

# Backbone Chiropractic Newsletter

SPRING

2007

## Ancient Antibiotic: Healing with Honey

The antibiotic properties of honey have long been known and date as far back as ancient Egypt.

Now, as many bacteria become resistant to antibiotics, honey is regaining its prior popularity.

Medihoney, a certified healing product in Europe (FDA approval is pending) is being used to treat pediatric cancer patients skin infections at the Bonn University Children's Clinic in Germany with fantastic results. Bonn Doctor Arne Simon, MD states that often wound healing times are three times normal children's healing time due to cancer medications. With using Medihoney the healing time was reduced and the incidence of wound infection was nearly eliminated.

Honey's healing power comes

from its natural antiseptic, hydrogen peroxide, which continually grows from the sugar.

Although only small amounts of hydrogen peroxide are needed to treat wounds, synthetic medicines start with much larger doses, as over time the effectiveness wears off. Previous studies have shown that honey may even fight

Staphylococcus aureus (MRSA), a particularly difficult bacterium, better than its synthetic antibiotic counterpart. Honey also helps protect wounds from further infection, eliminates wound odor and acts as a powerful anti-inflammatory. However, only sterilized medically approved honeys should be used for topical healing, as other honeys may contain spores which could cause further infection.



## From Dr Batdorf:

I am trying to break winter habits and integrate more exercise into my life.

Yoga and yard work are my two mainstays currently. Spring is in the air and the opportunities for going outside are abounding, making it easier to do more physically.

Enjoy this spring.

## Biofreeze Spray Bottles on Sale

Normally \$10.50  
are reduced to \$6.00

*(The spray is good because it  
doesn't get on your hands)*

April 1st to May 31st, 2007,  
or while supplies last

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

## Walk to Quit!

LONDON (AP) — As little as five minutes of exercise seems to help smokers curb their craving for a cigarette, a review of a dozen studies found. The research showed that moderate exercise, such as walking, significantly reduced the intensity of smokers' nicotine withdrawal symptoms. "If we found the same effects in a drug, it would immediately be sold as an aid to help people quit smoking," said Dr. Adrian Taylor, the study's lead author and professor of exercise and health psychology at the University of Exeter.

Taylor and colleagues reviewed 12 papers looking at the connection between exercise and nicotine

deprivation. They focused on exercises that could be done outside a gym, such as walking and isometrics, or the flexing and tensing of muscles. According to their analysis, just five minutes of exercise was often enough to help smokers overcome their immediate need for a nicotine fix.

After various types of moderate physical exertion, researchers

asked people to rate their need for a cigarette. Those who had exercised reported a reduced desire to smoke. "What's surprising is the strength of the effect," said Dr. Robert West, professor of health psychology at University College London, who was not involved in the study. "They found that the acute effects of exercise were as effective as a nicotine patch."

### **MESSAGE CHAIR FOR SALE (the one in the office):**

Human Touch Model HT-136  
green leather with cherry arms, calf massager/quad roller.

Used one year in office, perfect shape.

New retails for \$2399 — will sell for \$1050

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