

HEALTH NEWS



June 2004, Vol. 4

OAKWOOD CHIROPRACTIC

Dr. R. L. DaSo

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Science Note: Acrylamide is not detected in raw or boiled potatoes but forms during chemical reactions at high heat temperatures. McDonalds has over 300x's the allowed levels that the EPA has set. Research was taken from Sweden, Britain and Norway and confirmed by the World Health Organization (WHO). FDA has remained silent. Fast Food Carcinogen Warnings! Acrylamide content in Common Snack Foods*



Boiled Potatoes	<3 mcg
Water 8oz	.12 mcg - EPA limit
Old El Paso Taco Shells - 1.10oz (3)	1 mcg
Tostitos Tortilla Chips - 1 oz	3 mcg
Ore Ida French Fries - 3 oz (frozen)	5 mcg
Honey Nut Cheerios - 1 oz	6 mcg
Cheerios - plain - 1 oz	7 mcg
Fritos Corn Chips - 1 oz	11 mcg
Pringles Potato Crisps - 1 oz	25 mcg
Ore Ida French Fries - 3 oz (cooked)	28 mcg
Wendy's Biggie French Fries - 5.5 oz	39 mcg
KFC Jumbo Potato Wedges - 6.2 oz	52 mcg
Burger King Large French Fries - 5.5oz	57 mcg
McDonalds Large French Fries - 6 oz	72 mcg

*CSPI (Center for Science in Public Interest - 6/25/02)

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☺ [Fat Drugs:](#)

Some new drugs being developed to help the medical profession fight the obesity epidemic appear to increase the risk of colon cancer, according to a new study published in *Nature Medicine*.⁸ The subject of this study was an experimental compound (GW501516) being developed for treatment of

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"metabolic syndrome," the label given to overweight individuals who have high blood pressure and undesirable cholesterol levels. The drug interacts with a receptor called "peroxisome proliferator-activated receptor-delta," but the exact reason for the increased incidence of colon cancer is uncertain.

8. *Nature Medicine*, March 2004.

☺ [Antidepressant Use in Children:](#)

Scientists from the National Institute of Mental Health are warning that parents and doctors should be more careful when giving children antidepressants. A number of studies have suggested an increase in suicidal tendencies when children use such drugs. Although the evidence is not yet conclusive, it is sufficient to raise concern about the skyrocketing use of drugs such as Paxil, Zoloft and Effexor in children.⁹

9. *Associated Press*, Feb. 2, 2004; *interview with Dr. Matthew Rudorfer of the National Institute of Mental Health*.

☺ [Noisy Hospitals:](#)

A report from the Mayo clinic has surprised many medical professionals with something that has been obvious to patients for years: You can't get a good night's sleep in a hospital. One would think that the need for sleep in the healing process would be obvious to medical personnel, but anyone who is unfortunate enough to have been hospitalized overnight can tell you it's rarely a consideration. ("Wake up, Mrs. Jones, it's time for your

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sleeping pill.”) Researchers placed noise measuring devices in empty rooms and also spent a few nights in a thoracic surgery recovery unit. The noise levels were as high as 113 decibels, slightly less than that produced by a chainsaw. One volunteer noted that such noises woke her at 1:10 a.m., 3:15 a.m., and 6:10 a.m. during a typical night. Patients who are
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actually being treated, of course, fair much worse.¹¹
11. *American Journal of Nursing*, February 2004.

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☺ **C-Reactive Cancer:**

A statistical analysis of 22,000 patient records by Johns Hopkins researchers suggests that elevated blood levels of C-reactive protein may be an early indicator of colon cancer.
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Patients with the highest levels were 2.5 times as likely to subsequently be diagnosed with the cancer than those with the lowest readings. About 150,000 people are diagnosed with colon cancer each year in the United States; approximately one third of those succumb to the disease.¹⁰
10. *Reuters*, Feb. 4, 2004.

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**From the desk of:
Mary Stock R. Ph., C.C.N.**

☺ **Good Day Sunshine:**

It's summer, and since we live in Florida now is the time to enjoy all the outdoor activities we like to do. As you well know, the medical establishment is concerned about skin cancer. We have all heard the warnings to always wear sunscreen, or keep covered while outside or just to avoid sunlight all together. Staying out of the sun when you live in Florida is like giving a dog a bone and telling him not to eat. Luckily for us there is more and more research coming out about the benefits of getting vitamin D from the sun. Even with vitamin D enriched milk, bread, orange juice, etc., people are still coming up Vitamin D deficient. Wearing a sunscreen with an SPF as low as 8 blocks out 95% of the UVB rays, which trigger our bodies to make Vitamin D.

New research shows that Vitamin D from the sun stops the growth of many cancers like breast, prostate, skin and bone. It also helps improve bone health, prevent heart disease and stroke and elevates your sense of well being. In 1989, researchers reported that adults with higher levels of 25-hydroxyvitamin D have a 50% less risk of colon cancer. Vitamin D also helps reduce the incidence of many diseases, including auto-immune diseases such as multiple sclerosis, type 1 diabetes, lupus and rheumatoid arthritis, especially if sunlight exposure and/or supplementation is started in childhood. Michael Holick M.D. recently released [The UV Advantage](#). This wonderful book has a table, which gives you the safe and effective sun exposure needed for Vitamin D production. The table is designed to “prescribe” your sun exposure time according to where you live in the U.S. and what type skin you have. After the allotted amount of time, which for most people is approximately 10 minutes 3 times per week with your arms and legs exposed, you can apply your sunscreen with an SPF of at least 15 and continue your activities. For the actual prescriptions for your skin type refer to the book. Remember to make the sun your friend. Respect it, use it wisely, but don't be afraid of it. We now offer a complete array of blood tests, including the Vitamin D test. Call our office for more information.

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**HAVE A HEALTHY AND SAFE 4TH OF JULY!
OUR DEMOCRACY, OUR FREEDOMS, AND OUR
INDEPENDENCE CAN BE SAFEGUARDED IF WE
ALL VOTE!**