

# Backbone Chiropractic Newsletter

FALL/WINTER

2004

From Dr. Kristin:

## **ATTENTION ALL PATIENTS!**

### **THANKSGIVING FOOD DRIVE**

For all established patients. On November 23rd, bring in one shopping bag full of non-perishable food items and get a free adjustment! Call now to make your appointment.

## **Vitamin E Supplementation Greater Than 400 IU/Day May Increase Mortality**

This study was presented at the American Heart Association 2004 Scientific Sessions, New Orleans, Louisiana, and simultaneously published in the Nov. 10, 2004, Early Release Article issue of the Annals of Internal Medicine.

Pooled data from almost 136,000 patients who participated in 19 clinical trials of vitamin E reveals "it was clear that as the vitamin E dose increased, so does all cause mortality. At 400 IUs, which is the most common marketed dose, the risk of dying is about 10% higher than risk among people not taking the vitamin."

At mega-doses, such as the 2,000 IU/day used in the Deprenyl and Tocopherol Antioxidative Therapy of Parkinsonism (DATATOP) trial and in the Alzheimer's Disease Cooperative Study (ADCS) — the increased risk

was more than 20%, Dr. Miller said.

"Based on our findings, high dose vitamin E supplementation is unjustified," Dr. Miller said. Although vitamins and other supplements are not regulated by the Food and Drug Administration, an Institute of Medicine report issued in 2000 recommended 1,000 IU/day as the "upper tolerable limit" for vitamin E. "We recommend that the upper tolerable limit be lowered to 400 IUs/day," Dr. Miller said. Dr. Miller noted that adults receive about 10 IU of vitamin E from diet.

At this time it is unknown why high doses of Vitamin E increases mortality. More research is needed in this area to conclude exactly what these findings mean. In the mean time it may be prudent to not increase your daily intake of Vitamin E to anything greater than 400 IU/day.

**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 ■ 1780 East Grand River, East Lansing, MI 48823 ■ 517-316-1277**

**Office hours: Mon. – Fri. 1:00 pm – 6:30 pm**

**Saturday by appointment only**

From *Forbes Magazine*, November 29th

## **Pharma's New Enemy: Clean Living**

**THROW OUT YOUR PROZAC, YOUR NEXIUM AND AMBIEN**

The article the cover refers to is titled "Just Say No!" with this teaser: *"Do you really need all those prescription pills you are popping: Maybe not. There's a backlash building against the cost, risk and side effects of medication, and it's bad news for the pharmaceutical industry."*

The author of the article then writes a story that sounds like many of the suggestions chiropractors have been making for years. Here are some quotes from the magazine:

"Let the un-drugging of America begin. The pharmaceutical industry... may be on the brink of a backlash. Millions of us are popping prescription pills for innocuous ills, when simple lifestyle changes of diet and exercise... are more effective and a lot cheaper. The results of pill dependence are insidious and devastating: billions of dollars in ever-higher drug costs; millions of people enduring sometimes highly toxic side effects; and close to 2 million cases each year of drug complications that result in 180,000 deaths or life-threatening illnesses in the elderly... And every few years comes the ultimate medical catastrophe: a miracle cure that turns out to be toxic."

"In the wake of the Vioxx debacle, a broader backlash could scare some patients into a wholesale retreat, hurting drug sales (and drug stock prices). Some opponents of the drug business say it's high time America went

through withdrawal. 'We have this idea that we can pop a pill and solve everything. It is craziness' says pharmacologist James Wright..." He blames drugmakers for exaggerating the benefits and minimizing the side effects of patented medicines, and he urges the medical establishment to emphasize cleaner living.

"This is the inherent bias in a system of medical benefits that reimburses employees for drugs and hospital visits but (usually) doesn't subsidize their trips to the gym. 'People say diet and exercise have failed, but the system never gave diet and exercise a chance. Doctors don't learn about it in medical school, while every day pharmaceutical reps are pounding into their heads the benefits of drugs... If corporations spent just a tiny fraction of what they spend on drugs on lifestyle modification, we could save hundreds of millions in health costs."

The article ended with a special section that showed how and why to avoid drugs that are frequently used in seven specific categories (Cholesterol, Hypertension, Thinning Bones, Anxiety and Depression, Chronic Pain, Insomnia and Heartburn). Each category listed the condition, how many people suffer from it, the popular drugs that are used to control it and their cost, the side effects of those drugs and then alternatives to taking the drugs.