

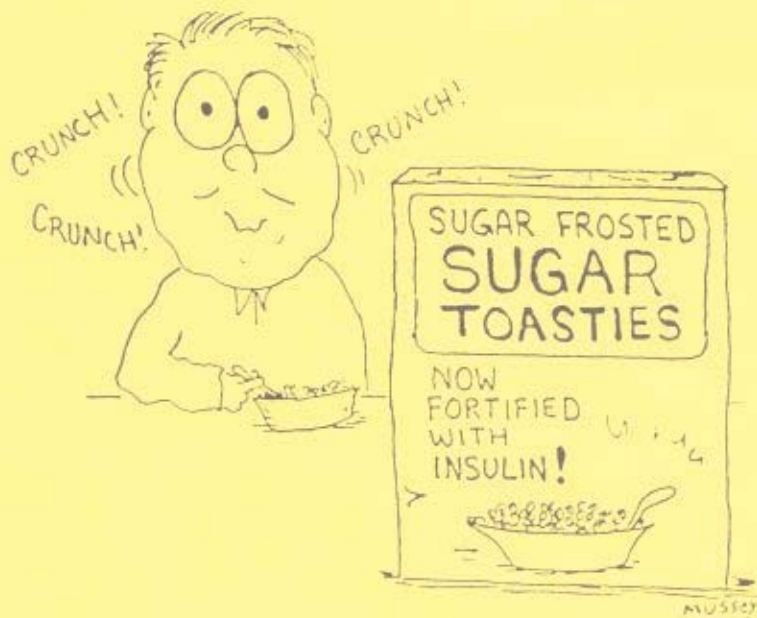
THE SPINAL COLUMN

Summertime Greetings!

Is this your child, or yourself crunching on that sugar they call cereal? Ah capitalism at it's best, where one six-pack of soda costs the equivalent of 15,000 eight ounce cups of water. What do you choose?

If you choose beer, two daily cans can add 33 pounds to your weight in one year! One daily glass of wine can add a mere 10 pounds!

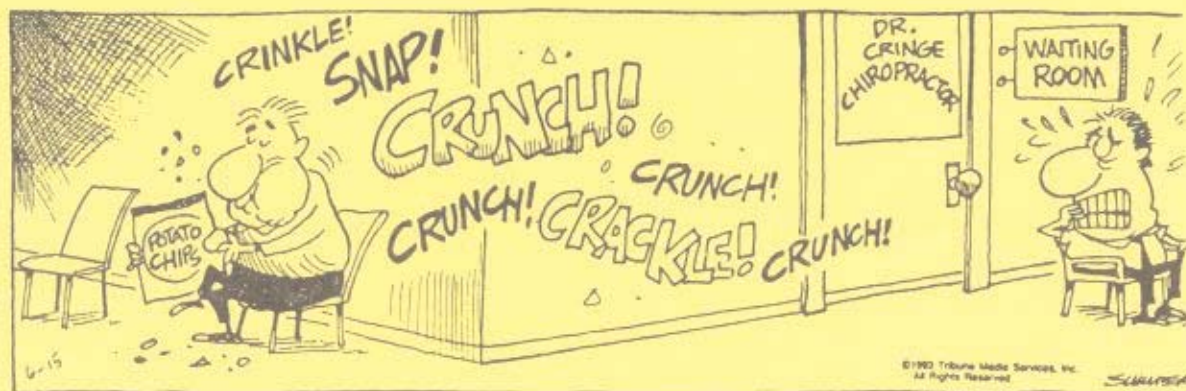
How does that weight go on so easily? Nearly 60% of Americans lead sedentary lives, spending less than three 20 minute sessions per week at leisure-time physical activities. The Center for Disease Control figured this one out. They also reported 375 outbreaks of Salmonella from 1985 thru '91, producing 12,784 sick people, 1,508 hospitalizations, and 49 deaths. The actual numbers are estimated to be 10 times higher, but most people don't recognize the connections. How do you know? Anytime you want to reach for the Pepto-Bismol and can recall eating an animal product within the last 1-4 days. You see, vegetarians rarely get Salmonella.



