

Tid Bits

"Achieving maximum output"



Written by:

Terry Weyman, D.C.
Certified Sports Physician

A CSI Publication

2004

3rd Quarter

Chiropractic Sports Institute
2277 Townsgate Road, Suite. 101
Westlake Village, California 91361
805.371.0737 Fax 805.371.0735
WWW.GOTCSI.COM

To receive our monthly newsletter and other CSI updates, go to www.gotcsi.com and click in the upper right hand corner and sign up. E-mail addresses will never be given or sold to anyone.

Heading to France for the Tour de France

On the 16th of July, I will leave for France along with my wife, Michele to watch the Tour de France. I am going to watch Lance Armstrong hopefully win number 6! I will also have the privilege to ride some of the stages that have filled my mind for several years. An added bonus will be a chance to hang out with my friend, Dr. Jeff Spencer who is the US Postal Teams Doctor to learn some of the latest techniques in tissue/injury recovery. This medical team is leading the field of sports medicine with ever changing ways to increase athletic performance (without drugs). The Tour is 23 days of abuse on the body. They say one stage of the tour is equal to 2.5 marathons. Sports medicine secrets are learned and perfected at this famous sporting event and I intend to learn as much as I can to bring back to Westlake and CSI. It will also be a great place for Michele and I to spend our 8th anniversary watching the man that our son is named after make sporting history. We will be home the 29th of July. The office will be open full hours to take care of you in my absence. Dr. Mike Bateman will be on site during regular hours for all your Chiropractic needs, Julie will be running Pilates classes, therapy and following the rehab schedules that have been given. We have two massage therapists full time to keep those muscles relaxed and fit. Aaron, our back office therapist will be on hand to run the H-wave, ultrasound, laser and EB-305. Stay on your treatment plans, continue to reach for the stars and achieve ultimate health. ☺

Health Abstracts

The following are information that is collected from various sources and converted into loss of life expectancy throughout life and in various age ranges.

75,000 deaths per year from improper use of drugs in medical treatment and 6,000 deaths per year from illegal drugs, which includes related homicides and

motor vehicle accidents according to a study in JAMA, April 15th, 1998. In addition to this number, as many as 137,000 US citizens die yearly from taking the correct drug, in the correct dose, for the correct problem. This 137,000 is the fourth leading cause of death in the US.

It is estimated that 24% of male and 49% of female deaths from bladder cancer are due to coffee drinking.

Extreme differences in education attainment (eighth grade vs college degree) give reduced life expectancy by more than 4 years. Corporation executives add 4.7 years of life expectancy, Business executives add 4.3 years, Professional baseball players add 2.9 years and the US presidents have a reduced life expectancy of 5.1 years. ☺

Review of the Literature

In a study found in the British medical Journal, dated April 26, 2003, a look at the cost effectiveness of physiotherapy, manual manipulation and general practitioner care for neck pain was reviewed. The results showed that the Manual therapy group (chiropractic) showed a faster improvement than the other two groups by 26 weeks. The total cost of manual therapy was around one third of the costs of physiotherapy and general practitioner care. The conclusion was that spinal mobilization is more effective and less costly for treating neck pain than Physical Therapy or general medication. ☺

Home Health

If you have used your kitchen sponge longer than two or three days, listen up: It's swimming with millions of bacteria, specifically *E. coli*, salmonella, or campylobacter.

That's the word from Elizabeth Scott, co-director of the Simmons Center for Hygiene and Health in the Home at Simmons College in Boston, who told *The New York Times*, "That means that any time you use the sponge to wipe up a surface you are potentially spreading those pathogens."

Your No. 1 worry for food-borne illnesses is your own kitchen.

Although babies and the elderly are most at risk for such illnesses, anyone--no matter how healthy and strong--can easily get sick from these pathogens when they are allowed to multiply on food. There are approximately 76 million cases of food-borne illnesses annually, and most of those occur from pathogens in our own homes.

