

**CHIROPRACTIC
AND
BRONCHITIS**

Welcome To Great Health!

You are joining millions of others who have taken control of their health with chiropractic care. Chiropractic offers a natural, drug-free way to not only regain your health, but also to maintain it.

We're glad you are taking the time to learn more about the incredible science, art and philosophy chiropractic provides. We want you to benefit greatly from the next several pages, so let's explain the contents.

You will be examining literature from both the popular press as well as that of medical literature. While we don't expect you to be well versed in the medical terminology, we do believe that you deserve the information at your fingertips. The doctor will be happy to discuss any of the articles with you.

You may notice articles designed to inform you about the potential side effects of certain medication. There will also be medical literature that supports chiropractic as a possible means of helping your body to regain health. In addition, you will review survey material praising chiropractors for their efforts. Lastly, you will note a Family and Friend Health Profile. We suggest that you complete this form and return it to your chiropractor as soon as possible.

Remember, the more you know about your health, the healthier you will be. The sooner your doctor of chiropractic examines you the sooner you can be on the road to good health. The longer you wait for help the worst the condition becomes. Delays will only hurt you more and cost you more!

The Role of Chiropractic in Good Health

Although chiropractors work primarily upon the spine, their goal is to improve the health of your entire body.

A chiropractor is a specialist that works diligently to detect and correct vertebral subluxations. Vertebral subluxations occur when the spinal column has become "misaligned." This misalignment produces interference in your nervous system. Your nervous system is responsible for controlling every function of your body.

Henry Windsor M.D. noted in the Medical Times that he found a nearly 100% correlation between "minor curvatures" of the vertebrae and diseases of the internal organs. His findings were indeed profound.

A chiropractic adjustment is the means by which your D.C. (Doctor of Chiropractic) corrects vertebral subluxation. Regardless of age or physical condition, everyone needs a nervous system free of interference.

Please review the following pages and learn about the benefits of chiropractic care for you and your entire family...

Model, 17, dies in Fla. home

Sister of 'supermodel'

PEMBROKE PINES, Fla. (AP) — Asthma or an overdose of bronchial medicine may have killed Kristen Taylor, the 17-year-old sister of supermodel Niki Taylor and a cover girl herself, the medical examiner said Monday.

Niki Taylor found her sister collapsed on the living room floor of the family's home early Sunday, said Capt. Richard Rossman, a Florida Highway Patrol district commander and a family friend.

"It just doesn't make sense," said family spokesman George Dassinger. "The family is really upset. Krissy was the baby. Her career was just coming into her own."

An autopsy performed Monday showed no foul play, said Dr. Joshua Perper, the chief medical examiner for Broward County. There was no history of drug or alcohol abuse, Rossman said.

Taylor had used an asthma inhaler at least two hours before she died because she had trouble breathing, Perper said. She was not a diagnosed asthmatic, however.

"Some people have traced the use of inhalers to deaths because the gas may cause irregularities of the rhythm of the heart," Perper said.

Perper stressed that the exact cause of death won't be known until toxicology and other tests are completed. That could take up to three weeks.

Kristen had appeared on the covers of



Associated Press

Fledgling model Kristen Taylor, right, is shown with her older sister, supermodel Niki Taylor, in this 1994 file photo.

Seventeen, *YM* and other teen-age magazines alone and with her sister. But she said she wanted to finish high school before she went on to international modeling.

Niki Taylor, 20, has appeared on the covers of *Vogue*, *Elle*, *Glamour*, *Cosmopolitan* and dozens of other magazines worldwide.

Corticosteroids pose problems

ATLANTA (AP) — Patients taking corticosteroid medications for a variety of conditions — including juvenile arthritis, asthma and nasal allergies — are at increased risk for severe complications, reports the Atlanta-based Arthritis Foundation.

The complications could involve such childhood illnesses as chickenpox and measles, it warned, explaining:

“Corticosteroids suppress

the immune system even at low doses taken over a long period of time. This makes children and adults vulnerable to serious or even fatal cases of chickenpox or measles when taking such medications.

“A new warning about the potential serious consequences of immunosuppressant doses of corticosteroids soon will be added to the products’ labeling.”

