

THE SPINAL COLUMN

Dear Good Patient,

This first newsletter for 1992 starts out more like a letter to a friend, for that is what I like to think of all of you out there. As a friend, I must tell you, with complete honesty, what is on my mind. Frankly, I'm very concerned about a wide array of issues, the most important of which is the health care crisis in America. I have always said, when you take responsibility for yourself, your body, through seeking the optimum health you are capable of, that the rest of the things take care of themselves. The main pathway to a return of your health is through the diet. The vegetarian oriented profile automatically creates a stronger economy, a cleaner environment, a less hostile society, elimination of worldwide food shortages, and a greater you! Perhaps even more important is the diet's role in reducing the odds of getting a structural problem, especially of the spine, where my job is primarily focused. Once we have a spinal nerve interference pattern, we have a reduction in some aspect of the body's function, a loss of your optimum health.

When this happens, sometimes you'll receive a warning sign, such as pain, numbness, tingling, burning, itching. Unfortunately, most times you'll never have such an obvious clue. It is these subtle spinal nerve interference points that only a check-up in my office can find. A simple manipulation can correct these problems, before they reach the signs I described above, before your overall health is reduced. Your visit will be a gentle reminder about the role of diet, exercise, in the prevention of a future recurrence. The changes your body receives on one of these visits, the knowledge of prevention, is the key to our entire country's health care crisis! Think about it. You can watch our elected officials and corporate power brokers haggle over a dozen ways to implement a national health care system, but none of them will fix the problem. They might buy us a few more years of time, but you will know the answer! Do not let the answer slip away, come in for those visits, put your health and the future of the world first. Send in as many friends, or strangers, as possible for the benefit of Chiropractic!

National Health Expenditures

	1960	1970	1980	1988	1989	1990
Percent Distribution						
National Health Costs	100.0	100.0	100.0	100.0	100.0	100.0
Private	75.5	62.8	58.0	58.4	58.1	57.6
Public	24.5	37.2	42.0	41.6	41.9	42.4
Federal	10.7	23.9	28.8	28.7	29.0	29.3
State and Local	13.8	13.3	13.3	12.9	12.9	13.1
Percent of Gross National Product						
National Health Costs	5.3	7.3	9.2	11.2	11.6	12.2
Amount in Billions						
National Health Costs	\$27.1	74.4	250.1	546.0	602.8	666.2

Source: Health Care Financing Administration, Office of Actuary: Data from National Center for Health Statistics. (Numbers and percents may not add to totals due to rounding.)

Look at the chart to the left! This is part of the craziness in our health care system. The two trends to notice are the increasing % of our GNP, and the increasing % of care provided by the government. I'm getting a little tired of subsidizing the poor health habits of my fellow citizens.

The system is based on unnecessary operations, dangerous drugs, unhappy patients suing their doctors, useless bells and whistles technology that continuously chases the effects of bad health, not the causes.

Medicaid is now the 2nd highest spending category in all State's budgets, passing higher education for the first time. It's now averaging 12% of each State's budget.

A bunch goes to the nursing home industry. This type of care is eventually needed by 40% of the elderly, where 2/3rds run out of money in 13 weeks!

But let's change the subject & talk about what you get in my office. You get 9½ years of experience on over 38,000 visits of 3,000 patients, that collectively have had over 100,000 vertebral manipulations done safely and expertly. You get my time on the phone (no charge) to answer any healthcare questions. You get 15-18 minutes with me on each visit. You get a complete health care professional that wants to keep you healthy.

You get to pay a little more for all this as of 2-1-92. I don't expect our fees to go up any more for 4-5 years, if the country's still here by then. The average fee will increase by \$5-6. I'm still proud to charge an average of \$5.00 less than my colleagues. I think you know by now who will do more for you on a chiropractic visit.



Vitamin C

An Important Key to Wellness

Only five years ago, most of the information published about vitamin C centered around prevention of the deficiency disease scurvy, as well as suggesting that vitamin C might also offer increased resistance to the common cold.