Sponges aren't the only culprits. Cooks who don't wash their hands before preparing food can also breed illness. Janet Anderson, clinical associate professor of nutrition and food sciences at Utah State University, put it this way when she told *The Times*, "Everybody is so acutely aware of mad cow disease, but people aren't aware of the fact that they don't even wash their hands when they enter their kitchens, which is a much greater risk." When Anderson filmed more than 100 people preparing dinner, only 34 percent of the participants washed their hands before cooking, and most of those didn't even use soap.

So what can you do?

Wash your hands in hot, soapy water for at least 20 seconds before you begin preparing food. This not only rinses off the surface bacteria, but also makes it difficult for bacteria to cling to your skin. Wash them again after you touch raw meat, fish, or vegetables. Kill the harmful bacteria from your cellulose sponges by micro waving them on high for one minute and do it every day. Launder or microwave dishcloths regularly. Although wooden cutting boards are more likely to harbor bacteria than plastic or rubber cutting boards, wood isn't all-

bad. Dean Cliver, a professor of food safety at the University of California, Davis, told *The New York Times* that cellulose in wood absorbs bacteria--but will not release it. "We've never been able to get the bacteria down in the wood back up on the knife to contaminate food later," he said. Plastic cutting boards are not 100 percent safe. Bacteria does get into the little knife cuts made in the plastic. While 90 percent of the bacteria die in a dishwasher during the drying period, 10 percent don't die and can live for weeks. Make sure the water in your dishwasher is hotter than 140 degrees or bacteria will survive. If the water temperature is lower than that, bacteria on a plastic cutting board will actually be spread around to other items in the dishwasher. Kitchens that look the cleanest are often the dirtiest. People who wipe their counters a lot often spread bacteria in the process. In a University of Arizona study, the "cleanest" kitchens were those of bachelors who never wiped up and just put the dirty dishes in the sink. Go figure. Remember this: No matter how often you nuke your sponges and wash your cutting boards, no kitchen will ever be germ-free. ❧

Pilates Matt Classes

New at CSI

Julie Rego M.S.

As the rehab director here at CSI, I am always looking for better ways to improve the strength and flexibility of our patients. Many of you have been involved with rehab for injuries or chronic conditions. We have decided to incorporate **Pilates Mat classes** into our program at CSI because of its profound effect on strengthening and increasing stability of your core (lower back, stomach, legs and gluteals). By improving your strength and balance we can decrease the rate of injury return. The positive aspect of having Pilates at CSI is that each class is taught by a certified teacher with a Doctor onsite that you trust.

Pilates is a body conditioning method that has been used for over 90 years by dancers for strength and balance. More recently, many professional sports teams have added Pilates to their conditioning to improve the strength and flexibility of their athletes.

continued on page 4

EB-305 IT'S NEW AND AMAZING

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 has also been proven to increase range of motion as well as muscle strength. 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 Bioenergetics/Life Energy.

How it Works!

Within the human body there are energy channels known as meridians. These meridians provide a pathway for energy to flow to or from a particular organ (i.e. liver, kidney, etc.) These pathways begin or end at points on the feet or hands. A person's current state of health is determined by how well the energy in the body flows through those meridians. The EB305 is a gentle detoxifying system that was developed to pull unwanted toxins out of the body, in a very similar fashion to that of a water softener. As the patient sits with their feet in 6 - 8 inches of water for 20 - 23 minutes, a copper coil attached to the unit is also placed into the water to create a bioenergetic ionic exchange system /or field, that surges negative ions through the patient, and then positive ions (charged atoms). 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 (ask Dr. Terry for more information), both of which have been proven to increase and create more cellular ATP (cellular energy). This increase in cellular ATP allows

Quote of
the Month
"If you can read this,
thank a teacher. . .
and since it's in English,
thank a soldier."

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.

Hear what our patients are saying about the EB-305!

"The results I have experienced after only a few sessions are just shy of profound. My results so far include shorter recovery times between hard interval workouts, greater power on the bike, better quality sleep and fewer allergy symptoms. I have not reached for my allergy medicine once in the past four weeks. As an athlete I am looking for that extra 3-5 percent which means the difference between standing on the podium and just finishing with the pack. "

-- Julie Kaplan

(10) x National Road Cycling Champion,


(5) x National Time Trial Record Holder, Current state TT champion

"I have had 6 EB sessions and cannot believe the differences! I handle stressful situations much better. My overall mood no longer has the dark cloud lingering. I've got more energy during the day as well as the weekends. I've noticed my body isn't as tight and I'm able to exercise longer."