I'd say
that's
a rather
SERIOUS
PROBLEM

Asthma on rise; indoor air a culprit?

By Anita Manning
USA TODAY

are more severe in the air-tight homes and offices built during the 1970s in response to the energy crisis, he says.

About 12.4 million people, about 1 in 20, now suffers from asthma, today's report says.

Between 1982-92, the rate of asthma climbed 42%, says Mannino, an epidemiologist and pulmonologist.

In people ages 5-34, the rate increased 52%, and for women it jumped 82%. For men, the increase was 29%.

Among blacks, "the death

The number of people who suffer from asthma has risen rapidly since 1982, especially among women and minorities, says a new government report.

The increase may be due to many influences, such as indoor air pollution and second-hand smoke, says David Mannino of the Centers for Disease Control and Prevention.

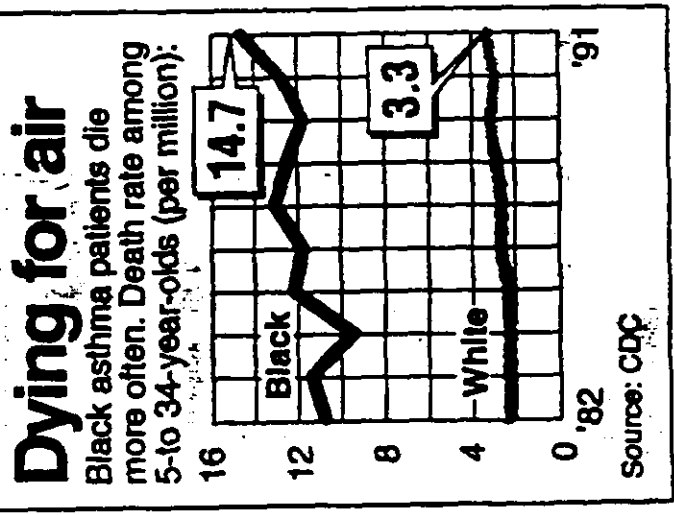
Some researchers believe the effects of indoor pollution

rate is five times higher than whites, and the hospitalization rate also is four- to five-fold higher," he says.

Reasons are probably related to social and economic factors, he says.

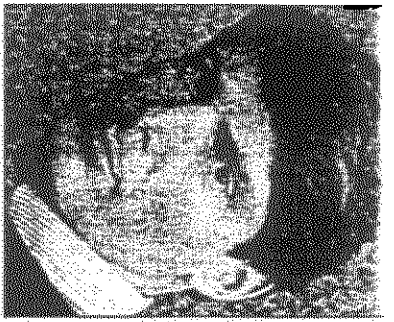
"We know asthma is a disease of urban populations and the poor and it is related to other factors, including access to medical care."

While the asthma death rate increased 40%, he says, it remains "very low" at about five deaths per million.



By Marty Baumann, USA TODAY

Women breathe in different air than men?!



REEVE: Reported conscious and able to talk to relatives AP

Reeve's fall leaves him paralyzed

By Karen Thomas
USA TODAY

The headlong fall Christopher Reeve took from his horse has left him paralyzed and unable to breathe on his own, the actor's doctor says.

The *Superman* star, 42, fractured his first and second cervical vertebrae — the top two bones in the neck, Dr. John Jane said Wednesday. Reeve was flung to the

ground Saturday when his horse balked at a jump in a jumping competition.

He is in serious condition at University of Virginia Medical Center in Charlottesville. "We do not know what lies ahead," Reeve's family said. Jane called it "premature to speculate" on the future.

But other experts said this type of injury is often fatal. Even if Reeve survives, the prognosis doesn't look good,

said Mindy Aisen, chief of the spinal cord injury department at Berk Rehabilitation Hospital in White Plains, N.Y.

"If you have no movement within the first 24 hours... every hour afterward it becomes less likely that you'll have meaningful neurological recovery," she said.

Ironically, Reeve plays a man who is paralyzed in the current HBO movie *Above Suspicion*. HBO had no plans to re-

schedule tonight's showing. He is the third actor to play Superman to face calamity in real life:

- ▶ George Reeves, of the '50s TV series, committed suicide.
- ▶ Kirk Alyn, of the '40s movie serials, had Alzheimer's.
- Reeve was to narrate Tobias Picker's *Encantadas* Saturday with the Houston Symphony; Lou Gossett Jr. will step in.

