

THE SPINAL COLUMN

Most of you should get this newsletter before our move date of June 30, 1997. We will maintain our same phone number of (972)727-8947. We are relocating to 408 N. Allen Dr., Allen TX 75013 and will be open for business on 07/02/97. Our hours will remain the same at M,W,F 9:30-1:30, 4:30-8:30. Tue 2-6, Thur 9-12:30, Sat 9-1.

The building I purchased is twice our present size and also offers nearly 2 acres of trees and a creek. This land will be developed into an exercise walkway and connect to the existing walkway behind the neighboring Eric Vita Medical Building. Our office will have a mini health food store combined into the enlarged reception room, so you can select your own vitamin products directly from the shelves and try new items from our present inventory of nearly 300 products. I only sell the most cost effective and highest quality products on the market, and most of my selections are simply not available in regular healthfood or grocery stores and pharmacies.

Please look at the enclosed map for directions. Most of you coming up the expressway from the South will have a shorter round trip than you currently have to our existing office if you stay on the expressway and exit at Rowlett St. and turn South when you see Allen Drive at the end of the exit ramp. If you like to come up Hwy. 5, turn West on Bethany than North on Century Pkwy. Then turn right when you come to Fm2170/McDermott and pick up Allen Drive from there. This route is 2.3 miles from our present location. All of you who come from the North, choose whatever route suits your needs.



The new location will also bring some exciting new equipment to the practice! A new method of treating spinal disc cases that eliminates the need for surgery nearly 100% of the time. This is a \$10,000 investment on my part to bring you the best chiropractic has to offer. In addition, I will have ECG and Spirometry equipment to evaluate heart and lung conditions and emergencies more readily!

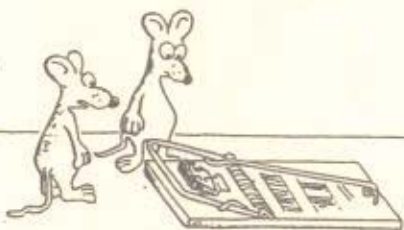
I found these energy statistics fascinating, so I'll share them with you: Cars/light trucks use 37% of the USA's oil. We import 1/2 of all our oil at approximately \$50 billion a year. 1 out of 7 US workers makes cars or related stuff. Cars represent 1/10th of all consumer spending. Our cars use 70% of the nation's lead, 60% of its rubber, carpeting and malleable iron, 40% of its machine tools, and 15% of its aluminum, glass and semiconductors. 6 of America's 10 largest industrial companies are either oil or auto companies. Finally, a recent British estimate concludes 1/2 of the world's earnings may be auto or truck related. Now you know why there's so much resistance to new fuels and methods of transportation! I believe health care has similar massive numbers, as you can see in the following statistics:

In 1991, the average American was prescribed 6½ drugs with the average cost of \$22.50. This is up from one drug per year, with an average cost of \$5.50, in 1979. The drug industry is now the most PROFITABLE business in the country, and today more than 50% of the world's drugs are consumed in the US. Recent research has revealed that preventable prescription-drug related diseases and deaths cost Americans \$77 billion a year. People over 60 make up 1/6th of the U.S. population, but they now take 40% of all prescription drugs, taking 13 different prescription drugs a year! There is a section in the Hippocratic Oath that reads "To please no one will I prescribe a deadly drug, nor give advice which may cause his death."



"He thinks we're muggers!"

"You need more exercise. Go and get me a cheeseburger with onions."



