

# THE SPINAL COLUMN

Fall/Winter Greetings!

Before I say anything, let me make it official for those of you who haven't heard yet. My wife Karen and I are expecting our first child in March '89.  
90

The year was 1895 in Iowa, the year Chiropractic was discovered. In Ohio of that same year, there were only 2 cars in the State. Unbelievably, they collided! Chiro's came just in time if you ask me.

Just a year later they documented the first UFO sighting in America. That proves something I'm sure, just cannot figure out what yet.

Hey you new patients, why not call up the person who referred you to my office and thank them? It takes a lot of courage to send a friend anywhere, so let them know you appreciate them, we do!

Speaking of calling, we might be in the office on days (such as holidays) you would normally think we're not! Therefore, call and see if you need an appointment. Don't sit around in pain assuming I'm not available.

A study has just shown that nationally, 70% of all physicians average 2.6 housecalls per month. Why do I have a hard time believing this?

Do you know those dastardly marketing people have pistachios dyed red so they stand out over the other nuts!

I have always given physicals to my patients for various reasons other than a new patient exam. For example, a school or work physical. Think of us next time you need one.

Government estimates are  $\frac{1}{2}$  of all remaining hospitals in the USA could be closed within 20 years. Who can come up with less than 10 reasons why this is so?

Greece spends the least money on healthcare than all other European countries. Why then do Greek men have the highest life expectancy over any other European men? Hmmm!

Could it be because of stupid behavior such as this: According to W. Reed Army Med. Center 47 injured and 11 killed within past 4 years by vending machines! Seems they didn't get their sodas or wanted free ones, so they rocked and attacked the units.

As if fillings in your mouth aren't enough to keep up, studies now prove alcohol can corrode your caps, crowns, bonding or veneers. Brush after you have a drink please.

Avoid being hospitalized in July. That's when interns and residents begin work. Complications rise 50% in that month verses 20% in June, with most mishaps occurring in surgery.

1988 American beverage habits were; 45.9 gallons soda per yr. 25 gallons of coffee. 23.6 gallons of beer. 20.9 gallons of milk. Add to that 15.1 qts. of ice cream. Can't say I approve!

NutraSweet is rapidly rising on the list of allergens that cause headache. Still behind alcohol and chocolate.

I hope you understood it was Americans attacking those hapless vending units.

A poll of USA Today readers shows that men as well as women are generally dissatisfied with their bodies! The majority of both sexes dislike their stomachs most. Men rated their hair, butt & chest low also. Women: their butt, legs & breasts. Both sexes did like their eyes!

Contact Robert Crossley, in Austin at (512) 447-6714 for an \$89.95 snore suppressor collar. Ask me for details.



"His doctor told him to cut out sugar."

I want to share with everyone some info on super vacuums. Both companies don't like to call them vacuums because they do so much more. The bottom line is the units will clean your house to such a degree you never thought possible! When this happens you clean less often. How's that sound ladies? The vacuums are also so good they act as air filters! This is a whole new weapon to add to the ones we now have such as electrostatic filters, bionaire, ionizers or free standing units of multi-stage design. For the best unit that uses water, call Bill Wright: 881-1005 for a demo. For the best non-water unit, call Vita-Vac at 1-800-848-2649. Both units are comparable in price. I get no commissions here, just trying to be neighborly!

If you want to speed up the ripening of fruit, just put the fruit in a brown paper bag with a banana. The banana produces ethylene gas which is the secret. Most fruit packers give unripe fruit a blast of this gas before delivery to the supermarkets.

PAP smears for you women fail to detect cervical cancer 20-40% of the time due to lab errors or physicians failure to obtain a proper specimen.

Dr. John de Castro of Georgia State U. says meals eaten alone have 30-40% less calories than meals eaten with others.

On the other hand, lite-blue & green in your kitchen suppresses appetite. The vibrant colors such as yellow and orange increase your appetite. I close my eyes when I eat!

The statistics show 35% of today's teens own cars. In 1978, only 1.3% of driving age teens owned their own car. This can't be true in Plano, I thought all teens owned a car!

My Fall softball day will be postponed until early Spring. I've got too many pots on the stove and I'm not sure of warm enough weather now.

I promised some of you to start placing recipes in the newsletter. Due to space considerations in this issue, you'll see them next time.

Ladies, nuke your cotton underwear! Take freshly laundered, but still damp cotton panties and zap in the microwave on high for 5 minutes. This will help with recurring bladder & vaginal infections. Seems the dryer just doesn't get hot enough to kill.

Don't exercise while sick. If it's a virus, it can invade the muscles and leave them more prone to injury by weakening them. Some viruses can even invade the heart. However, still maintain some degree of physical activity, to keep the lymph circulating.

Reagan's 8 year stint in the White House added 310,000 more white-collar Federal employees! I guess they were needed to help keep track of the deficit or find ways to increase it.

20% fewer babies are born on weekends! This is no fluke of nature, rather the schedule book of doctors. You see, many are induced or cut out during week days since alot of doctors don't like to work weekends. Are these the same doctors making all those house-calls? This info from Johns Hopkins U.

I don't think you'll find these at the local Wal-Mart real soon, but Dr. Neville A. Baron, MD has invented the first liquid sunglasses. They're actually drops that go in the eyes and absorb ultraviolet rays! The effect lasts 2-4 hours. How long do your eyeballs last?

