

Tid Bits

A CSI Publication

"Achieving maximum output"



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2nd Quarter

Quote of the Month

This comes from our Biller, Kim Findley

No one can make you feel inferior without your consent."

- Author unknown

Review of the Literature

"Conclusion: The best evidence indicates that cervical manipulation for neck pain is much safer than the use of NSAIDs (nonsteroidal anti-inflammatory drugs), by as much as a factor of several hundred times. There is no evidence that indicates NSAID use is any more effective than cervical manipulation for neck pain." ❧

Journal of Manipulative and physiological therapeutics (JMPT), volume 18, Number 8, October 1995.

EAR INFECTIONS

A Problem for Child and Parents

An earache can result when the Eustachian tube, which connects the middle ear with the throat, enlarges and becomes inflamed. This prevents proper drainage (in children under the age of 3 the Eustachian tubes are parallel instead of down sloping). Fluids can become trapped behind the eardrum, often putting painful pressure on delicate tissues.

A common treatment is the use of antibiotics. But because antibiotics only treat bacterial infections, and only a small number of ear infections are from bacteria, they have virtually

continued to page 2

We have a new biller in house!

As of July 1st, after many years of having an outside billing department, we have brought it back to the office. We have hired Kim Findley to run our financial department and billing. Kim has over 16 years experience in medical billing and finances.

She has been hired to give our patients personal attention and to make it more convenient when it comes to resolving financial issues. She will be happy to answer any of your questions regarding insurance coverage, patient payment options or financial matter past or present.

We're pleased to have Kim join our family and to offer our patients better services. Kim can be reached at 805-371-0737 Monday, Wednesday, and Friday 8:30am to 6:00pm and Tuesday and Thursday 7:00am to 12:00 pm or E-mail her at kim@chiropractic-sports.com. ❧

Medical savings account (MSA) why have one.

(We have been asked to re-print this article at the request of several patients)

Do you want to save money on your health insurance premiums?

Do you want to pay for your health insurance deductible with pre-tax money?

Do you want to have more money for your retirement?

Do you want to have the freedom to see any Doctor at any time for any reason?

In the following paragraphs I will briefly explain Medical Savings Accounts (MSA), which is one of the most overlooked money saving medical plans available on the market today.

An MSA is similar to an IRA except that you may withdraw any amount of money from the Medical Savings Account, at any time, to pay for virtually any medical expense (Chiropractic, dental, psychological, etc.). No Limit on amount or number of withdrawals made during the year. Annual deposits to your MSA are limited to

continued to page 2

We Expect More Out of Adults

258.4

COMMENTARIES BY MICHAEL JOSEPHSON
Week 258: June 17-21, 2002

Rick's 11-year-old son Mark was in a youth baseball league. He was not highly skilled and he got easily discouraged. Rick urged him to stay with the program. "Just do your best," he said. "That's all anyone can ask and your best is good enough."

Mark struck out his first two times at bat but Rick struggled to look positive. Later, Mark hit a hard grounder to third. It was close but Rick was sure Mark beat the throw. When the umpire, a volunteer parent, called Mark out, Rick went wild. "Hey, zebra!" he yelled, "Are you blind, stupid or is the other team paying you?" The umpire looked over at Rick who added, "You're an idiot. If you can't do the job, stay off the field!"

On the way home, Mark was unusually quiet. Finally, he said, "Dad, I thought you said my 'best was good enough.'"

"It is," Rick assured him. "Besides, you were safe that last time. You were robbed by a bad call."

"I wasn't talking about me," Mark replied. "I was talking about the umpire, Billy's dad. I know he was doing his best but you got really mad at him."

"Yeah, son, but he's an adult and we should expect more out of adults." Mark looked his dad right in the eye and said, "That's what I thought too. By the way, I was out."

Rick's good intentions just weren't enough. We expect more from adults -- more fairness and respect, more sportsmanship, and more self-restraint. If your kids play sports, be a model, not a problem.



MSA

continued from page 1

approximately 65% of the medical plan deductible.

Many banking institutions offer Medical Savings Accounts but before you open up a Medical Savings account you must first have a MSA eligible health insurance plan.