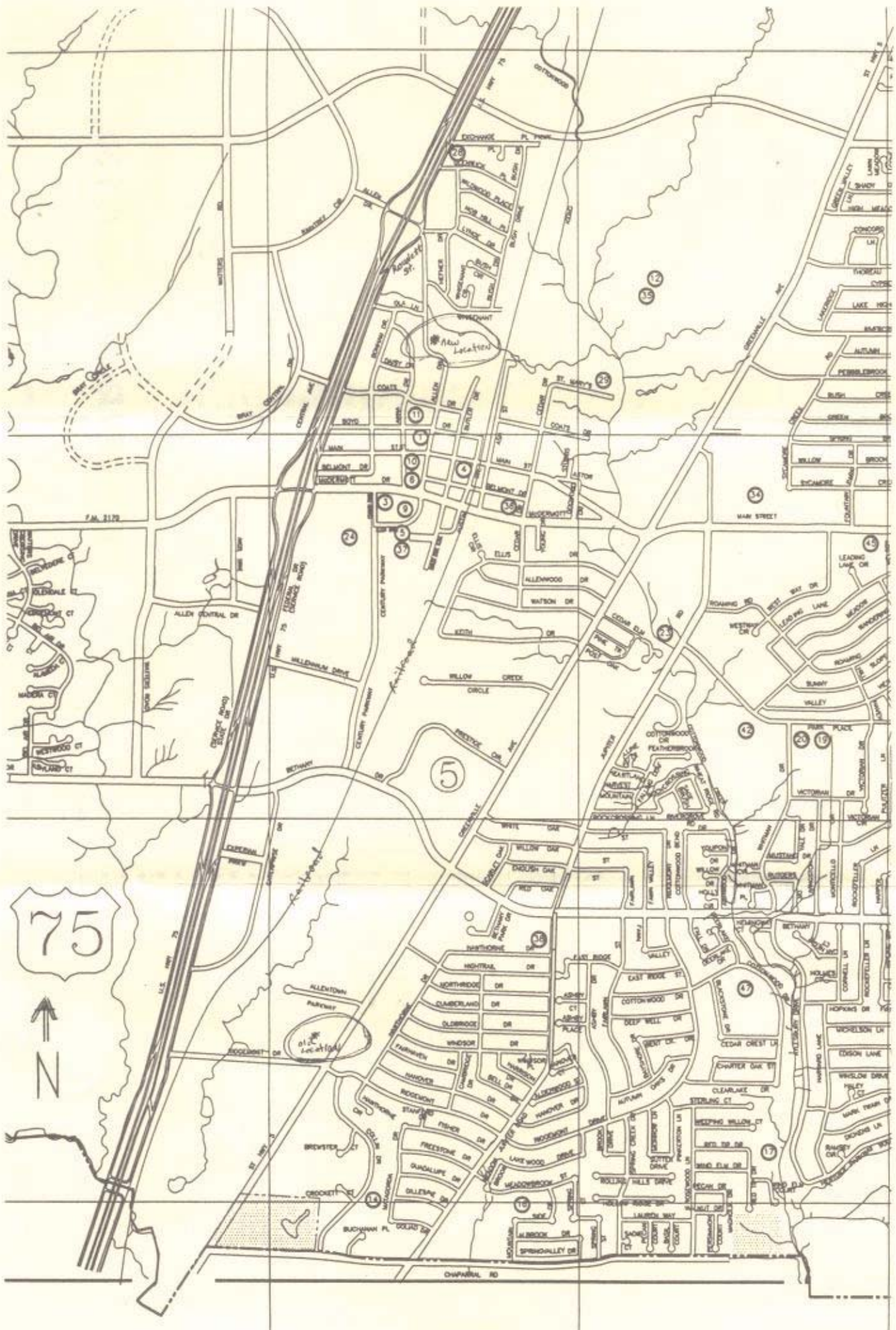
"If the trap doesn't kill you, the preservatives will."



"The results of your tests were negative. Get lost!"



"Here's my bill. That should stop you from smoking and drinking for a few months."



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New Location

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The Changing American Diet

BY BONNIE LIEMAN

"Beat it back," says the *Dallas Morning News*: "Is there a backlash against healthy living?" asks the *Washington Post*.

It's too early to tell exactly how the American diet changed during 1996. But if figures from the last 25 years are any clue, the real changes are far more gradual than some media reports suggest.

