

Tid Bits

A CSI Publication

"Achieving maximum output"



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2004

1ST Quarter

Quote of the Month

“People who promise things that they never give are like clouds and wind that bring no rain.”

- Proverbs 25:14

Office Staff News

Stephanie is Back! For those who remember Stephanie (Betty's daughter), she has returned to the area and will be coming back to CSI to run the front desk. We are so happy to have her smiling face and loving attitude back at the front desk. With Betty as the office manager/assistant Biller, the office energy is on the climb! Stephanie and her husband Todd moved back to the area several months ago. We are lucky to have her back and we look forward to providing you the best service of any office in the Conejo Valley and beyond. ☺

My OTC Experience

As many of you know, in July of 2003, The U.S Olympic Advisory Committee for Sports Medicine selected me to participate in a Sports Medicine internship for two weeks at their facility in Colorado Springs, Co. The experience was fabulous! As the only Chiropractor working with over 200+ athletes the challenges and rewards were great. It was an opportunity of a lifetime, to work with some of the Nations best athletes and then see the affect of your performance in real time. I was able to modify techniques that improved athletic performance and reduced recovery time. The two-week

internship was in essence, a two- week audition. Evaluated by the permanent staff, you were “judged” on skill, overall knowledge, ability to work well with other staff members and then the big one; the athletes themselves evaluated you.

If you performed well, you will then be asked to travel with various Olympic Teams to cover Olympic qualifying events. Eventually, you may be asked to cover a full international Olympic Games.

On December 12th I received the letter stating that I had been selected to continue to the “next level”. Due to an Olympic Year I will probably not get my next assignment until 2005. I was very excited to know that I will continue to work for the best athletes the U.S. has to offer and support both the athletics and country that I love. Thank you all for your support. ☺

Review of Literature

Chiropractic and Colic “a winning combination”

A Danish Study of Infants with colic found that spinal manipulation greatly reduced symptoms in 94% of the babies. This was after an average of only 3 treatments over a 2-week period. Medication, changes in diet, and other treatments had failed to reduce symptoms in these newborns. ☺

Journal of Manipulative and Physiological Therapeutics 1989

Announcing Advanced Sports Medicine at CSI

Dr. Terry has just acquired a PL 5000 limited edition cold low-level laser that is made by Erchonia Medical. Dr. Jeff Spencer who is the Sports Chiropractor for the US Postal cycling team and Lance Armstrong uses the same laser. Lance has said that he credits most of his success to Dr. Spencer and the Laser. The Laser is used to enhance tissue recovery and advance / speed up injury healing time. 3LT™ or Low Level Laser Therapy promotes healing in many conditions, including chronic/acute pain, wound healing and other joint and neurological conditions.

Erchonia's lasers made history by becoming the first to receive FDA market clearance for the treatment of chronic pain, proven through two double blind IRB studies. The Erchonia Lasers are the most advanced lasers on the market, with their sleek revolutionary design, patented line generated beam, and the ability to program independent frequencies in all of their family of lasers.

Along with the Laser, Dr. Terry has added a VP II Percussor, newest version of H-Wave and EB Detoxor to his line of advance sports medicine modalities in his quest to be the most advanced sports medicine practitioner in Conejo Valley. ↻

The EB-305 Energy Balancer

General Information

The EB 305 is designed and developed to restore the body's energy and balance while facilitating its natural detoxification process.

The EB 305 has been proven in clinical trials to balance and restore the body's electromagnetic energy.

The EB 305 uses state of the art research and development to provide a form of energy that the body can readily use. This type of energy is called Bioenergetic/Life Energy.

The EB 305 uses direct current and ions to provide energy that is sub-threshold, meaning that the patient generally will not feel the treatment. This energy is very similar to micro current and cold laser therapy, both of which have been proven to increase and create more cellular ATP. This increase in cellular ATP allows the cell to work and detoxify at a higher rate. Increasing the cells' ability to work at a higher rate will allow the cell to withstand stressors either physical or chemical. Combined with the cold laser, the affects are amazing.