Today, a flurry of international research is flooding scientific journals and nutrition newsletters with articles connecting vitamin C to everything from supporting efficient immune function to enhancing protection against many degenerative diseases, including cancer. The research evidence these articles report clearly points to vitamin C as one of the first lines of defense the body employs to protect itself against disease.

C = Cell protection

The crux of vitamin C's protective power is in its antioxidant effect. Vitamin C appears to neutralize free radicals — unstable, potentially harmful oxygen molecules created continuously as by-products of metabolism. Researchers think that cell damage caused over time by free radicals plays a significant role in the development of some of our most threatening degenerative diseases: Cancer, stroke, cataracts, arthritis, and atherosclerosis.

Vitamin C traps free radicals in the water-based systems of the body before they can reach the fatty layers of cell membranes and cause damage. In addition, it was recently discovered that vitamin C exerts a protective effect over other antioxidants as well, sparing their activity for later use.¹ One study shows that vitamin E antioxidant activity does not begin until the vitamin C supply is depleted.² And other research indicates that vitamin C actually regenerates vitamin E, reactivating its antioxidant capabilities after they have been used up neutralizing free radicals.³

Perhaps the most exciting new finding shows that even when cellular oxidation damage has begun, the introduction of vitamin C can help inhibit further damage.⁴ In other words, it's never too late to begin assuring your diet provides an abundant supply of vitamin C every day to protect your health.

Getting enough C

Because vitamin C is a very fragile nutrient and easily destroyed during food handling and preparation, it is difficult to know just how much you are receiving from the food you eat. Vitamin C also dissipates during storage; whether in your grocer's pro-

duce display or in your refrigerator, some portion of vitamin C in the food you buy is lost every hour between harvest and consumption.

There are also many factors that affect the amount of vitamin C your body needs. Because vitamin C is involved in the utilization of energy, it can be depleted by stress and strenuous exercise. C is also essential for healthy immune function and is required by the body in higher-than-normal amounts to combat illness, injury, and infection. Smoking and exposure to toxic substances have also been shown to drain vitamin C.

The current U.S. Recommended Daily Allowances for vitamin C are based on the vitamin's role in tissue building and repair and do not reflect the most recent studies concerning C's remarkable antioxidant properties. The health significance of these new findings has prompted some researchers to propose a daily intake of 1000 mg of vitamin C as a "conservative recommendation" for cancer prevention.⁵

Choosing the best C supplement

For years, scientific studies have repeatedly shown that vitamin C alone does not yield the same benefits as vitamin C in the natural form of citrus fruit. That's because the vitamin C in fruit is accompanied by a whole array of nutritional factors called bioflavonoids which have been shown to provide an antioxidant effect separate from vitamin C.⁶ For example, in one study 35 percent more vitamin C was absorbed and utilized by the body when it was part of a natural citrus extract containing bioflavonoids.⁷

All Neo-Life vitamin C products contain Neo-Plex concentrate, an exclusive whole citrus base delivering everything that accompanies vitamin C in fresh citrus fruits. Neo-Plex Concentrate is your assurance that you are getting all the benefits of vitamin C and the nutritional factors that accompany it in nature.



Choose the Neo-Life vitamin C product that best suits your needs:

#172 Neo-C (100 mg/chewable tablet). Lemony flavor; ideal for children.

#170 Powdered C (1000mg/2 level tsp). Mix with beverages or sprinkle on food.

#178 Hi-C (300 mg/chewable tablet). High potency.

#197 Threshold Controlled Vitamin C (425 mg/tablet). Sustained release for 'round-the-clock' protection.

#195 All-C (200 mg/chewable tablet). With rose hips and acerola cherries.