Here's an update of *The Changing American Diet*, our ongoing look at what Americans eat. We report the changes as—what else?—a report card. The grades rate both what we eat and—more importantly—how we've changed what we eat over the last 25 years. For example, even though we're still drinking too much whole milk, milk got a B because we're gradually shifting to lower-fat milk.

So how are we doing? This year's C average may be a triple worse than last year's C+, but it's no tidal wave.

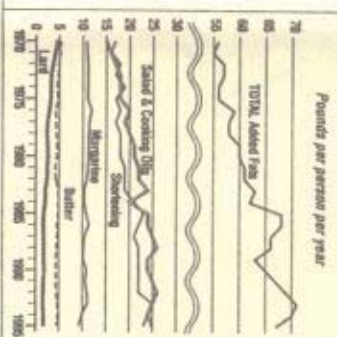
The charts overestimate what people consume, because they include the food that gets thrown away. But the U.S. Department of Agriculture (USDA) calculates the figures the same way each year, so comparisons are reliable.

Liquid VanTuinen and David Alexander compiled the data for this report.

ADDED FATS & OILS: C-

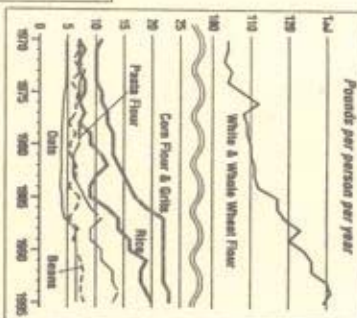
Total fats—at least those we add to foods—are sloping down. Even so, we're eating too much of them.

Although some newer fats consumed, added fat is still ten pounds higher than it was in 1970. Part of the reason: a five-pound jump in shortening, which is loaded with artery-clogging trans fat.

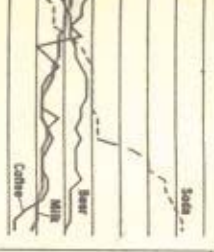


GRAIN, GRAINS, & BEANS: B

Americans have been bringing on pasta, breads, and other carbony-draws, say some "experts." It's true that consumption of total flour and cereal products has climbed more than 50 lbs. since the all-time high in the early '70s. But our current intake—about 180 pounds per person per year—is only two-thirds of what our grandfathers ate in 1910. Score binge.



GALLONS per person per year

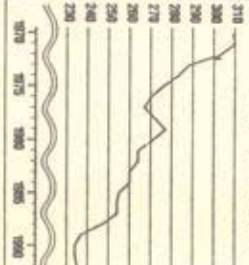


BEVERAGES: D-

In 1970, Americans drank more milk than soft drinks. Now we drink more than 50 gallons of carbonated soda a year—twice as much as milk. The 800-plus cups of soda per person—about three-quarters regular and one-quarter "diet"— dwarf every other beverage.

Fruit juice may reduce the risk of cancer and milk may strengthen bones, but soft drinks—well, with a 1994 advertising budget of \$100 million for Coke Classic alone, why shouldn't they lead the pack?

Eggs per person per year

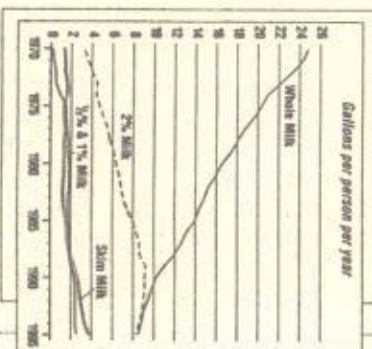


EGGS: B+

Are eggs making a comeback? True, last year's 237 eggs per person is a slight increase over 1995's 234. But it is a trend or just a "bump" on a line that bounced between 224 and 238 since 1989? The big picture is unimpressive. Since our 1945 peak of 400 per person per year, eggs have been in a free-fall.

MILK: B

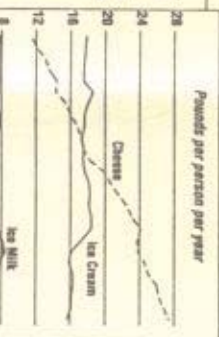
The good news: Skim and 1% fat milk are creeping up, while whole and 2% are inching down. The bad news: The switch to low-fat milk is snail-like, and we're drinking less milk than ever before. Our bodies will pay the price.