The EB 305 has shown in clinical trials using electro dermal scanning to improve and balance the body's energy, especially in the detoxifying systems. The EB 305 also has shown in clinical trials to change and balance the body's pH.

What the patient will Experience

Healthy individuals can expect to feel lighter and experience a greater feeling of well being. Some patients with pain, edema, and swollen joints have reported relief immediately. Other patients with arthritis, allergies, gout, limphedema, headaches, and neuralgia as well as other symptoms have experienced relief and benefits with multiple treatments. The combination of the EB and Laser have also shown to increase athletic performance in both the amateurs and professionals.

How can I be a part of this Experience

For the advanced healing and sports medicine protocol, I will be taking appointments starting mid MARCH on Tuesday mornings. The charge for this advanced medicine is \$400 per hour broken into 15 min sections. Most patients will take between 45 and 60 minutes their first visit. Payment for services rendered at time of service and the patient will be given a super bill with the insurance codes to submit to insurance for re-imburement. I will be fully assessing your bodies: biomechanics, biochemistry and bioenergy. This is advanced sports medicine/ Chiropractic like you have never seen. This type of medicine heals 60% faster, so in the long run, its more cost effective, better results and very exciting and very cutting edge. I will still offer "regular care" M-W-F. ↻

WITH THE COLD SEASON UPON US, WHAT CAN WE DO ABOUT IT?

With the winter comes: Snow, Cold nights, Holiday Vacations, New Years resolutions and COLDS/FLU! The Cold and Flu season has once again arrived with a vengeance. It seems everyone around is either sneezing or coughing. Everywhere you look you are seeing advertising for the Flu shot. So what do you do when the virus decides to “vacation” in your body?

According to research the average American suffers two to six colds a year, and as yet, there is no known cure. Nevertheless, pharmacies and stores that sell alternative medicine therapies are stocked with products claiming to be natural remedies for the common cold. If you are one of the “lucky ones”, you may be wondering how best to treat your symptoms. Are over-the-counter cold medications the only way to go or do alternative remedies such as vitamin C, Echinacea and zinc really help? Before we look at the remedies and research behind them lets look at the animal itself, the cold and flu.

The common cold (acute coryza 45) is associated with viruses that affect the nose, throat, larynx (voice box) and sinuses. That means stuffed and runny nose, scratchy throat, watery eyes, stuffed sinuses and congestion. What makes the common cold different from viral or bacterial infections is the absence of high fever. Influenza, or the flu, the patient will have a fever between 101-103, backache, headache, muscle and joint pain, runny nose, congestion, sore throat and cough and continue irregularly for three to four days. The flu can cause problems if you are in the elderly population, weak or suffering from an immune suppressive disorder. In some cases, the flu may develop into pneumonia. For most people who are “healthy” the flu is little more than an annoying illness.

Painkillers such as aspirin, acetaminophen (Tylenol) and ibuprofen are common ingredients in cold products designed to relieve aches and pains and reduce fever. Yet, most colds don't cause aches, pains or high fevers. According to Joe Graedon Ph.D., author of the People's Pharmacy Guide to home and herbal remedies, Antihistamines, meant for those runny noses, help against allergies and hay fever but provide relatively little relief for the common cold. “Such drugs may actually be counterproductive by allowing viruses to multiply more readily. They cite a study in which Australian scientists

found that aspirin, acetaminophen and ibuprofen reduced immune system response and resulted in “increased nasal symptoms.” Other research has shown that people spread more of the cold virus after taking aspirin. So what can we do to help fight the battle?

Before reaching for any cold concoction, try these practical remedies:

Drink plenty of water. Fluids will help loosen the mucus in your nose and chest and provide a medium for the cells to communicate.

Stop eating sugar and avoid dairy products. Sugar and refined sweets have been shown to reduce the total amount of white blood cells, which fight infection. Also, sugar, even in fruit juices and dairy products, thicken the mucus in the linings in your nose and lungs, making the mucus and your infection harder to get rid of.

