

# DENITO CHIROPRACTIC CLINIC, P.C.

Blueridge Office Center • 1024 S. Greenville Ave., Suite 100 • Allen, Texas 75002 • 727-8947

Dr. James Denito, D.C.

February Greetings!

I held off on this newsletter until I had the dates for the Chiropractic television documentary. See the enclosed insert for the days and times to watch this important television event. It will make you proud of what the Chiropractic profession stands for, and acutely aware of how much we have to do yet to get America healthy. The documentary was filmed as part of the chiropractic centennial of 1995. Even though I'm not in it, our office has many such stories of miraculous successes, especially on children.

Children are such a big part of the world's future, they deserve so much more than we've given them. 2/3rds of all American children suffer from middle ear infection by age 2. It is the most common diagnosis of children, and the second most common diagnosis in medicine! The medical approach using antibiotics and/or ear tube surgery has been found ineffective or unnecessary in the majority of cases. My care involves gentle upper neck adjustments, removal of food allergins (typically wheat, dairy, sugar) for a period of time, and possibly some nutritional supplements. Results can be evident in hours to a few days! MD's can't touch this kind of success. The most difficult part of care is learning new food habits. The patient isn't the only one trying to learn new habits. The farmers are going thru an evolution towards organic produce and more variety of grains. While it is typical for an American farmer to raise wheat, he/she only gets 4¢ for the wheat that makes a loaf of bread(one pound) sell for 75¢. How much longer would you do this if it were your vocation?

Look closely at all the information contained in the inner pages. These charts are put out yearly, and usually show the prior 20 years of our food behavior. From a vegetarian standpoint they look bad, but even sugar is horrible, and it's vegetarian! Stop the MADNESS, control your addictions!

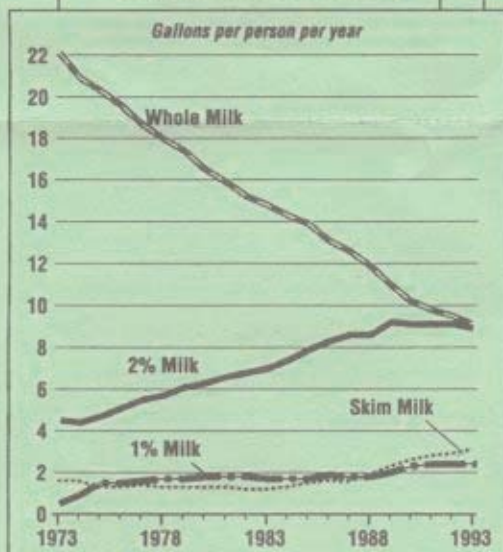


# The Changing American Diet

BY BONNIE LIEBMAN

## MILK: B+

The good news: Skim and 1% fat milk continue to inch higher and whole milk continues to fall. The



bad news: whole and 2% milk (which isn't really low-fat) still account for 77 percent of the milk we drink. What's more, we're drinking less milk of all kinds since the USDA started keeping records in 1910. Why? Our graph on soda may hold a clue.

It's report card time. So, using the government's latest data (through 1993), we've graded the nation's eating habits. The results: We're barely scraping by with a C+ average.

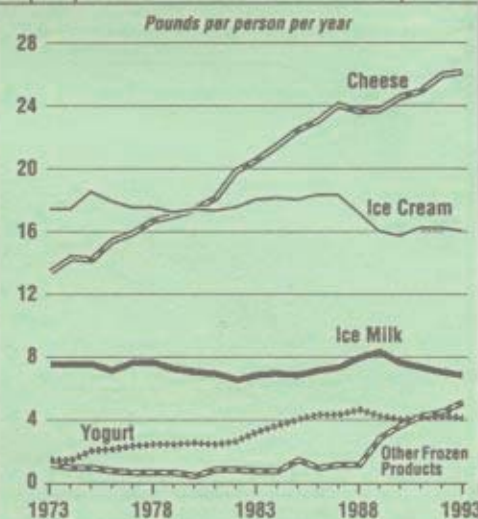
The grades rate both what we eat and—more importantly—how we've changed what we eat over the last 20 years. For example, even though we still eat too many eggs (cholesterol-rich egg yolks, actually), they got an "A" because we're eating fewer of them.

The charts overestimate what people actually eat, because they include the food that gets thrown away...before or after it reaches our plates. Nevertheless, the figures are computed the same way each year, so comparisons are reliable.

In fact, the USDA's oldest records, dating back to 1910, can sometimes teach us the most. For example, we're eating 20 pounds more sugar and other sweeteners than we did in 1973, but around 70 pounds more than we did at the turn of the century. Flour and grains are up, but we're still eating a hundred pounds less than we did in 1910. Indeed, for many foods, what our great-grandparents ate is what we should be shooting for.