1. Frei B., England L., Ames B. *Proceedings of the National Academy of Science*. 1989;86:6377-81.

2. Niki E., Tadatashi S., et al. *Journal of Biological Chemistry*. 1984;259:7:4177-82.

3. Frei B., et al., 1989.

4. Frei B., et al., 1989.

5. Watson R., Leonard T. *Nutritional Reports International*. 1986;33:711-20.

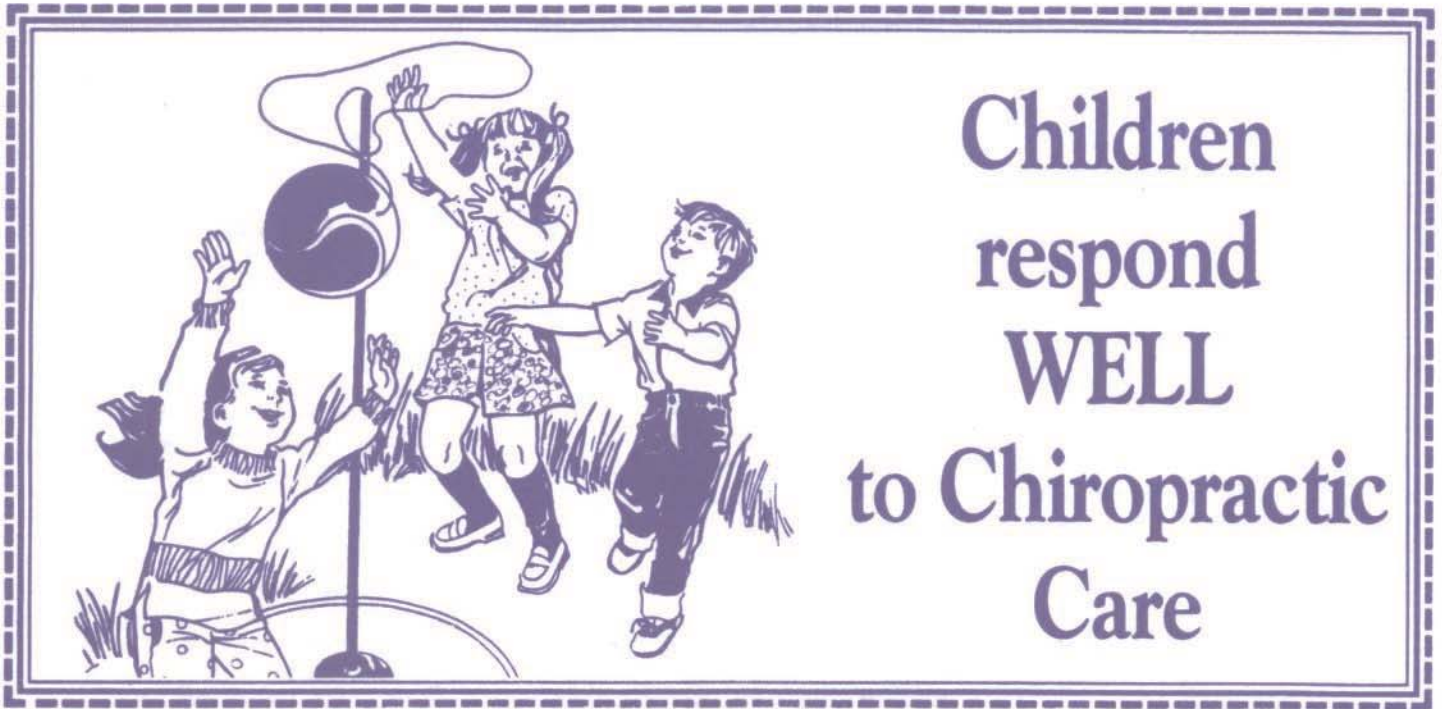
6. Ratty A., Das N. *Biochemical Medicine and Metabolic Biology*. 1988;39:69-79.

7. Vinson J., Bose, P. *American Journal of Clinical Nutrition*. 1988;48:601-4.

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