Most major health insurance companies sell these plans and they cost far less than a traditional medical plan because of the increased amount of the annual deductible. Deductibles can vary depending on the plan you purchase and whether or not you purchase an individual or family health insurance plan.

You may purchase a MSA eligible health insurance plan and choose not to open a Medical Savings Account.

In many cases, the savings in your health insurance premiums will be greater than the maximum amount you are allowed to deposit into your Medical Savings Account.

Please call the Munro Insurance Agency at (805) 493-8844 to see if a MSA is right for you. ↪

Ear Infections

continued from page 1

no effect on eliminating the fluid that causes the pain. In fact, the use of antibiotics can prolong the problem and increase its reoccurrence.

The most drastic approach involves cutting a small hole in the eardrum. A small tube is implanted to drain the middle ear. Besides the risks of anesthesia, results can be short lived, produce scar tissue, invite infection and don't address the real cause of the problem. In some extreme cases when all else fails tube surgery is the answer. But only when ALL ELSE FAILS. More and more parents are seeking Chiropractic care. The Doctor of Chiropractic will evaluate the biomechanical function of the upper cervical spine (the birth process is extremely stressful on the upper cervical spine due to excessive rotation to get the shoulders past the pelvis), neurological or physiological function to the ears as well as perform a complete ear exam.

If you notice that your child carries his or her head at an unusual angle, prefers to feed off one breast only, does not seem to turn their head equally or if you hang them upside down (the way they are in the womb) and they pull to one side instead of hanging in neutral, your child should be brought in for a pediatric biomechanical exam. This may mean the difference between a quiet night and one filled with tears. ↪

Be Informed - Your Health

Food Pyramid Unrealistic and Outdated

If you took all the food recommended in the “Food Guide Pyramid”, and put it all on the table in front of you, you’d realize you’d have to “graze” all day just to consume that much food! Less than 5% of us actually eat like this. What few understand is that those “daily allowances” are just the amount needed to avoid getting a vitamin deficiency disease, like rickets. The “daily allowances” are just enough to help a perfectly healthy person stay healthy. Growing children, lactating or pregnant women, or anyone who is ill and wishes to recover their health requires much higher levels of vitamins and minerals. This is why I say that it is no longer an option to take vitamin supplements.

Vitamins and Minerals Defined

Vitamins are organic substances necessary for life and essential for the body to function normally. With a few exceptions, vitamins can’t be manufactured or synthesized within the body and must be obtained from foods or supplements.

Minerals are naturally occurring elements found in the earth that help the body perform everyday activities. Minerals also can’t be manufactured by the body, but are essential to the formation of blood and bone, the maintenance of healthy nerve function and many other vital bodily functions.

With a good diet why do I need supplements?

If you want to fight disease and achieve maximum life span, you can’t do it with diet alone. You need the extra nutritional boost that only supplements can provide. In many ways, supplements are to humans what fertilizer is to plants. Give a plant adequate amount of sunlight and water, and it will survive. Add some nutrient-rich fertilizer (organic, of course), and the plant will thrive.

For us humans, the same principle applies. A healthful, balanced diet supplies the body with sufficient nutrients to carry out routine tasks. Supplements such as vitamins, minerals, essential fatty acids, phytochemicals, and more enrich the body’s internal environment to fortify cellular protection, repair, and regeneration and support the Renewal process.

How did our ancestors survive without supplements?

To be painfully blunt, they didn’t. You see, Mother Nature has never cared about optimum health. Nor has she concerned herself with longevity. Her main objective is survival and propagation of the species. So she programmed us humans to survive on even the crummiest diet, nutrition-wise, into our twenties, when we’re old enough to reproduce. Beyond that, we’re on our own.

By the time we reach our twenties, we have established lifelong eating habits. And because our survival genes have protected us from the adverse effects of our dietary transgressions, we have no reason to believe that what we’re eating (or not eating) is doing us any harm. So we continue feeding ourselves nutritionally vacant junk foods, unaware that they’re quietly eroding our health. Often we don’t see the effects for several decades.

Are we deficient in vitamins?

The standard American diet gets 45 percent of its calories from fat and another 35 percent from sugar. In other words, 80 percent of the calories we consume provide none of the nutrients that our bodies need. Incredibly, despite our dietary excesses and an epidemic of obesity, as a nation we are underfed.