New surveys by Louis Harris & Associates (they've done this 10 years in a row) find a depressing trend. 66% surveyed were above their ideal weight, leading that organization's president to quote, "We are surely the fattest nation on Earth." He also thinks the healthy lifestyle movement may have in fact been a passing fad. A possible reason is stress, where 33% surveyed said they felt "great stress" either every day or several days a week. A new high of 32% got less than six hours of sleep per night!

BOUND & GAGGED/Dana Summers

I heard someone say their doctor puts his prices on the wall. They went in with a rare illness and he charged extra for ordering off the menu! Just a joke!



A famous chiropractic pioneer named E.C. Crowder once said, "Stand for something or fall for anything and be good for nothing." What do you stand for? Will you stand for ignorance and complacency? Will you stand for obesity and disease? Will you stand for the crumbling environment and animal extinctions? Use your choice of chiropractic as a statement of independence and a beginning toward control of the rest of the world around you. Take that faith in the system around you and test its resiliency by your belief in the future. A patient said "faith is not faith unless it's been questioned."

I question why States can take your bank account for inactivity other than collecting interest. I wonder why one fourth of all vegetables consumed in this country are the potato? I question why the FDA still allows the drug Prozac on the market when it has the distinction of having the most adverse drug reactions reported than any other drug in history. These include (as of 6-17-92) 1,436 suicide attempts, 1,313 deaths, and a total of 23,067 other adverse reactions. I question why are so many people depressed? Is it pollution, poor diet, loss of family units, stupid and parasitical jobs, allergies, electromagnetic radiation poisoning?

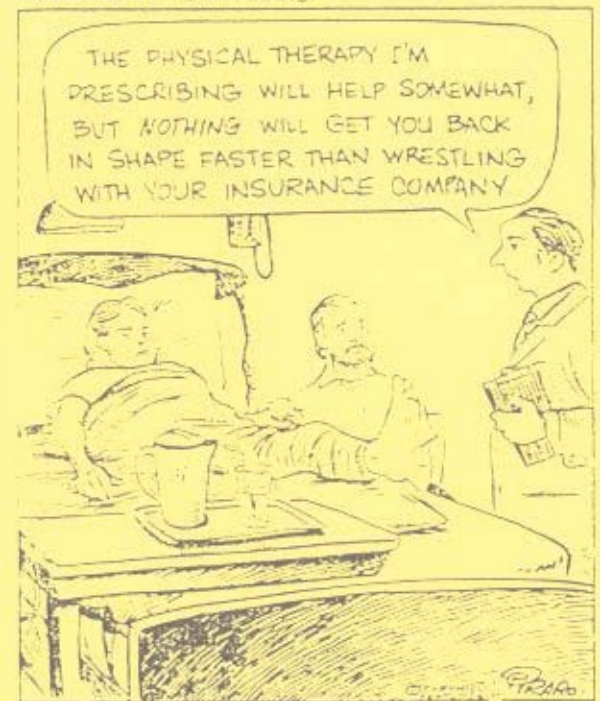
Think about that last one. Men who use electric shavers more than 2½ minutes a day were twice as likely to get leukemia. How about avoiding all electric blankets made before 1990 or look for those made with labels that say they do not emit electromagnetic radiation. This area of our lives will become the next frontier of health, the invisible world of energy that bathes us 24 hours a day. Will 60hz be our downfall or our salvation?

I read babies go thru 10,000 diaper changes by the time they're fully potty trained. Don't the people know what they're in for when they have sexual intercourse 100 million times a day worldwide? Did they know that that would produce 910,000 conceptions, but also 350,000 sexually transmitted diseases? Folks, remember, these are figures for each day!