▶ 'Cruel kind of injury,' 1D

Reeve has 'a very cruel kind of injury'

By Doug Levy
and Karen Thomas
USA TODAY

Few survive the kind of spinal cord injury that actor Christopher Reeve suffered when he was thrown from a horse over the weekend.

Reeve's doctors say the actor has "complex fractures" to his first and second cervical vertebrae, two critical bones in the spinal column near the base of the head. The resulting spinal cord injury effectively cuts off the brain's signals — and most movement and body functions.

"It's not common to have a spinal cord injury at (the first and second vertebrae) and survive. In a neurologic sense, it would be almost being decapitated," says Dr. Howard Eisenberg, head of medical services at the University of Maryland

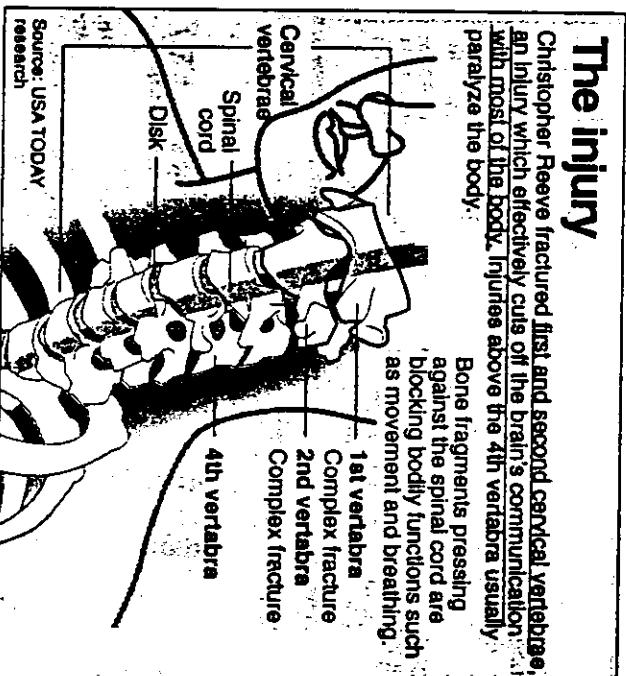
Shock-Trauma Center in Baltimore. "You could move your jaw, see and hear... but you couldn't move. It's a very cruel kind of injury."

Though fixing the broken bones is possible using metal screws and other devices, doctors have no way to make damaged spinal-cord nerve cells regrow. That is what cripples

Dr. Mindy Aisen, chief of spinal cord injury at Berk Rehabilitation Hospital in White Plains, N.Y., says steroids can limit further damage. But drugs to promote nerve cell growth are only in experimental stages and haven't been successful in human studies.

There are 8,000 to 10,000 spinal cord injuries a year, mostly from traffic accidents. Violence, falls and sports injuries account for most of the rest.

▶ Reeve's condition, 1A



By Sam Ward, USA TODAY

Nurse says chiropractic helps son's asthma

A registered nurse is one central Ohio parent who is convinced that spinal manipulations can relieve asthma symptoms in children.

"If I had not seen it myself, I could not have believed it," said the nurse, who had assumed chiropractic asthma was "hocus-focus" and "oodoo."

She did not want to be identified, she said, for fear of repercussions at the hospital where she works. She responded to a recent ABC news 20/20 report, generally favorable, about chiropractic physicians. However, the report discouraged the use of chiropractic methods for asthma.

Asthma is a chronic, usually reversible obstruction of the airways characterized by shortness of breath and wheezing. About 9 million Americans, including 3 million children, have it.

The nurse said she started taking her 4-year-old son to Columbus chiropractor Ronald Collins in the mid-1980s as a "last resort."

"We had run the gamut of treatments," she said, "from allergy shots to inhalers to bronchial dilators, and nothing was really working. We had

TO YOUR HEALTH

gone to the emergency room multiple times for breathing treatments after our son would turn blue. We were at our wit's end. We thought there has to be something else."