One interesting study examined the incidence of vitamin deficiencies in a randomly selected group of hospital patients. Using the Recommended Dietary Allowances (RDAs) as the standards, 88 percent of the 120 patients came up short in at least one vitamin. Many showed multiple deficiencies. Only 12 percent tested at “normal” levels.

Diet is not the sole force behind the national plague of nutrient deficiencies. Other factors include the following:

- * Alcohol consumption (depletes B vitamins, vitamin C, most minerals, and antioxidants)
- * Allergies and infections (deplete vitamins A and C and zinc, among other nutrients)
- * Exposure to air pollutants and other toxins (depletes antioxidants)
- * Smoking (depletes antioxidants)
- * Stress (depletes all nutrients, especially B vitamins and vitamin C)

Do some people require more nutrients than others?

Growing children, lactating or pregnant women, or anyone who is ill and wishes to recover their health requires much higher levels of vitamins and minerals. Others with increased nutritional demands include those who diet and those who exercise strenuously.

The price of poor nutrition

Initially, the body hints of a nutrient shortfall with any of a hodgepodge of minor symptoms: fatigue, weakness, insomnia, irritability, nervousness, depression, poor concentration, memory loss, aches and pains, recurrent infections, allergies, circulatory problems, and just not feeling good. These are the vague symptoms that drive patients to doctors, and drive doctors up a diagnostic tree. Because most conventionally trained physicians have little education or experience in nutrition, they're unable to make the connection between a patient's complaints and a nutrient deficiency. Then when the test results come back normal (as they usually do in such cases), the symptoms tend to be dismissed as "all in your head"--or, even worse, as "a natural part of aging."

If doctors do prescribe treatment, they usually bypass nutritional supplements in favor of drugs such as anti-inflammatories, antidepressants, tranquilizers, and the like. These not only mask symptoms but also deplete nutrient stores even further. This accelerates the degenerative process, which is the forerunner of disease and aging.

Chronic nutrient deficiencies invariably lead to serious health problems. Data collected from large populations show that as the availability of nutrients declines, the frequency of illness increases. Unfortunately, when heart disease, cancer, diabetes, osteoporosis, arthritis, or some other serious deficiency-driven condition develops, neither doctor nor patient is likely to realize that the symptoms had begun years before. Go to the **CSI store** on this website to purchase quality vitamins from Anabolic Labs.

Proper nutrition or expensive urine

If you take a multivitamin, for example, you may have noticed that it makes your urine turn bright yellow. This does not mean the nutrients are passing through your body unused.

When you ingest water-soluble vitamins--namely, the B vitamins and vitamin C--your body stores as much as it can in its tissues. Then when the tissues reach their

saturation point, any excess nutrient is excreted via the kidneys. So bright yellow urine doesn't mean that your body is wasting precious nutrients. On the contrary, it tells you that nutrients are in abundant supply and that your nutritional insurance policy is in force.

Frankly, I'm worried when my urine is clear. The absence of the telltale gold color warns me that my nutrient levels may be dangerously low. Consequently, my body isn't able to protect, repair, and replace cells as well as it should. Go to the **CSI store** on this website to purchase quality vitamins from Anabolic Labs.

RDA vs ODA

Achieving the dual goals of optimum health and maximum life span requires nutrient intakes beyond what the RDAs advocate and what diet alone can supply. I recommend replacing the outmoded RDAs with the Optimum Daily Allowances, or ODAs.

The ODAs are the ranges of nutrient dosages prescribed by nutrition-oriented doctors. Each range represents a consensus of experts and is based on thousands of published peer-reviewed studies that determined the nutrient levels necessary to prevent and treat chronic degenerative diseases.

While the RDAs provide only short-term protection against serious acute nutrient deficiencies, the ODAs are necessary to sustain optimum health and support Renewal. Take vitamin E as an example. The human body can get along just fine on the RDA of 30 international units (IU). But it needs at least 13 times that amount to have a fighting chance at staying disease-free and lasting 120 years.

Diets

The ODAs far exceed the nutrient levels that diet alone can supply. Supplementation is absolutely essential.