## DAIRY PRODUCTS: C-

Cheese, most of it fatty, has doubled since 1973. It's now at an all-time high...and not because people are packing more Swiss-on-rye for lunch. Mozzarella (pizza cheese) explains much of the



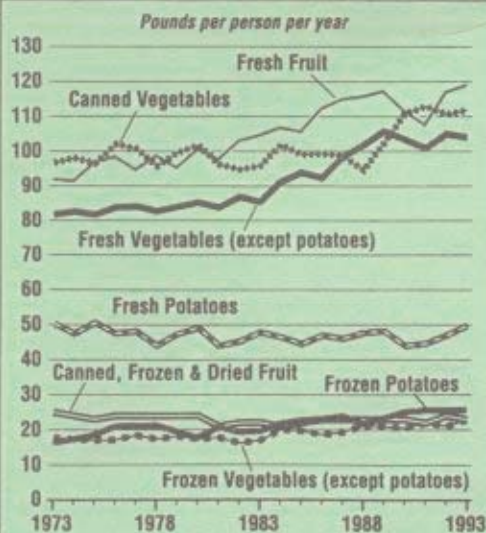
increase. Yogurt (which was barely visible before 1970) has held steady since 1985. Ice milk (used mostly in fast-food shakes and soft-serve cones) had its big jump in the 1950s and 1960s. "Other Frozen Products" (mostly low-fat frozen yogurt) are up smartly.

## FRUITS & VEGETABLES: A-

While we continue to eat more fresh vegetables, the only ones that weigh in at more than ten pounds per person per year are potatoes (83 lbs.), lettuce (28 lbs.), onions (15 lbs.), and tomatoes (14 lbs.). Not carrots (8 lbs.), not sweet potatoes (4 lbs.), not broccoli (3 lbs.).

White potatoes account for a fifth of all the vegetables we eat, yet we're still about 100 pounds short of what we ate in 1910. Maybe that's a good thing; one out of two tubers now ends up frozen—that means greasy french fries.

Fresh fruit also appears to be in a long-term uptrend. The only members of the more-than-ten-pounds-per-person-per-year club: bananas (27 lbs.), apples (19 lbs.), oranges (14 lbs.), and watermelon (13 lbs.—if you count the weight of the rind).



Source: *Food Consumption, Prices, and Expenditures, 1970-93, Statistical Bulletin No. 915, U.S. Department of Agriculture.*

### SWEETENERS: F

Pounds per person per year

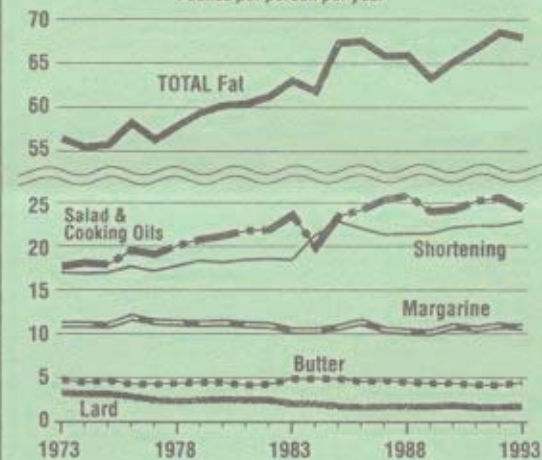


It's a bull market in sweeteners: everything is up...including waistlines. You'd think that more artificial sweeteners would mean less sugar and other refined sweeteners. Don't bet your aspartame on it. Over the last ten years, refined sweeteners jumped by 20 pounds per person. The American sweet tooth is out of control—just one more reason more of us than ever are obese.

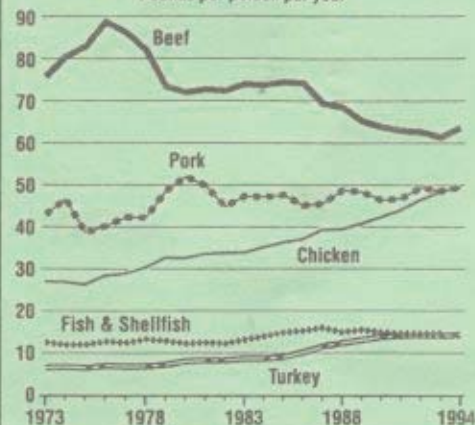
### FATS & OILS: D+

In the 1950s, (cheaper) margarine overtook butter and shortening outpaced lard. Those shifts relieved our arteries of unwanted saturated fat, but we could do better. For one thing, the *trans* fat in margarines and shortenings (mostly hidden in fried foods and fatty baked goods) still threatens our hearts. For another, the total amount of fat we eat—like the average American's belly—is still swelling. Coincidence?