She said her son's breathing improved after his first treatment. After subsequent manipulations, "the relief lasted anywhere from several days to several weeks."

Collins said he has been treating a couple of asthmatic children each year for 15 years with a 90 percent success rate.

"Almost every asthmatic child has a mild curvature in the upper spine," which his manipulations help straighten, he said.

The treatments also "relax the

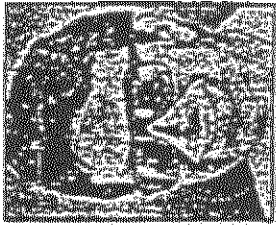
nervous system, and, as a result, relax the bronchial tube," Collins said.

"Poppycock!" responded Dr. Roger Friedman, director of the asthma clinic at Children's Hospital. X-rays have shown that spine abnormalities are not related to asthma, Friedman insisted.

Friedman said parents' belief that chiropractic has helped their children is "a result of 'the natural history of the disease,' rather than spinal manipulations."

"Asthma is a disease with ups and downs on its own," Friedman said. "It goes through periods of getting better and getting worse."

Collins is seeking support for an independent study on asthma.



DENNIS FIELEY

The Columbus Dispatch
Monday
MARCH 16, 1992

C. Treatment of back pain and sciatica:

Epstein, J.A., et al. Sciatica caused by nerve root entrapment in the lateral recess: the superior facet syndrome. *J. Neurosurg.*, 1872, 36, 584-589. (Subluxations can cause sciatica.)

Parsons, W.B. Cumming, J.D. Manipulation in back pain. *Can. Med. Assoc. J.*, 1958, 79, 103. (Disc syndrome cases showed 75% success with manipulation.)

Glover, J.R., et al. Back pain, a randomized clinical trial of rotational manipulation of the trunk. *Brit. J. Ind. Med.*, 1984, 31, 59-64. (Chiropractic manipulation effective in back pain cases.) Cox, J.M., Shreiner, S. Chiropractic manipulation in low back pain and sciatica statistical data on the diagnosis, treatment, and response of 576 consecutive cases. *J. Manipul. Physiol. Ther.*, 1984, 7 (1), 1-11. (Average number of days to obtain maximum improvement was 43, number of visits 19.)

Cox, J.M. Chiropractic statistical survey of 100 consecutive low back pain patients. *J. Manipul. Physiol Ther.*, 1983, 6(3), 117-128. (90 out of 100 patients with low back pain had excellent response to chiropractic manipulation, i.e., returned to work with no pain.)

D. Subluxations and related organ pathology:

The heart . . .

Cox, J.M., et al. Incidence of osteophytic lipping of the thoracic spine in coronary heart disease. Results of a pilot study J.A.O.A., 1983, 82, 93-94. (Thoracic spine bone spurs/arthritis indicate accompanying coronary atherosclerosis 85% of the time.)

Smith, J.R., Kauntz, W.B. Deformities of the thoracic spine as a cause of anginoid pain. *Am. int. Med.*, 1942, 17, 604-617. (Bone spurs and arthritic changes in the thoracic spine can mimic angina pectoris.)

Greenhoot, J. H. The effect of cervical cord injury on cardiac rhythm and conduction. *Am. Heart J.*, 1972, 83, 659-662. (Spinal subluxations can cause heart abnormalities in animals.)

The lungs and respiratory system . . .

Davis, D. Respiratory manifestations of dorsal spine radiculitis simulating cardiac asthma. *Ann. Int. Med.*, 1950, 32, 954-959. (Thoracic subluxations can stimulate symptoms of cardiac asthma.)

Odovan, D. The possible significance of scoliosis in causation of asthma. *Annals of Allergy*, 1951, Mar./Apr., 1984-219. (Nerve interference through spinal curvatures as a cause of asthma.)

The stomach . . .

Beal, M.C. Palpatory testing for somatic dysfunction in patients with cardiovascular disease. *J.A.O.A.*, 1983, 82, 73-74. (Subluxations and fixations in the upper thoracic spine indicated 76% of the time the presence of gastrointestinal or cardiac position of the vertebral column. *Arch. Orthop. Untali-Chir.*, 1958, 19(6), 585-608. (90% of 100 thoracic scolioses with apices at T6-T9 exhibited duodenal ulcer symptoms.)

