

# THE SPINAL COLUMN

Good Day to all!

Congratulations to all those who have entered into our weight-management program. The world is a little lighter because of your efforts. One of your rewards will be a substantially longer lifespan.

That's good news, because it costs @ \$1,000 more to die in the US than being born! Oh, by the way, if you want a cemetery plot and stone, add another \$1,500. I prefer cremation.

How you get in the ground is a matter of choice. According to the Journal of the AMA, patients without insurance are 3 times more likely to die in the hospital than those with coverage.

Don't die in a car accident by way of a sinus attack. Standard doses of over-the-counter antihistamines can impair driving as much as several alcoholic drinks. Reaction time more than doubles in drivers who took antihistamines, slowing to intervals associated with blood alcohol levels of legally drunk!

You can try running to get to your destination, especially if you run backwards, which helps tone abdominal and back muscles, quadriceps and hamstrings. It won't help tone your butt muscles any better than forward running. Sorry!

Many of us fly to our destinations, especially if our company sends us to the four corners of the globe. Now, about those frequent flyer miles, seems only one in four companies considers them company property. So if we get to use them, why is it since the inception of the award programs in 1981, flyers have earned 875 billion miles or points, but 630 billion remain unused? I'll be happy to use anybody's!

Carpal tunnel syndrome of the wrist is now the second most frequent surgery now performed in the US, second only to the female D & C. Most of the trouble comes from the frequent use of keyboards by our information-driven society. Chiropractic with proper nutritional supplements can resolve most of these without surgery. The symptoms are pain and/or frequent numbness of various parts of the hand or fingers. Give me a call.

But according to Blue Cross & Blue Shield, only 9.8% of carpal tunnel repairs are unnecessary. They did find 21.5% of hysterectomies were not necessary. Also found 12.6% of spinal laminectomies and 10.6% of hemorrhoidectomies were done for no good reason. I can think of a few reasons they were done, can you?

Of course, sometimes we do choose to get a few of those wonderful surgical procedures done under our own free will. I'm referring to 620,000 Americans who have silicone implants (primarily breast), compared to a mere 460,000 walking about with pacemakers. Thanks to USA Today study.



*"It's pretty depressing. Wilcox: 24,312 dead guinea pigs and still not a clue as to why we killed them."*

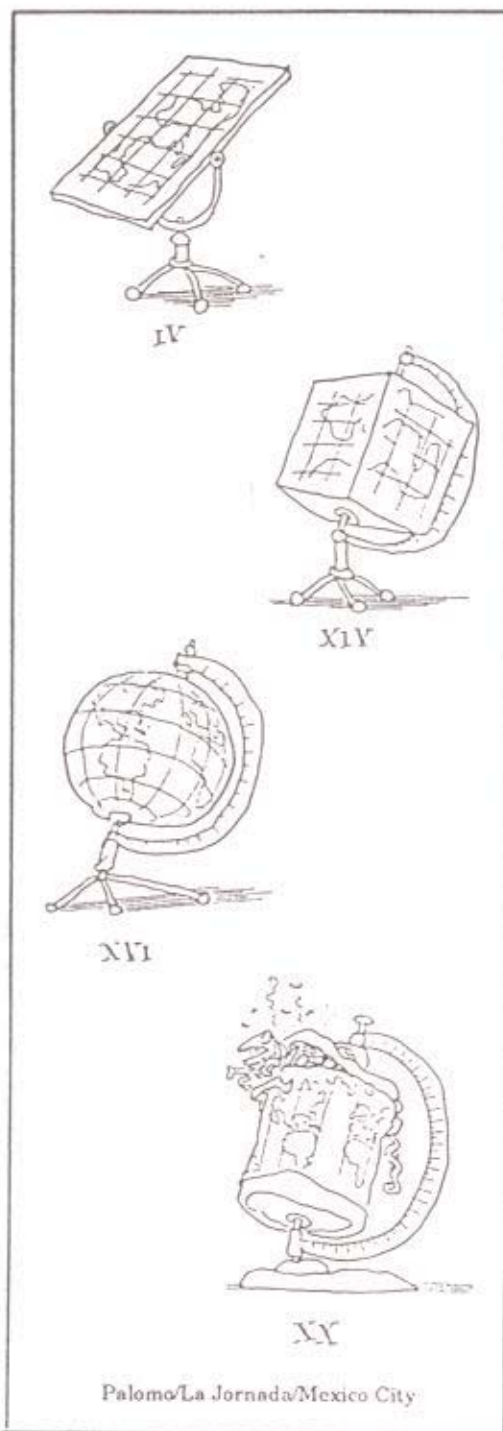
The following information was provided by one of my chiropractic suppliers, Meyer Distributing Co. I still want everyone to remember that with good diet, the only need from exercise is flexibility, body-brain open communication, and muscle circulation. The stuff below is for those of you wishing to be athletes or compensating for bad diet!

