

DENITO CHIROPRACTIC CLINIC, P.C.

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Summertime Greetings!

It's been over 8 months since the last newsletter, but you probably saw the long interval coming when I announced last time my son's birth. He is a challenge to my time, and he deserves every minute of it. But as Jim Roskopf said, "Life is just so time consuming."

On the subject of children, there were (I believe they're still alive) siamese twins born in Russia, that shared every single organ and system in their one body, except one thing: they each had their own spines. Now, the interesting thing is each would not suffer a sickness at the same time, or even the same sickness. The only thing other than the health of their individual spinal systems to account for this would be the differences in their personalities. Still not sure how powerful chiropractic can be?

Well, those who do not go to chiropractors in the USA use over 25,000 prescription drugs, and over 200,000 over the counter drugs. That translates into 2.4 billion annual prescriptions written, making the average family have 29 different drugs in their medicine cabinets! The medical profession is willing to admit that a mere 1.6 million people per year are admitted to hospitals for no other reason than an adverse reaction to a prescription drug. 160,000 of those people die! Aspirin alone is responsible for 2,000 of these deaths, and is the leading cause of kidney disease. Are you helping the aspirin tally reach 19 billion tablets a year, which is 15 tons per day! The elderly are a big part of the drug phenomenon, whereby 2 million people over the age of 60 are addicted to drugs, and 163,000 are constantly mentally impaired due to their prescriptions. To end this section, I'll quote the drug company Eli Lilly, "A drug without a side effect is not a drug at all." No where but America folks, no where!



"I hate giving these injections. Look at my hands shaking."



"This should keep you going while I'm on vacation."

Let's get a little nutrition education thrown in here. First, use the BMI chart to the lower right to find out how fit or fat you are. Most of us need look no further than the mirror without our clothes on to know whether we're in shape. Charts like this become necessary however to help those who refuse to look at themselves. As a matter of fact, it's easier to look at your other family members and find blame. Erma Bombeck said, "I come from a family where gravy is considered a beverage." Hey, I came from a junk food laden household, which was created by us kids and tv. brainwashing on Saturday morning, but I changed! You can do it!



Linger

"Have you heard that expression, 'You are what you eat'?"



"Your skeletal structure can't support your weight anymore."

What's Your BMI?

For years, researchers have been using the Body Mass Index (BMI) of their subjects to help predict, among other things, how likely they are to develop certain diseases . . . or even for how long they're likely to live. The Canadian armed forces now use the BMI instead of weight in assessing the health of their members. And the National Institutes of Health have told US doctors to use it, too.

So what is this magic number?

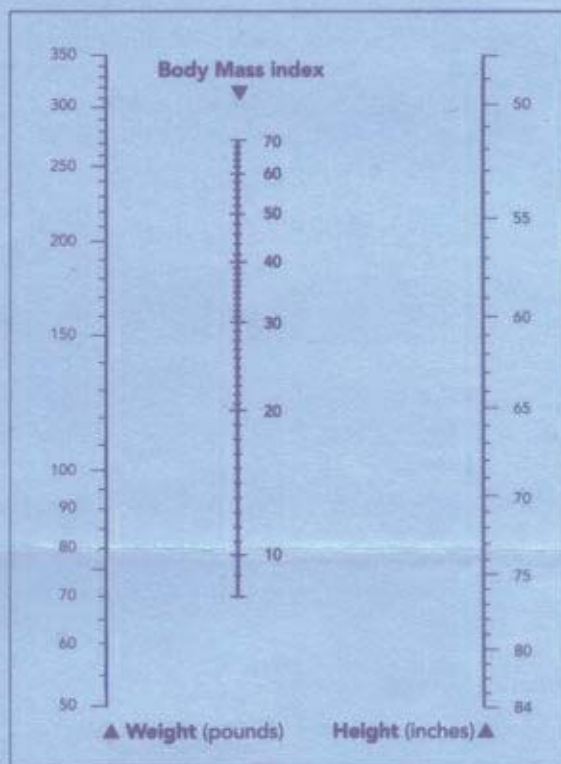
Your BMI is your weight—in kilograms—divided by the square of your height—in meters. (Don't worry, we've converted it to pounds and inches.) Because the BMI takes into account how tall you are, it's more useful than just weight in figuring out if you're too fat.

Here's how to determine your BMI:

1. Using this chart, make a mark next to your weight (without clothes) along the left-hand scale.
2. Then make another mark next to your height (without shoes) along the right-hand scale.
3. Draw a line connecting the marks. The point at which the line crosses the Body Mass Index scale down the middle of the chart is your BMI.

What Your BMI Means

- Below 20: You're fine, if you're in good physical shape and if you aren't suffering from a disease—such as cancer—that's causing you to be underweight.
- 20 to 25: You're doing something right. People in this group live the longest.
- 26 to 30: You're overweight, and have an increased risk of developing high levels of blood cholesterol, blood pressure, blood glucose, and blood insulin.
- Above 30: Consider yourself obese. That makes you more susceptible to diabetes, coronary heart disease, cancer, and diseases of the digestive tract.



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Quoting Thomas Jefferson 200 Years Ago

"If we run into such debts as that we must be taxed in our meat and in our drink, in our necessities and our comforts, in our labors and our amusements, for our callings and our creeds, as the people of England are, our people, like them, must come to labor sixteen hours in the twenty-four, [and] give the earnings of fifteen of these to the government for their debts and daily expenses; and the sixteenth being insufficient to afford us bread, we must live, as they now do, on oatmeal and potatoes; have no time to think, no means of calling the mismanagers to account; but be glad to obtain subsistence by hiring ourselves to rivet their chains on the necks of our fellow sufferers.... And this is the tendency of all human governments. A departure from principle in one instance becomes a precedent for a second, that second for a third, and so on till the bulk of the society is reduced to be mere automatons of misery, to have no sensibilities left but for sinning and suffering.... And the fore horse of this frightful team is public debt. Taxation follows that, and in its train wretchedness and oppression."

The proof is in, millions of Americans are using their local hospital emergency rooms for primary care. The first national survey of its kind showed 55% of the 90 million visits made to emergency rooms in '92 were for "non-urgent" conditions. The ER is becoming the family doctor for too many Americans and you don't get the timely and preventive services that come with regular medical care. The cost is three times higher than visits to the doctor's office. People 75 and over had the highest rate overall. The age range of newborns to 24 had the highest rate of non-urgent visits, making 61% of those type of visits. Blacks visited ER's almost twice the rate of Whites. The government paid 47% of all visits, and private ins. 36%.

Did you really read the marvelous quote from our past great president? Did you contribute to the growth of public debt? I am convinced we all do when we live and eat an unhealthy lifestyle. It may come as a surprise to some of you, but the one trillion dollar health care bill for 1994 was nearly $\frac{1}{4}$ paid for by US taxpayer money, thru Medicare, Medicaid, public clinics and hospitals, ambulance or paramedic calls, college research grants. I could go on, but get healthy and you help to decrease our government's expenses. Did one raindrop ever consider itself responsible for the flood?

Just to fill in space, put 2-3 non-self-starting charcoal briquettes in your refrigerator, it should give baking soda a run for the money. After all, you did decrease bar-b-queing?!



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the back down will help to
make us all -- *Healthy,
Wealthy and Wise!*



**Don't Let A Friend
Suffer Needlessly**

**— Be A Friend —
Tell A Friend
About Chiropractic**