Your best investment-Your body

Without optimum nutrition, you cannot achieve optimum health. And without supplements, you cannot achieve optimum nutrition. It's as simple as that. Go to the **CSI store** on this website to purchase quality vitamins from Anabolic Labs.

Are all vitamins the same?

No, cheaper vitamins have lower potency and lower absorption rate. Vitamins sold at retail or discount houses (such as Cosco) will have inexpensive bonding agents such

NUTRIENT	RDA		ODA
	Men	Women	
Vitamins			
A	1,000 mcg. RE (5,000 IU)	800 mcg. RE (4,000 IU)	1,000-10,000 IU
B ₆ (pyridoxine)	2 mg.	1.6 mg.	25-250 mg. (as pyridoxal-5-phosphate)
B ₁₂	2 mcg.	2 mcg.	500-2,000 mcg.
Beta-carotene	none	none	25,000-100,000 IU
Biotin	30-100 mcg.*	30-100 mcg.*	200-800 mcg.
C	60 mg.	60 mg.	675-3,000 mg. (as ester-C, the preferable form)
D	5 mcg. (200 IU)	5 mcg. (200 IU)	200-1,000 IU
E	10 mg. alpha-tocopherol equivalents (15 IU)	8 mg. alpha-tocopherol equivalents (12 IU)	400-1,600 IU* (as mixed tocopherols)
Folic acid	200 mcg.	180 mcg.	800-2,000 mcg.
Niacin/niacinamide (B ₃)	19 mg.	15 mg.	50-250 mg.
Pantothenic acid (B ₅)	4-7 mg.*	4-7 mg.*	60-2,000 mg.
Riboflavin (B ₂)	1.7 mg.	1.3 mg.	50-250 mg. (as riboflavin 5'-phosphate)
Thiamin (B ₁)	1.5 mg.	1.1 mg.	100-250 mg.
Minerals			
Boron	none	none	1-3 mg.
Calcium	800 mg.	800 mg.	1,000-2,000 mg.
Chromium	50-200 mcg.*	50-200 mcg.*	100-600 mcg.
Copper	1.5-3 mg.*	1.5-3 mg.*	1-3 mg.
Iodine	150 mcg.	150 mcg.	225 mcg.
Iron	10 mg.	15 mg.	0-40 mg.
Magnesium	350 mg.	280 mg.	500-1,000 mg.**
Manganese	2-5 mg.*	2-5 mg.*	5-15 mg.
Molybdenum	75-250 mcg.*	75-250 mcg.*	75-250 mcg.
Potassium	none	none	100-500 mg.
Selenium	70 mcg.	55 mcg.	100-300 mcg.
Vanadium	none	none	25-100 mcg.
Zinc	15 mg.	12 mg.	15-50 mg.

*The amount listed is the Estimated Safe and Adequate Daily Dietary Intake, as recommended by the Committee on Dietary Allowances of the National Academy of Sciences' Food and Nutrition Board.

*People who are taking blood thinners should consult their doctors before taking supplemental vitamin E.

**Supplemental magnesium may cause diarrhea in some people.

as Lactose or Gelatin. These cheaper bonding agents enable the company to keep the cost down but also decrease the potency and can cause other health conditions in the bowel, stomach and kidneys. Supplements such as Centrum brand have been known to pass through the body in its complete form. Look for pharmaceutical grade supplements found in Doctors offices and other health care providers. Some MLM brands are known for their high potency supplements such as WATKINS and SHAKLEE. Go to the [CSI store](#) on this website to purchase quality vitamins from Anabolic Labs.

How to pick your supplements

Ask your Chiropractor for starters. Blood, saliva and hair analysis are also helpful tools to find out specifically what deficiencies you may have. ↪

Aspartame Disease

An artificial sweetener found in soft drinks, equal, diet coke/pepsi and some weight watchers products. Look at labels for Aspartame or nutrasweet.

When the temperature of Aspartame/nutrasweet exceeds 86 degrees F, the wood alcohol in Aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. The methanol toxicity mimics multiple sclerosis, lupus, fibromyalgia and other systemic disorders. People are at risk with as little as 3-4 cans a day of soda using the artificial sweetener. ↪

More info can be found at www.dorway.com/possible.html.