Exercising places extraordinary demands on the human body when compared to resting. It is a marvel of evolution that our bodies can adapt to such a wide range of energy expenditure, with little or no harm to health.

- In isometric training, a muscle group is generally working against resistance, and little movement occurs. Although great gains in strength and size of the muscle may be achieved, little general effect is derived by the rest of the organ systems.
- Aerobic, or "dynamic" exercise, involves the abrupt need for increased amounts of raw fuel. Some tissue, notably skeletal muscle, may increase its metabolic rate up to 4000% or more during vigorous exercise!
- Most adults have enough energy in storage to perform the equivalent of about a five or six mile jog. Any energy required after that comes from the breakdown of fat tissue through the action of adrenaline and other chemicals.
- Aerobic exercise seems to have an insulin-like effect on the body, mimicking many of the effects of that chemical by lowering blood sugar and increasing breakdown of fatty tissues. Most diabetics notice that their insulin requirements decrease when they exercise.
- Instead of pumping the usual 4 or 5 liters of blood each minute at rest, the heart may pump as much as 20 liters each minute during exercise.
- Naturally, there is a limit to the maximum heart rate you should have while exercising, and a commonly quoted rough estimate is to subtract one's age from 220 (beats per minute).
- The degree of exercise necessary to cause change is in the range of three to five weekly workouts, each of which should achieve at least 75% of the predicted maximum heart rate for periods of time exceeding 20 minutes continuously. For most sedentary adults, this must be achieved gradually.
- The degree of training results are often measured by the ability of a person to consume oxygen during exercise. Alas, within 3 or 4 weeks of discontinuation of exercise, much of the progress begins to decline markedly.

Of course, exercise can be great at smoothing our emotions. Dr. Howard Friedman, of U. of CA reports depressed, anxious, angry or hostile people are twice as likely to suffer a heart attack, asthma, arthritis or headaches. So, if you fit the description, you better start aerobic exercising to avoid the above health pitfalls.

If you need some energy to workout, please don't turn to caffiene sources. Try sniffing the aroma of peppermint, lilly of the valley or citrus extracts. Carrying a little bottle of the stuff adds new meaning to taking a little nip now and then! Let me know if you find others that work.



Put 8 ounces of water in a glass measuring cup, and microwave it uncovered on high till the water boils. If it boils in less than 3 minutes, the wattage on your oven is 600-700. 3-4 minutes is a 500-600 watt oven, and over 4 minutes is less than 500 watts. Why do all this? Because the people at the Campbell Microwave Institute say most food packages are labeled with cooking instructions for 600-700 watt ovens. We just want to make sure no salmonella poisonings occur!

# Breathing Isn't Always Easy



If you have ever been in a situation where you couldn't breathe, like under water just a little too long or in some kind of a smothering situation, you can begin to get an appreciation for what the sufferer of asthma, bronchitis, emphysema or pneumonia may go through when they can't breathe.

Most of us are aware of the fact, that whenever there is kidney failure to any degree, the body will attempt to adapt by eliminating excess liquid waste through the lungs, skin (sweating), bowels (diarrhea), etc.

Under normal circumstances the lungs will excrete approximately two teacupfuls of water a day. If more than that amount builds up in the lungs, the lungs will tend to become congested and inflamed. Then the least bit of pollen or chemical irritation (including excessive congestive foods) may result in symptoms of asthma, bronchitis, emphysema or pneumonia.

In an attempt to help rid itself of these excess fluids, the body may also react with excess sweating or diarrhea.

The body's eliminative system is composed of the lungs, skin, mucous membranes, kidneys and bowels and is controlled by the nerves from the brain down through the spine to the various organs of elimination. Any irritation or interference to these nerves would result in less than 100% function.

Then air pollution, diet and stress would all be possible contributing factors to an individual's inability to breathe comfortably and normally.

To insure proper elimination of the body's waste byproducts through all the organs of elimination, it is very important that the nervous system is functioning 100%.

If you know of someone suffering with breathing problems, please tell them to call our office now for an appointment. Normal breathing may only be a phone call away!

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## I DON'T THINK I'M HURT

Whiplash injuries to the head and neck as a result of an auto accident may not be readily apparent immediately following the accident. Recurring headaches may not show up until weeks or months later and arthritic aches and pains as a result of the accident may take years to appear.

To avoid having to pay for needed care at a later date out of their own pocket, accident victims should have a chiropractic check-up immediately following an accident to substantiate any injury with their own or the other party's automobile insurance.