The gall bladder . . .

Carnett, J.B. The simulation of gall bladder disease by intercostal neuralgia of the abdominal wall. *Ann. Surg.*, 1927, 86, 747-757. (Subluxations of T6-T10 can cause gall bladder symptoms.)

COMPRESSION OF NERVE ROOTS - RYDEVIK

Biorn Rydevik MD PhD from Gothenburg, Sweden received sustained applause for an elegant review of the effects of static and dynamic compression on the physiology of nerve roots. He noted:

- Spinal root nerve cell bodies are found in the dorsal horn (motor cells) and nerve root ganglion (sensory) and the rest of these nerve cells - the axons - are merely transmission cables. It is thus to be expected that problems of compression at source in the spine will appear distally and in target organs.

- Quoting Weinstein he described the ganglion as "the brain of the spinal motion segment".

- Nerve roots, which have relatively few blood vessels, derive much of their nutrition from the cerebrospinal fluid (CSF). Nerve root compression (as illustrated by Rydevik in a series of superb slides) may deprive the root of both sources of nutrition and waste removal - blood vessels and CSF - causing ischaemia, fibrotic change, and pain.

Chiropractors have been saying this for
100 years & they called
vs. QUACKS!!

Disorders of the Cervical Spine

Diagnosis and Medical Management

Second Edition

John H. Bland, M.D.

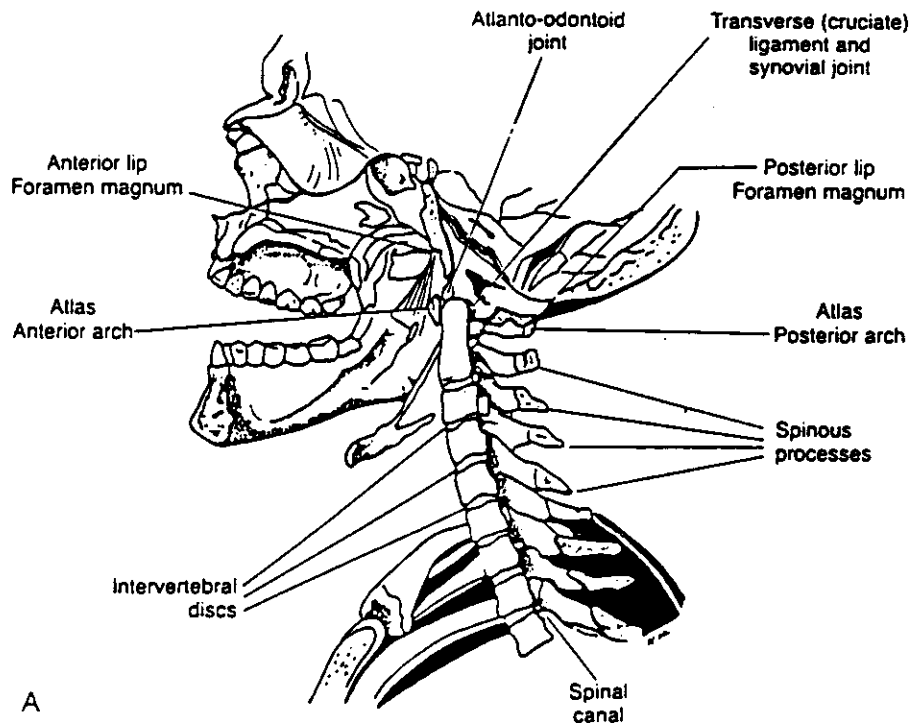
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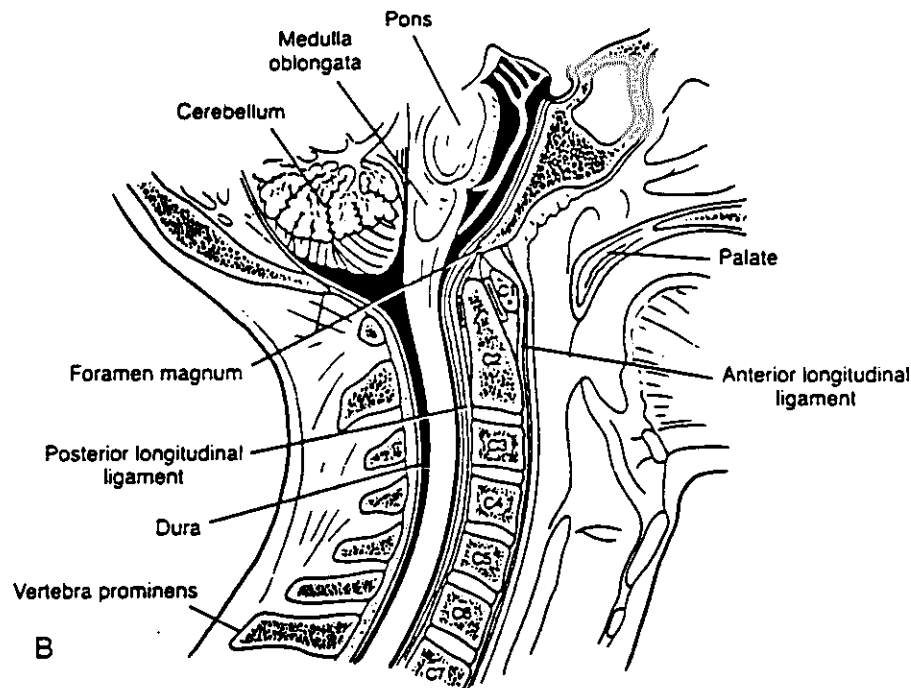
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See next page