DAIRY PRODUCTS: B+

Cheese seems to be maintaining its 75-year climb. And you can bet that most of the 27-pound total is cheddar. What else are they putting on pizzas, cheesecakes, etc., bacon, and nachos?

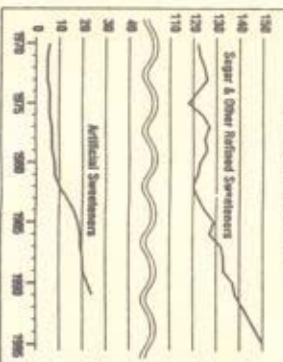
In the frozen dairy department, everything—from lumpy to fat-free—is down. But the drops are so small that it's too early to call them trends.



SWEETENERS: F

America is on a sugar binge, and there's no end in sight. The latest figure: 156 pounds a year of sweeteners—mostly sugar and corn syrup—for every man, woman, and child. Granted, some of the sugar never reaches our lips. But that's 25 pounds more than it was as recently as 1994. Apparently, artificial sweeteners have only fed our sweet tooth. Based on the latest figure (for 1991), they're also on the upswing. Wherever will it end? Maybe we'll hit a plateau when children are weaned straight onto soft drinks.

Pounds per person per year

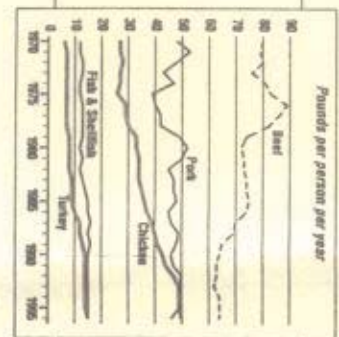


MEAT, POULTRY, & SEAFOOD: C+

To hear the media tell it, you'd think we had abandoned poultry and fish for a steady diet of burgers and steaks. The numbers tell a different story.

In 1996, beef was back at the 1990 total of 64 pounds, nowhere near its all-time high of 89 pounds in 1976. What's more, beef's modest gain seems to be at the expense of equally unhealthy pork, not poultry. Chicken is still on the rise, while seafood is holding steady.

Source: USDA, Food Consumption, Prices, and Expenditures, 1997.



The Caffeine Corner



■ **Caffeine is similar** in structure to adenosine, a chemical found in the brain that slows down its activity. Since the two compete, the more caffeine you drink, the less adenosine is available...up to a point. That's why caffeine temporarily heightens concentration and wards off fatigue.

■ **Within 30 to 60 minutes** of drinking a cup of coffee, caffeine reaches peak concentrations in the bloodstream. It typically takes four to six hours for its effects to wear off.

■ **Smokers remove caffeine** from their blood twice as fast as non-smokers. That may be why smokers tend to drink more coffee.

■ **The average American** adult consumes about 200 milligrams (mg) of caffeine a day, and the top ten percent consume an average of 400 mg, according to John J. Barone, who tracks caffeine consumption at The Coca-Cola Company in Atlanta.

■ **As little as 200 mg of caffeine** is enough to make some people feel nervous and anxious. It might take even less for cola-guzzling kids.

■ **The typical American** drinks about two cups of coffee a day. In 1962, when coffee consumption hit its peak, three cups was typical.

