

**CHIROPRACTIC
AND
HEART DISORDERS**

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...

Scientists link cardiovascular disease to aging of cells

WASHINGTON (AP) — Scientists have linked cardiovascular disease to an age-related breakdown of cells, according to a study released this week that provides insight into how people get sick as they age.

The study by the Geron Corp. suggests that identifying aging cells which have lost the ability to divide could predict the build-up of fatty plaque on a person's inner arterial walls, according to scientists.

A related study by the National Institute on Aging found evidence a cell's decreasing ability to replicate itself is also linked to a weakened immune system in older patients.

"These studies just build on the discovery of a so-called molecular clock that controls how cells age," said Carole Melis, a spokeswoman for Geron, based in Menlo Park, Calif. "The theory is that we die not because we wear out, but because we're programmed to at a certain point."

Both studies, published in the *Proceedings of the National Academy of Sciences*, looked at a segment of DNA called the telomere — the heart of the molecular clock. The telomere controls genetic reproduction when a cell divides to create a new cell.

Recent studies have shown the telomere is shortened slightly each time a cell divides until it is nearly gone and the cell can't replicate itself. It's like the plastic tip of a shoelace fraying until it's no longer useful, according to Calvin Harley, author of the Geron study.

"The problem is these cells don't die, they just sit there doing damage," he explained. "It's like an old car that doesn't run and is sitting in the back yard rusting away and damaging the environment."

Geron scientists examined the telomere length in the primary cells and tissue separating the blood ves-

sel wall from the blood, and found that the cells indeed get shorter as they divide and age.

Telomere loss was greatest in artery cells, implying the breakdown may contribute to atherosclerosis, or blood clotting, and thrombosis, "We have for the first time directly related cell aging to a major age-related disease," Harley said in a telephone interview. "We look at this research to help us discover new treatments of major chronic diseases of the elderly."

Harley said such treatments, which would presumably try to slow

or halt the breakdown of a cell's ability to divide, are years away.

The National Institute of Aging study found telomere shortening in so-called T-cells of the elderly, which control a person's immune system, according to Dr. Richard Hodes, co-author of the paper.

Hodes said the results of the study could lead doctors to rethink gene therapy for elderly and AIDS patients, who may have too many cells no longer capable of dividing.

"In instances where the potential for cell replication is important, this could be a deciding factor in how to go about treatment," he said.

Back pain may signal heart disease

By Doug Levy
USA TODAY

Back pain may be a sign of developing heart disease for men, says a long-term study of 8,816 Finnish farmers.

Dr. Jyrki Penttinen reports in the *British Medical Journal* that men between ages 30 and 49 who reported back pain before the study started were four times more likely to die from heart disease in the following 13 years.

The study took into account other potential heart disease risks such as smoking, weight and socioeconomic status.

Penttinen cites other studies that have linked back pain with a narrowing of the arteries.

"My results support the hypothesis that back pain in some cases may be an early manifestation of atherosclerosis (hardening of the arteries)," he says.

If the theory is correct, it suggests that the back pain is related to momentary interruptions in the flow of blood or oxygen. But more study is needed to find out why there was no higher risk seen in men over 49, or in women.

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 arteriosclerosis 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
us QUACKS!!

USA TODAY • FRIDAY, OCTOBER 27, 1995

Researchers find brain's panic button

By Tim Friend
USA TODAY

Scientists for the first time have identified the command centers of the brain that tell the heart to race and blood pressure to spike when we become angry or frightened.

The "fight-or-flight" response is known to play a major role in stress, high blood pressure and heart disease.

But until now, the exact locations of the brain cells that govern the response have remained elusive, says neurobiologist Arthur D. Loewy of Washington University School of Medicine in St. Louis.

Loewy's laboratory animal studies, reported in today's *Science*, reveal specific sites in the brain stem, mid-brain and the hypothalamus that control the fight-or-flight response.

The research also shows which brain chemicals are involved in transmitting messages to and from the cells. Such knowledge could lead to better treatments for stress, chest pain, high blood pressure and disorders such as anxiety and depression.

B. J. Palmer discovered this in the early 1900s & refined the correction of brain stem subluxation from 1936-51 - Where have they been?

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. ■