A



B

Figure 3-7. A, Sagittal view of the whole cervical spine shows relations among structures in that plane. (From Bland JH, Nakano KK: Neck pain. In Kelley WN, Harris ED Jr, Ruddy S, et al [eds]: Textbook of Rheumatology, 1st ed. Philadelphia: WB Saunders, 1981.) B, This sagittal view of the cervical spine shows the relations among the brain stem, the medulla oblongata, the foramen magnum, and the spinal canal. The lower portion of the medulla is outside and below the foramen; therefore, with subluxation of the atlas on the axis, compression of the brain stem can occur through pressure of the odontoid against the upper spinal cord and the lower medulla. Note that the anterior arch of the atlas is only millimeters from the pharynx.

DID YOU KNOW?

**"EVERY FUNCTION OF THE HUMAN
BODY IS UNDER CONTROL OF THE
NERVOUS SYSTEM."**

- Grays Anatomy, 29th edition, p.4

New Survey Rates Chiropractors

Exactly how effective is chiropractic care when measured against traditional medical treatment? According to *Prevention*, which claims to be America's leading health magazine, "... clearly, chiropractors are doing something right."

Prevention has been widely criticized in the past for ignoring or trivializing alternative methods of health care, and for promoting the "pill

for every ill" approach to medical problems. The October 1989 issue of the magazine contains the results of an exclusive survey on chiropractic care. *Prevention* commissioned the survey in an attempt to determine if people who go to chiropractors find the relief they are looking for. Based on the answers from people who had seen a chiropractor at least once, the survey proved to be an impressive show of support for the profession: three out of four people polled said that chiropractors were successful in correcting their health problems. On the whole, chiropractic patients realized greater relief from pain, were happy with the number of visits required and found chiropractors friendlier and more supportive than medical doctors.

Although some patients were aware that chiropractic care was effective in correcting the causes of migraine headaches, neck pains, whiplash injuries, scoliosis, allergies and chronic fatigue, most still sought help for back problems. The *Prevention* survey was another step in documenting the positive results that can be achieved through chiropractic care. According to the magazine:

- seventy-six percent said they would go back to a chiropractor, the majority of which would do so "without a second thought";
- nearly sixty percent of those who noticed a difference felt they received more lifestyle counseling, more advice on exercising and more nutritional information from their chiropractor than from a medical doctor;
- three times more respondents said their chiropractors are friendlier and more concerned about their patients than medical doctors;
- three-quarters of respondents selected their chiropractor based on recommendations from friends, relatives or neighbors, while fourteen percent let their fingers do the walking through the telephone yellow pages or made their selections based on advertisements. Only five percent were referred by a medical doctor. ■