



Hands of Health Newsletter

March/April 2004

Remember me? Let's skip the details about last issue's issue and move on. Better late than never. However in my closing I'll give you more news. And like me whose been dealing with a lot of stress and with the stress of the tax season whether you are preparing your own or you are preparing everyone elses massage has been my saving grace. Did you know that the word "STRESSED" spelled backwards is "DESSERTS"? So when you are STRESSED make an appointment with me to get your MASSAGE and your just "DESSERTS." This issue will be a little shorter than usual because.....Enjoy.

TRY TO EXERCISE INSTEAD OF SURGERY FOR BACK PAIN

While it's true that some back problems are so severe that they warrant surgical attention, the disturbing trend in medicine these days is to put patients under the knife, rather than investigate possible non-surgical options.

Disc degeneration often necessitates a surgical procedure called "lumbar fusion," but as a new study shows, exercise combined with cognitive therapy (telling patients physical activity will not harm the back, and recommending exercise) may be just as effective - and without any of the risks associated with surgery.

In the study, patients with low back pain (LBP) lasting one year or longer, and evidence of disc degeneration on X-ray, were randomly selected to receive surgical fusion or cognitive intervention and exercise. At a one-year follow-up, improvements in back pain, use of anal

gesics, emotional distress, life satisfaction, and return to work were essentially the same in both groups. More significantly, according to the researchers, the "success rate" after one year was 70 percent in the surgical fusion group, compared to 76 percent in the nonsurgical group!

Do you suffer from back pain? If you do, it deserves the attention of a health care professional. Your chiropractor can evaluate your condition and determine the appropriate course of care.

Brox JJ, Sorensen R, Friis A. et al. Randomized clinical trial of lumbar instrumented fusion and cognitive intervention and exercises in patients with chronic low back pain and disc degeneration. Spine, Sept. 1, 2003:28(17), pp1913-21.

EXERCISE MAY PREVENT BREAST DISEASE

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A study shows that women who exercise regularly have a lower risk of a breast condition that often leads to cancer. Researchers at the University of California have been interested in the factors influencing breast carcinoma in situ (BCIS) a condition where abnormal cells develop in the breast ducts or lobules. The condition is often picked up on a mammogram, and can progress to breast cancer.

The researchers studied 567 women with BCIS and 616 women

without. They found that those who exercised for more than four hours a week have a 47 per cent lower risk of BCIS than those who were inactive. But the reduced risk applied only to women who did not have a family history of breast cancer. The researchers argue that exercise might lower the levels of female hormones that otherwise might stimulate the growth of abnormal breast cells.

Source: Cancer on-line 6th October 2003

VITAMIN C KEEPS THE STOMACH SMILING

Do you know that ascorbic acid can help prevent stomach problems, including peptic ulcers and stomach cancer? OK, OK, first things first: Do you know what ascorbic acid is? It's vitamin C!

Chronic infection with a specific strain of the *Helicobacter Pylori* bacteria has been linked to the above mentioned gastric problems, but a study that appeared in the *Journal of the American College of Nutrition* suggests that vitamin C can reduce the risk of infection. In Caucasian men and women, levels of ascorbic acid in the bloodstream were inversely related to the risk of infection with *H. Pylori*: the more vitamin C in the blood, the less risk of being infected. This association was not significant for men and women of other races.

So, now that you know what ascorbic acid is, and that it can prevent gastrointestinal problems, here's the final question: Where do you find vitamin C? Well, good sources include citrus fruits (oranges, grapefruit, lemons, mangos, etc.), asparagus, broccoli, spinach, green peppers, tomatoes, potatoes and cabbage.

To learn more about vitamins and minerals, go to www.chiroweb.com/find/tellmeabout/nutrients.html.

Simon JA, Hudes ES, Perez-Perez G. Relation of serum ascorbic acid to helicobacter pylori serology in U.S. adults: the Third National Health and Nutrition Examination Survey. Journal of the American College of Nutrition 2003:22(4), pp283-9.

Interesting how exercise seems to be the solution to a number of problems or health concerns. It has certainly helped me stay young. I have a big milestone in birthdays coming up in April. You figure out which one it is. But if you ask, I'll tell. And now the news I referred to in my opening. This will be the last issue I mail out to you. From now on you will have to go to my website which is www.hands-of-health.com to read my newsletters. I will still have some paper copies around my office but you are always welcome to print them out from my site. They will be in a little different form but it's still the valuable information I always provide. Enjoy the Spring weather, exercise, and be sure to remember the importance of your massage because your health is the most important aspect of your life and massage is a key way to promote better health and remember to show your loved ones you care about their health with a gift certificate for massage.

Until next time.

Stay healthy, stay well,

McDonald's breakfast for under a dollar actually costs much more than that.
You have to factor in the cost of coronary bypass surgery.

George Carlin



I Love Referrals!!!

Ask me about earning FREE MASSAGES for referrals.