■ **Coffee accounts for** about three-quarters of the caffeine we consume. Tea makes up about 15 percent, soft drinks about ten percent, and chocolate about two percent. Here are average caffeine levels of popular beverages, foods, and drugs (rounded to the nearest 5 milligrams):

Product	Caffeine (mg)	Product	Caffeine (mg)
Coffee, grande (16 oz.), Starbucks	550	Caffè Americano, short (8 oz.), Starbucks	35
Coffee, tall (12 oz.), Starbucks	375	Caffè Latte, short (8 oz.) or tall (12 oz.), Starbucks	35
Coffee, short (8 oz.), Starbucks	250	Caffè Mocha, short (8 oz.) or tall (12 oz.), Starbucks	35
NoDoz, Maximum Strength (1), or Vivarin (1)	200	Cappuccino, short (8 oz.) or tall (12 oz.), Starbucks	35
7-Eleven Big Gulp cola (64 oz.)	190	Cola (12 oz.)	35*
Coffee, non-gourmet (8 oz.)	135*	Espresso (1 oz.), Starbucks	35
Excedrin (2)	130	Tea, green or instant (8 oz.)	30*
Maxwell House (8 oz.)	110	Chocolate, dark, bittersweet or semi-sweet (1 oz.)	20*
Caffè Americano, grande (16 oz.), Starbucks	105	Coffee, decaf, grande (16 oz.), Starbucks	15
NoDoz, Regular Strength (1)	100	Tea, bottled (12 oz.) or from instant mix (8 oz.)	15*
Coffee, instant (8 oz.)	95*	Coffee, decaf, short (8 oz.) or tall (12 oz.), Starbucks	10
Caffè Americano, tall (12 oz.), Starbucks	70	Chocolate, milk (1 oz.)	5*
Caffè Latte or Cappuccino, grande (16 oz.), Starbucks	70	Cocoa or hot chocolate (8 oz.)	5*
Caffè Mocha, grande (16 oz.), Starbucks	70	Coffee, decaf, non-gourmet (8 oz.)	5*
Espresso, double (2 oz.), Starbucks	70	Espresso, decaf (1 oz.), Starbucks	5
Water, caffeinated (Edge ₂ O) (8 oz.)	70	Tea, decaf (8 oz.)	5*
Anacin (2)	65		
Cola (20 oz.)	60*		
Mountain Dew (12 oz.)	55		
Cola (16 oz.)	50*		
Tea, leaf or bag (8 oz.)	50		

* = typical value.

Sources: National Coffee Association, National Soft Drink Association, Tea Council of the USA, Starbucks Coffee Company, package labels, and *Food Chemistry and Toxicology* 43:119, 1996.

Even so, "it's probably prudent for women who are trying to become pregnant, and especially for those having trouble, to cut back on caf-

feine," says Mark Klebanoff of the National Institute of Child Health and Human Development in Bethesda, Maryland.

¹ *Epidemiology* 5: 537, 1994.

² *Ecol. Food Nutr.* 31: 285, 1994.

³ *Lancet* 1: 1415, 1981.

⁴ *Amer. J. Epidemiol.* 126: 813, 1987.

⁵ *Epidemiology* 7: 250, 1996.

⁶ *Lancet* 2: 1453, 1988.

⁷ *Amer. J. Epidemiol.* 142: 1322, 1995.

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Amalgam and Antibiotic Resistance

Researchers from the University of Georgia and University of Calgary, Alberta contend that increasing bacterial resistance to antibiotics is due, in part, to the wide prevalence of amalgam fillings. They have discovered that the genetic material that increases resistance to mercury poisoning found on the same plasmid as that which allows microbes to survive antibiotic onslaughts. They say that mercury from fillings kills off the non-resistant bacterial flora, which allows an increase in number of the stronger varieties, which are also more resistant to popular antibiotics.⁹

9. Presented by Anne Summers of the University of Georgia to the annual meeting of the American Society for Microbiology.



"Your bank manager says he doesn't recommend surgery at this time."

State of the Art Health Care?

A survey of 57 teaching hospitals⁹ finds that only one in 14 routinely feeds their patients in a way that meets current guidelines for healthy meals. Researchers compared three daily menus from each hospital against standards set by the National Research Council's Committee on Diet and Health. Four out of every five daily meals contained excessive cholesterol; more than half had too much salt. The fat content was too high nearly 40 percent of the time. The study's authors said their findings were "discouraging" in that these institutions, on the forefront of world medical technology, seem to be ignoring health fundamentals.

9. *New England Journal of Medicine*, November 7, 1996.