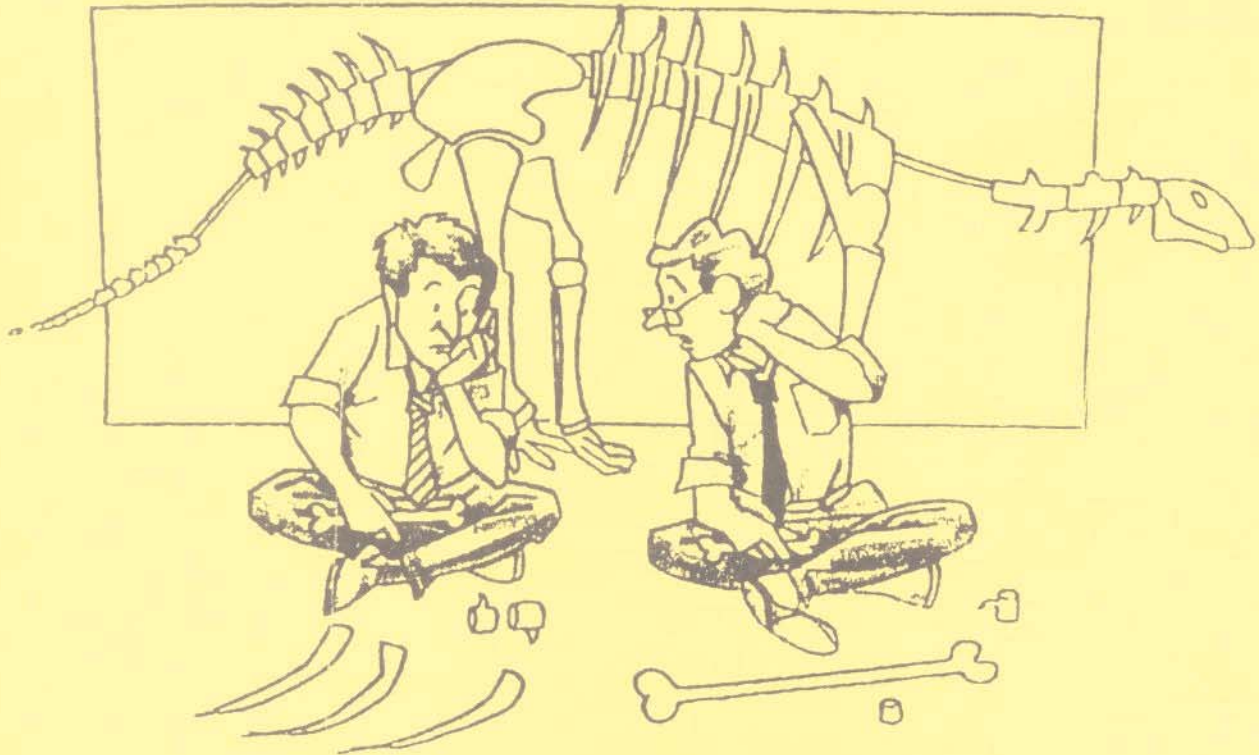


"The ringing in your ears - I think I can help."

BIZARRO BY DAN PIRARO



NATURAL HISTORY MUSEUM



"Let's swallow our pride, Watkins, and call in a chiropractor."

Help Prevent A Back Attack -- Tell Jack To Lift With His Legs and Not His Back!

Improper lifting is a major contributing factor in back strain/sprain injuries. Proper lifting is accomplished by lifting with the legs while keeping the back straight and holding the object to be lifted close to the body. If you have lifted improperly, call us -- we can help!



The middle of the year is always our busiest due to increased physical activities of everyone. I still cannot believe some of the stories I've heard over the years from patients on how they injured themselves! My day would be heavenly if most of my patients came in and said, "I feel good and want to stay that way. It's time for my preventive visit." What a difference in those two scenarios, where in the latter the patient has taken control of their body, their life, and is using whatever means necessary to stay healthy and prevent injury.

I will be developing a new price structure for people who adopt a preventive in our office. Look in future newsletters for details. This program will still welcome you in the office should injuries or relapses occur, but we want to see you four times a year wearing a smiling face rather than four times a year wearing a look of pain. Also, think about getting those kids in, to prevent alot of what you grown-ups suffer!

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Fun Can Be A Pain In The Back



There are approximately 1000 water slides throughout the U.S. They are one of the biggest growth items in the amusement park business. Riders slide down a curving, steep chute on a sheet of water at speeds of up to 20 miles an hour. Besides experiencing the exhilarating speed, adults as well as children have also experienced concussions, fractured vertebrae, bruises, sprains and various forms

of back injuries. Approximately thirty percent of emergency room admissions from amusement parks are caused by water slides! If you must tempt injury by riding a water slide, don't ride in tandem with other daredevils. It increases the risk of back injuries. Remember, as you slide off to fun and glory, if you ever need us, we are only a phone call away.

