

Backbone Chiropractic Newsletter

FALL

2006

A Little Sun a Day Keeps Vitamin D Deficiency Away

Sunshine, aside from being good for your soul, adds a very important element into your life — vitamin D. The sun works with the skin to convert cholesterol into vitamin D. Vitamin D is essential for absorbing Calcium, without it bones don't grow correctly in children and adult bones can become thin.

A study published in the Archives of Disease in Childhood evaluated a group of adolescent girls in an inner city school in the United Kingdom for vitamin D deficiency. Fifty-one girls between the ages of 14 and 16 were chosen to participate in the study. After measuring weight, height and body mass, the researchers distributed a questionnaire that evaluated the girls' daily intake of vitamin D, calcium and sunlight.

Thirty-seven of the girls (73 percent) were found to be vitamin D deficient, while nine (17 percent) of the students were considered severely deficient. The results indicated that the vitamin D deficiency was due to underexposure to sunlight. This is especially important to note as we enter a gloomy part of the year here in mid-Michigan. Of course, too much sun can be a bad thing, particularly in terms of skin damage, so be careful. But a little a day can go a long way toward ensuring adequate intake of vitamin D, for lighter skinned folks 10 minutes sunlight exposure to face and hands a day is sufficient.

Das G, Crocombe S, McGrath M, et al. Hypovitaminosis D among healthy adolescent girls attending an inner city school. *Archives of Disease in Childhood*, July 2006; 91(7):569-572.

Leave That Baby Alone

Keepsake ultrasound sonograms are a popular item with many parents, however physicians are discouraging this practice. Recently researchers have noted that ultrasound can affect the development of the fetal brain in mice. When pregnant mice were exposed to ultrasound, a small number of nerve cells in the developing brains of their fetuses failed to extend correctly in the cerebral cortex. At this time the medical community is recommending that women continue with ultrasounds for medical and diagnostic purposes but eliminate all unnecessary ultrasound scans until more research has been done. Early ultrasound scans are done to determine the exact week of the pregnancy

CONTINUED ON BACK

From Dr Batdorf:

It is almost fall here again and fall is the beginning of the "real" new year in my opinion.

Speaking of new things, there is a brand new engagement ring on my finger. Jose finally asked the overdue question and I said yes.

Healthy Beer Facts:

Beer for the Bones

In a Tufts University study of 2900 men and women, people who drank a beer or two a day had higher bone-mineral densities than nondrinkers. Scientists say silicon, a mineral in beer that promotes healthy bones, may be to thank.

Cold Ones for Hot Flashes

Scientists in Czechoslovakia have created a new non-alcoholic beer that may reduce hot flashes in menopausal women. It has long been known that hops naturally contains low levels of the same plant estrogens found in soy; the Czech researchers used new technology to boost the concentration (to ten times that of some lagers)

Dark vs. Light

Dark colored beers don't contain more antioxidants than light colored brews. A deeper hue just means that the malt (sugars extracted from the grain) has been roasted longer.

More Beer Boons

Wine catches lots of credit for its heart-healthy effects; truth is moderate consumption of beer provides the same benefits. Research suggests that it's the alcohol itself that lowers cardiovascular risk (by reducing inflammation, thinning the blood and improving insulin sensitivity). Also the hops in beer provides antioxidants called humulones that may further increase the anti-inflammatory effects of alcohol.

Eating Well. p80, October/November Issue, 2006.

**Beer is proof that God loves
us and wants us to be happy.
— Benjamin Franklin**

Thank you for you referrals. My business is based on them and they are your greatest compliment to my office. To show my appreciation share this newsletter with a friend who needs chiropractic and they will receive a free consult and exam.

**Backbone Chiropractic, LLC and Massage Therapy
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Office hours: Mon. – Fri. 1:00 pm – 6:30 pm ■ Saturday by appointment only**

Chiropractic: Not Just for Back Pain

Chest pain, known medically as angina, affects over 6 million Americans every year. These frightening attacks can be brought on by physical overexertion or stress. In a study performed in Denmark, positive results were shown in patients with stable angina after a four-week session of chiropractic adjustments.

Fifty of the 275 participants were diagnosed with cervicothoracic angina (CTA - chest pain originating from the spine and thorax) and placed into the treatment group. The remaining 225 patients who were CTA-negative made up the control group. Participants filled out a questionnaire that recorded their level of pain and overall quality of life. Members of the control group also filled out the questionnaire, but were not offered chiropractic care.

The same chiropractor provided eight treatments to each patient over a four-week period, accompanied by trigger-point therapy, manual pressure and deep stroking massage. After the final treatments, the same questionnaire was given to the patients.

Approximately 75 percent of the participants in the treatment group reported an improvement, compared to only approximately 25 percent in the control group. The researchers still feel more studies need to be performed on this subject.

While these findings are preliminary, they definitely support continuing research suggesting chiropractic can benefit more than just low back pain.

Christensen H, Vach W, Gichangi A, et al. Manual therapy for patients with stable angina pectoris: a nonrandomized open prospective trial. *Journal of Manipulative and Physiological Therapeutics*, November 2005;28(9):654-661.

BABY CONTINUED FROM FRONT

and they are also done later to check for anatomical defects and other problems. However, some expectant

Organic — Where to Put Your Money

It is better to eat vegetables and fruits than not eating any. You can agree that it is better to eat organic than not organic. But let's face it, organic fruits and vegetables can be expensive (sometimes 50% or more) and that can add up on your grocery bill. The Environmental Working Group, a non-profit non-partisan organization, pored over the results of more than 100,000 USDA and FDA tests for pesticides on 46 popular produce items. This list below is ranked from most to least commonly contaminated produce to help you decide which fruits and vegetables to buy or not buy organic.

Preferably Organic — Most Commonly Contaminated

| | | |
|--------------|--------------|-------------|
| Peaches | Apples | Nectarines |
| Pears | Potatoes | Raspberries |
| Strawberries | Spinach | Celery |
| Cherries | Bell Peppers | Grapes |

If Budget Allows — Buy Organic

| | | |
|----------------|----------------|---------------|
| Carrots | Grapefruit | Plums |
| Kale | Cucumbers | Turnip Greens |
| Green Beans | Winter Squash | Tangerines |
| Mushroom | Tomatoes | Honeydew |
| Hot Peppers | Blueberries | Melon |
| Cantaloupe | Collard Greens | Cabbage |
| Oranges | Watermelon | Lettuce |
| Sweet Potatoes | Grapes | |
| Apricots | (domestic) | |

Your Call — Least Commonly Contaminated

| | | |
|--------|-------------|-----------|
| Papaya | Bananas | Onions |
| Peas | Cauliflower | Avocado |
| Kiwi | Broccoli | Asparagus |
| Mango | Pineapple | Corn |

parents have sought scans to save as keepsakes even when they were not medically necessary, a practice the Food and Drug Administration discourages.

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