Almost 2/3rds of all criminals are arrested again for felonies or serious misdemeanors within 3 years of release from State Prisons. 1 in 400 Americans are in jail already.

## The Best, The Worst, and (Some of the) Rest

	Calories	Fat (tsp) <sup>1</sup>	Sodium (mg) <sup>2</sup>	Gloom <sup>3</sup>
<b>Breakfast Foods</b>				
McDONALD'S English Muffin w/butter	169	1	270	9
McDONALD'S Hotcakes w/ Butter & Syrup	413	2	640	20
McDONALD'S Egg McMuffin	293	2¼	740	25
McDONALD'S Biscuit w/Sausage & Egg	529	8	1,250	57
BURGER KING Croissan'wich w/Sausage	538	9¼	1,042	61*
<b>W</b> HARDEE'S Big Country Breakfast (Sausage)	1,005	16¼	1,950	97
<b>Burgers</b>				
McDONALD'S Hamburger	257	2¼	460	17
McDONALD'S Quarter Pounder w/Cheese	517	6¼	1,150	45
WENDY'S Big Classic w/Cheese	640	9	1,310	56*
McDONALD'S McD.L.T.	674	9½	1,170	56
WENDY'S Triple Cheeseburger	1,040	15½	1,848	85*
<b>W</b> JACK-IN-BOX Ultimate Cheeseburger	942	15¼	1,176	88
<b>Chicken Sandwiches</b>				
<b>B</b> CARL'S JR. BBQ Chicken Sandwich	320	1¼	955	17
<b>B</b> HARDEE'S Grilled Chicken Sandwich	330	2¼	1,240	25
JACK-IN-BOX Grilled Chicken Fillet Sandwich	408	3¼	1,130	29
WENDY'S Chicken Breast Fillet Sandwich	430	4¼	705	27*
ARBY'S Chicken Breast Sandwich	493	5¼	1,019	33
<b>W</b> McDONALD'S McChicken Sandwich	490	6½	780	39
<b>W</b> ARBY'S Roast Chicken Club Sandwich	610	8½	1,500	53
<b>Mexican Foods</b>				
<b>B</b> JACK-IN-BOX Chicken Fajita Pita	292	1¼	703	16
TACO BELL Chicken Fajita	226	2¼	619	18*
<b>B</b> TACO BELL Bean Burrito w/Green Sauce	351	2¼	763	17*
TACO BELL Taco	183	2½	276	16*
TACO BELL Steak Fajita	234	2½	485	18*
JACK-IN-BOX Beef Fajita Pita	333	3¼	635	22
TACO BELL Super Combo Taco	286	3½	462	23*
<b>W</b> TACO BELL Taco Light	410	6½	594	39*
<b>Salads (no dressings added)</b>				
<b>B</b> McDONALD'S Chicken Salad Oriental	141	¾	230	7
<b>B</b> BURGER KING Chicken Salad	140	1	440	9
McDONALD'S Chef Salad	231	3	490	21
HARDEE'S Chicken Fiesta Salad	286	3¼	533	26
JACK-IN-BOX Mexican Chicken Salad	442	5¼	1,500	41
TACO BELL Taco Salad w/out Shell	520	7	1,431	47*
WENDY'S Taco Salad	660	8½	1,110	45*
<b>W</b> TACO BELL Taco Salad w/Shell	941	14	1,662	75*

All information obtained from manufacturers.

<sup>1</sup>To convert teaspoons of fat to grams, multiply by 4.4

<sup>2</sup>The recommended daily sodium intake for an adult is 2,400 mg.

<sup>3</sup>CSPI's "Gloom" rating ranks foods according to their fat, sodium, cholesterol, and vitamin and mineral content. The higher the number, the worse the food.

\*"Gloom" rating was estimated without full information on fat content from manufacturer.

**W** = 1989 Worst    **B** = 1989 Best

The chart to the left reflects the latest in the war of the fast food kings to squeeze the most fat and salt into a meal. Please look closely at the 2nd column, that's in teaspoons of fat! This prized info from the Sept. '89 issue of Nutrition Action Newsletter by CSPI.

I'll be out of the office from Nov. 29 thru Dec. 6, 1989. If you have an emergency contact our back-ups at Moore Chiropractic Clinic 424-7242. As always, someone will be here a few hours each day for vitamin pick-up and making appointment

Our next FREE Spinal Care Class will be Dec. 20, Wednesday at 7:30 pm. We cover any topic in healthcare. Be there!

And now, to finish with an explanation of the inserts that accompany this newsletter. I hope they made it in before we mailed this, if not, they'll be available in our office.

Care-Charge is a special kind of credit card that is only for use with health care costs. You'll find this card being accepted at hospitals, vets, dentists and of course our office. Several companies have come and gone in this area, but Care-Charge is nationwide and very strong. Their card has no enrollment or annual fee, and the interest is comparable or lower than most of your other credit cards.

For those of you thinking of dropping your expensive health insurance, this is just the thing to have for most emergencies. Credit lines can go quite high. Also, never have to worry about using up your other consumer credit on your other charge cards. You can even use the card to clear up old debts. Hint, hint.

The last word is; "You've got to be real in how you think and feel." Thanks Karen.