Rest. This will allow the body to focus on healing.

Vitamin C: Vitamin C has long been touted for its ability to prevent and cure the common cold. Although these claims have been blown out of proportion, an adequate intake of Vitamin C is necessary to help fight infections and keep the immune system healthy. There is some research to show that taking extra vitamin C at the onset of a cold may cause a mild antihistamine effect.

The recommended dietary allowance for vitamin C is between 75- 100 milligrams per day for women and 90-250 mg for men. You may bump this up to 1500 mg for 48-72 hours at onset of the cold. Too much Vitamin C may cause side effect such as nausea, abdominal cramps and diarrhea, so don't mega dose during the season.

Echinacea: Over the past several years, Echinacea has become one of the hottest herbal remedies in the US. While little research has been done in the US, European research on Echinacea has suggested that the herb has an immune-stimulant effect. Echinacea seems to work by stimulating various components of the body's immune system. One of the reasons that Echinacea's research varies is that there are three different species of the

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Cold Season!!!

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purple coneflower which make up the herbal remedy. For the most affective remedy seek out your Doctor/Chiropractor, nutritionist or a reputable vitamin store.

Since possible adverse effects from long-term use have not been studied, most sources recommend that Echinacea only be taken when the symptoms of a cold first appear and then only for a week or two. Because it is an immune system stimulant those with autoimmune diseases like lupus, MS, Sclerosis and RA should not take the herb. It is also not recommended for pregnant and lactating women or for those on immunosuppressant medication.


ZINC: A 1996 study found in the annals of internal medicine found that adults who used zinc lozenges (without sugar) from the onset of a cold recovered twice as fast as those who did not take them. I recommend no more than 100 mg of Zinc a day to fight off the cold and to take the duration of symptoms.

Other things to think about are ways to protect your home. With the invention of double pane windows the airflow in your house may harbor the viruses and bacteria that will continually re-infect your family. Invest in a good Air Purification system.

Last but not least seek Chiropractic care during the cold season. A study in the journal of Osteopathic medicine showed a study of over 4600 patients with upper respiratory tract infections, only 5% of cases treated with spinal manipulative therapy developed secondary complications. Chiropractic care has been proven to enhance the natural resistance and improve immune function.

So, as we enter this cold season, don't wait for the cold to attack you, attack the cold through keeping the biomechanics (joints and neurology) strong in your body by seeking Chiropractic Care, the biochemistry alive by eating right and taking the appropriate supplements (get your cold fighting vitamins at CSI) and the bioenergy (*the Laser is awesome with colds and lung illnesses*) alive by taking care of the air in your home and this season you may be spending more time on the slopes and less time by the Kleenex box.

Be sure to get all of your vitamin supplements at CSI. We only carry the highest-grade supplements

that money can buy. All of the supplements sold are Pharmaceutical grade quality. We have supplements for colds, stress, men's and women's issues, children and overall health. You can purchase the supplements at the front counter at CSI or through the website at the online store. www.chiropractic-sports.com. 

LITTLE BITS

Birth Announcements- Our family at CSI has grown! Please welcome the following gifts to our world.

Julia Amber Paez Smith was born on the first of August to Sheila and Kevin Smith.

Dane Anthony DathRego was born on January 6 to our Julie in Rehab.

Theodore Lyoyd Elliot V was born to Ted and Estelle on The 4th Of September.

Aidan Howard was born to Patricia and Lance Howard on the 19th of November.

Emma Anderson was born to Shanna and Christopher Anderson on the 13th of December.

Sophia Isabelle Biron was born to John and Michelle Biron on the 9th of January

If I missed anybody, I apologize. Please check out our website for monthly columns and articles. Changes and news related to CSI and your health. If you ever have any news that you want in TidBits please e-mail me at athdoc@aol.com (please no jokes). Send them under the subject: TIDBITS. This is your newsletter and I want it to be both fun and informative. Thanks again for your continued support and comments. Remember that the biggest compliment you can ever give us is by referring a friend to our office.

Love and Peace to All,
Dr. Terry