-- Nancy Dillingham-Marks

*"I have been treated by Dr. Terry for neck and back pain much of which was stress related. Recently he suggested the EB-305 to help address **allergy** symptoms and low energy and fatigue that I have struggled with for many years since I turned forty. The results have been amazing. I have more energy and patience to deal with both my professional and personal life, and an overall sense of well being. An incredible side benefit, which certainly contributes to the above, is that my libido has greatly increased!! I feel like I have the energy and desire of an adolescent and the ability to now enjoy it!!! I highly recommend the EB-305 for everyone.*

-- Anne age 51

Call the office today to schedule your EB-305 treatment! The cost of this new technology is \$40 per treatment or \$360 for the full Detox and rejuvenation treatment. The full Detox is 10 sessions (2-3 times per week) and is a separate appointment than an office visit. These prices will be changing in September so book your treatment now and enjoy an energy enriched summer. Endurance athletes, increase your performance by as much as 20%. Call today 805-371-0737 

continued from page 2

We will be offering classes 2 times per week in the A.M. and 2 times per week in the P.M. Classes will be taught by myself, a certified Pilates instructor with 5 years pilates teaching experience, an MS in Kinesiology, 10 years experience in strength and conditioning and over 10 years in therapy and rehabilitation.

Call today to sign up, space is limited- 805-371-0737

Cost is \$60 for 5 classes.


July Session: Starting on the 12th of July

Tu/Fri: 8-9:00am

M/W: 4-5:00pm

August same schedule

Due to limited space and high demand, there will be no make up sessions. If you miss a class, you miss it.

Along with Mat Pilates, Julie will continue to design specific rehab and therapy programs for each patient and is available for one on one personal half hour training sessions. Some patients wish to have a personal trainer that they trust to assist them in reaching their goals of feeling better but understand their limitations. Let Julie train you. Your cost is \$35 per half hour for a private session- 1 person (must purchase a min of 5 sessions) or \$50 for a semi-private session- 2 people (must purchase a min of 5 sessions). 


Corporate Health

In response to the growing number of industrial injuries that were being presented to my office, I founded a company called HealthWorks to educate Corporations/Business workplaces on how to institute back safety/ergonomics into their work space. According to research, back injuries account for the largest number of industrial related injuries over all others. With the increase in health care costs, insurance premiums as well as loss of man power, Companies need to institute a Back Safety Program. HealthWorks is the answer.

I have been in the business of Health Care for over 14 years. As a two time Olympic Doctor, I can bring a wealth of knowledge to the table in providing a hands on, informative clinics specifically designed for each individual company, large or small.

HealthWorks will design a program specific for the needs of the employer/employee in an attempt to decrease job related back injuries. These injuries account for lost time and restricted workdays. By installing a proper back safety program, the company can improve on their Workers' compensation reserves for musculoskeletal disorders and other ergonomic related injuries.

HealthWorks is successful because we design a program that is unique to the individual with Education in Preventative Spinal Maintenance Hands on Practical Training and a personal summary with work books for future follow up E-mail me if you or your company is interested in instituting a back safety, ergonomic evaluation or educational seminar for your company at. Athdoc@aol.com or healthwrks@aol.com or contact me at 805-469-2457.

Onsite/Office call, Chiropractic care for your company is also available. Some restrictions may apply. Contact Dr. Terry for more information. 

LiTTle BiTs

I want your "news": Good, fun, inspirational, and testimonials of how Chiropractic has helped you or a family member. Also, **if you wish to write an article that you feel is informative and would help other people, please submit to me. Send them to the office c/o "TID BITS".**

Sign up today for your Internet newsletter and research tidbits by going to our website, www.chiropractic-sports.com. I write TIDBITS four times a year but send out monthly updates to those who have signed up for them. This list will never be sold or used for anything other than updates at CSI or research news that I feel is important for 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