

HEALTH NEWS

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OAKWOOD CHIROPRACTIC

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☺ **DID YOU KNOW?**

For an average adult during an average day:

- You exercise 7,000,000 brain cells
- Your heart beats 103,689 times
- If you reduce your heart rate by 2 beats per minute with regular exercise your heart will beat 1,051,200 times less per year
- You breathe 23,040 times
- You speak 48,000 words
- You turn in your sleep 25-30 times.

Like any piece of finely tuned machinery, the human body
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needs good nutrition and proper maintenance to function properly at any age.

☺ **New Anti-Antibiotic** **Strategy:**

The U.S. government, frustrated with the continued indiscriminate prescription antibiotic by licensed medical doctors, is starting to change its strategy. A new campaign is underway to appeal directly to parents to ask their doctors to not give antibiotics to their children for conditions for which they would be useless, such as a cold or flu. By some estimates, as much as 40 percent of antibiotics are prescribed for virus infections. Commenting on the antibiotic-abusing doctors, a spokeswoman from the Centers for Disease Control said, "If a patient comes in with strong expectations, it is tempting — and takes less time — to write the prescription for antibiotics."¹³The CDC is asking parents to insist that their doctors use good medical judgment! This is in a country in which children can be taken away from parents who don't follow medical advice.

13. Dr. Julie Gerberding, quoted by the Associated Press, Sept. 17, 2003.

☺ **Fiber and Bowel Cancer:**

Here is yet another study relating to the on-again, off-again link between dietary fiber and resistance to bowel cancer. This investigation involved probably the largest sampling of patients to date: approximately 500,000 people from 10 European countries. People who consumed five or more portions of fruit and vegetables a day, plus the equivalent of five

slices of whole meal bread, had a 40 percent lower rate of developing bowel cancer than other subjects. Other studies that have shown little correlation between dietary fiber intake and bowel cancer risk did not supply enough fiber in the diet to achieve the results seen in this study, according to these authors.⁴

4. Reuters, May 2, 2003, reporting on the work of Professor Sheila Bingham, head of the diet and cancer group at the British Medical Research Council's Dunn Human Nutrition Unit in Cambridge, England.

☺ **Medical Errors Consistent:**

Research from the Commonwealth Fund, a New-York-based foundation that studies health policy, suggests that although health care systems vary greatly between the United States, Britain, Canada, Australia and New Zealand, medical malpractice complaint patterns are all very similar.⁸ They found that from 18 percent to 28 percent of those surveyed had suffered from a medical or drug error in the previous two years. In addition, the error rate rose as the patient consulted more doctors. While the percentages were generally consistent from country to country, the worst scores were typically seen in the United States, something the authors attributed to its lack of universal health coverage. The study involved 750 patients from each country.

8. Health Affairs.

May/June 2003.

www.healthaffairs.org

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🧠 Mental Activity Fights Alzheimer's Disease:

A report in *Neurology*¹ concludes that better-educated people are more resistant to the effects of Alzheimer's disease. In this study of 130 clergy members, the mentally debilitating effects of the disease were compared to physical changes found in subsequent autopsies. The amount of Alzheimer's-related plaquing usually corresponds to the cognitive abilities of the patient during the end stages of

the disease, but this study found that those with higher levels of education had fared better on their cognitive tests than the autopsy results suggested. Another study published in *The New England Journal of Medicine*² reports that the risk of dementia, including Alzheimer's disease, decreases when a person is more mentally active. For example, doing the Sunday crossword puzzle each week may reduce the risk of dementia by 7 percent. Overall, this study of 469 elderly individuals found

that the most mentally active third of the subjects were much less likely to develop dementia than the other two-thirds. Other beneficial mental activities included reading, playing cards or board games, and playing a musical instrument. The researchers found no effect from physical exercise except for dancing, which provided a similar benefit

1. *Neurology*, June 24, 2003.
2. *NEJM*, June 19, 2003.

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😊 Product Spotlight - Relaxation Formula

Getting restful sleep is important in our overall health. Up until now, most natural products did not work very well.

Our new "Relaxation Formula" promotes healthy relaxation and supports restful sleep without any "groggy" side effects.

This is a unique blend of L-Theanine (from green tea), Relora, and other standardized herbs known for their relaxing qualities.

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***HAVE A VERY MERRY CHRISTMAS
AND A HAPPY AND SAFE NEW YEAR!
MAY THERE BE PEACE ON EARTH!***