Pounds per person per year



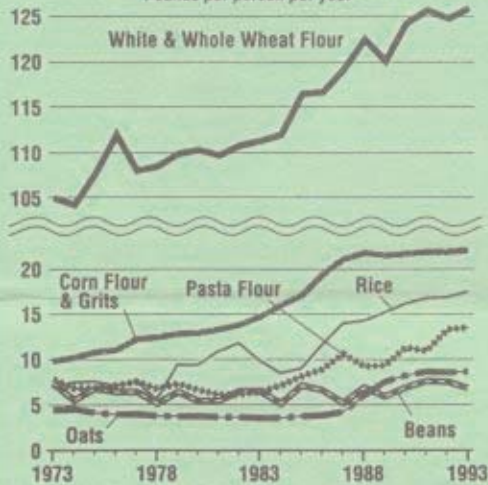
Pounds per person per year



### MEAT, POULTRY, & FISH: B-

While we still eat more beef and pork (about 110 pounds a year per person) than poultry and seafood (about 80 pounds a year), the trends are looking good. Over the last six years, we swapped five pounds of beef for ten pounds of chicken. If only much of that chicken didn't end up, skin and all, battered and fried in artery-clogging shortening.

Pounds per person per year



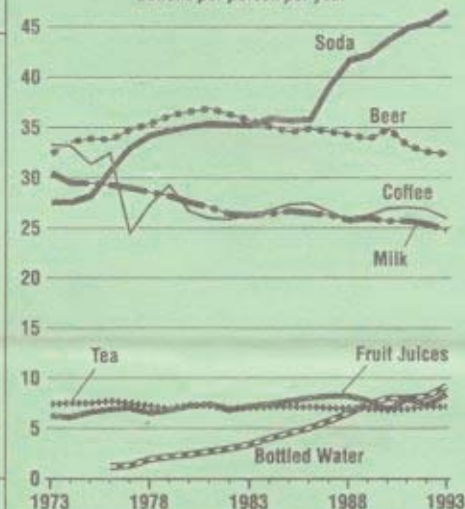
### FLOUR, GRAINS, & BEANS: B

In 1910, our grandparents ate about 300 pounds of flour and cereal grains. While we eat less than 190 pounds a year, that's up 50 pounds since the century's low in the early 1970s. Unfortunately, some of that increase is in cakes, cookies, doughnuts, and pastries rather than pasta, bread, and cereals.

### BEVERAGES: D-

We now drink almost twice as much soda as milk or coffee, and five times more soda than fruit juice. You think most of it's low-cal? Think again. Some three out of every four cans or bottles of soda contain sugar. As far as sales go, only beer comes close to "the real thing." Where's it going to end?

Gallons per person per year



Eggs per person per year



### EGGS: A

We're still on an egg roll. Since our 403-per-person-per-year peak in 1945, eggs have fallen steadily, although the curve seems to have flattened out in the 1990s. We now swallow 236 eggs a year—less than one a day. Both concerns about cholesterol in the yolk and breakfast-on-the-run are responsible.

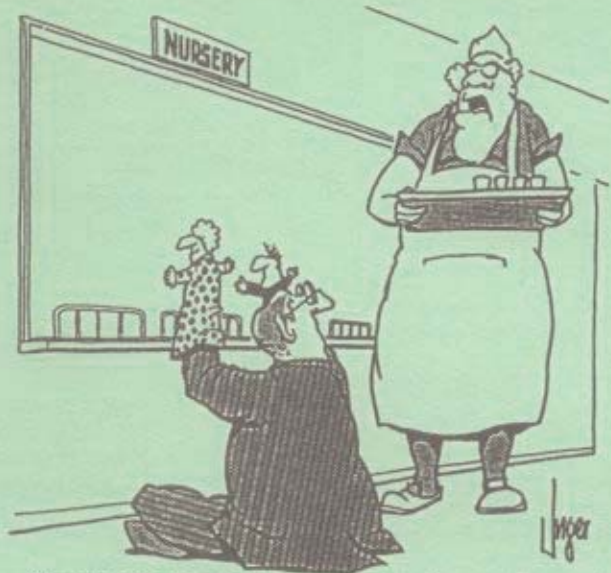
Dento Chiropractic Clinic, P.C.  
1024 S. Greenville Ave. Suite 100  
Allen, Texas 75002

Address Correction Requested

U. S. Postage  
**PAID**  
Allen, TX  
Permit #151  
Presorted



*The sciatic nerve causes your back pain. Medicare gives me a pain a bit lower.*



"Your wife took the new baby home in a cab an hour ago."



"If you remember, I did mention possible side-effects."



"You've got Egyptian flu. You're going to be a 'mummy.'"