practicing geriatric medicine, inadequate information on labels about dosage, adverse reactions to combinations of drugs prescribed by different doctors, sharing drugs with friends and relatives.

I suppose you realize that 80% of the Saturday morning t.v. food commercials advertise foods high in sugar. This from Dr. Nancy Cotugna, U. of Delaware.

We'll be back with another newsletter adventure in a few months. Spread the word!



Leaded (left) and lead-free seams.

SPOTTING LEADED CANS

Q: Is lead still used in the seams of food cans? If so, how can these cans be identified?

—Raymond C. McKay
New York, New York

Dr. T: According to industry data for 1987, lead solder is used in about 20 percent of all cans filled in the U.S. That's down from 90 percent ten years ago. There are no figures for imported cans.

Lead-soldered cans are usually made by crimping or overlapping the edges of the seam and filling the joint with solder. That's why leaded seams tend to be messy. Lead-free cans generally have either no seam or a smooth one.

If you run your finger down the seam and feel unevenness through the label, odds are lead solder has been used.

It's a good idea to remove food from cans as soon as you open them. Tests have shown that the lead content of acidic foods (like fruit juices and tomatoes) increases when they are stored in open leaded cans.

Even low doses of lead may cause babies to be born prematurely or underweight, impair the mental abilities of children, and raise blood pressure.

Denito Chiropractic Clinic

727-8947

Dr. James Denito, D.C.

M,W,F	9:30 - 1:30,	4:30 - 8:30
T		4:30 - 8:30
TH	9:30 - 1:30	
SAT	9:00 - 12:00	3:00 - 7:00

On Hwy. 5 Btwn. Plano & Allen