

Westborough Chiropractic HEALTH NEWSLETTER

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**VOL. 5
NO.6**



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Natural Health

Drug side effects reported to the Food and Drug Administration reached an all-time high in 2004. The FDA received roughly 422,500 adverse event reports, up nearly 14% from 2003.

U.S. Researchers attempting to quantify the number of lives that have been saved by influenza vaccines have come up with something close to zero.

Arch Intern Med
2005;165:265-272.

European researchers have identified a component present in green tea that they believe binds to enzymes, preventing growth of the cancer cells.

Reuters, March 14, 2005

A study from Harvard Medical School suggests that a little sunshine may decrease your risk of prostate cancer by half.
Associated Press, Feb. 17, 2005.

Chiropractic Care Reduces Healthcare Costs

A study in the October 11, 2004 issue of the Archives of Internal Medicine reports that low back pain patients with chiropractic coverage in their insurance plan needed less surgery and fewer X-rays than patients on the same insurance plan without chiropractic coverage.

In the largest study of its type, four years of back pain claims were examined. 700,000 insured patients with chiropractic coverage were compared with 1,000,000 insured members without chiropractic cover-



age. Other than the chiropractic coverage, both groups of patients were on the same insurance plan.

By comparing the two groups, the study found that:

- Chiropractic care cut the overall cost of back pain care

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ATHLETES AND CHIROPRACTIC

Golf great, Tiger Woods, is another example of what the benefits of chiropractic care can offer an athlete. Tiger Woods states, "lifting weights and seeing a chiropractor on a regular basis has made me a better golfer."

Many people don't know that Tiger Woods rode upon a Chiropractic Float in the 1995 Pasadena Tournament of Roses Parade.



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Glucosamine Sulphate:

Natural Arthritis Relief!

Research is showing the effectiveness of *Glucosamine Sulphate*. Studies have shown that glucosamine sulphate, taken at a dose of 500mg per day can significantly reduce arthritis pain and help to regrow cartilage within joints.

This supplement is a mix of protein and sugar, and is found in the elastic tissues within the human body (such as cartilage). The function of this molecule is to keep the tissue full of water and therefore spongy in nature. Arthritis is a disease process that occurs to joints that are misaligned or are working incorrectly. It causes the cartilage that lines the surface of the joints to wear out and become inflamed. This is the source of arthritis pain that so many people complain of.

The latest research shows that the best treatment for helping arthritis includes a good exercise program, regular chiropractic adjustments, and a good diet and taking at least 500mg glucosamine sulphate supplements per day. In fact, studies have shown that chiropractic care and glucosamine sulphate can stop the arthritic degeneration of spinal joints from getting any worse!

There are many other natural supplements in the stores that also promise arthritis relief, however none of these other products have been proven like glucosamine sulphate. If you have any questions about glucosamine sulphate, or any other supplement, feel free to ask the doctors at Westborough Chiropractic - we are here to help you get the most out of your body!

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by 28%.

- Chiropractic care reduced the cost of X-rays and MRIs by 37%.
- Chiropractic care reduced back pain patient hospitalizations by 41%.
- Chiropractic care reduced the number of back surgeries by 32%.

Dr. Douglas Metz, chief health services officer at American Specialty Health, the insurer that sponsored the study said, "No matter how we perform the analysis – whether we look at total costs to the health plan, at lower back pain care, at musculoskeletal care – in each data set, the population covered for chiropractic had a lower

overall cost to the health plan than the population without access to chiropractic benefits."

Finally, the research is being done that proves what chiropractors have seen, and known for the last 110 years. Regular chiropractic adjustments keep you healthy.

WBCHIRO Email address is:

mail@wbchiro.com

Send us a note so we can keep you in the "buzz" on healthcare topics.



Because significant spinal trauma may occur at birth, many parents have their newborns checked right away. As the infant grows, learning to hold up the head, sit, crawl and walk are all activities that affect spinal alignment and are important times to have a child checked by a Doctor of Chiropractic.



SAVE YOUR SPINE!
Keep Your Spine in Line with Chiropractic Care
Waiting until you must do something about your health is always more costly than preventive measures. That's why I encourage my patients to get a chiropractic adjustment at least every month. I get one every week, and so should most of you! It's always far better to detect and correct small injuries, imbalances, and misalignments of the spine before they accumulate into a sudden, painful, major episode.
This office embodies true chiropractic care!

“The doctor of the future will interest himself with diet and the human frame”

-Thomas Edison

Get Chiropractic Care for Whiplash Injury

Any sudden acceleration or deceleration of the human body that snaps the head and neck backward, forward, or to the side can seriously injure the neck's tissues. Technically, such injuries are termed hyperextension and hyperflexion injuries. Popularly they are called **whiplash**.

WHIPLASH EASY TO COME BY

The cause may be almost any misdirected action involving momentum or force such as a fall on the stairs, a sports mishap, a fall on ice... any accident which causes a snapping movement of the head and neck.

AUTO ACCIDENT USUAL CAUSE

An automobile rear-end collision is the most frequent whiplash event. About 4 million rear-end collisions occur each year, and each of them, even a mild one, carries the potential for whiplash neck injury.

WHIPLASH IN AUTO ACCIDENTS

In an auto, because the seated person's back is in direct contact with the auto's seat, a rear-end collision instantly propels the body forward with great force. This causes the head and neck to snap backward violently. An immediate reflex contraction of the neck muscles then snaps the head forward. Hence, the expression **whiplash**. Those lashing actions put great stress on the soft tissues of the neck (muscles, tendons, ligaments, blood vessels, nerves) as well as the neck bones (vertebrae).

NECK HAS ITS LIMITS

Not that the human neck is weak, nor is it susceptible to injury from every force that comes its way. The strength and flexibility of the cervical spine (neck area) make it a

structural marvel. But the neck does have a limit to its range of motion. When that limit is exceeded through a sudden, forceful movement, whiplash injury to some degree is almost assured.

TYPICAL WHIPLASH INJURIES

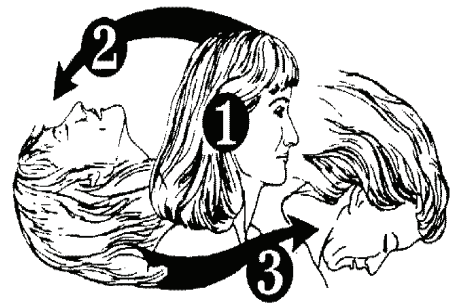
- Vertebral subluxations that pinch nerves
- Spinal disc fibers torn, discs separated
- Stretching, tearing of neck muscle fibers, tendons, ligaments, blood vessels, nerves
- Blood vessels bruised, blood supply altered
- Vertebrae injured
- Vertebrae separated
- Neck's normal curve altered

SYMPTOMS MAY LAG

Some symptoms may show immediately or within a few hours following a whiplash injury. But damaged, injured tissues often degenerate slowly, so sometimes symptoms don't develop for several days. Sometimes several weeks go by. Occasionally, several months elapse before symptoms present themselves.

CHIROPRACTIC EXAM AT ONCE

A whiplash victim should have a thorough chiropractic examination as soon as possible after the accident to determine the extent of injury and what to do about it.



TYPICAL WHIPLASH SYMPTOMS

- Headache
- Restricted neck movement
- Head, neck, shoulder, arm pain, pain between shoulders
- Dizziness
- Fainting or 'weak feeling' spells
- Head, neck, shoulders, arms feel heavy and tired
- Ringing in ears
- Hearing diminished
- Frequent nausea
- Numb, cold, tingling hands, feet, arms, legs
- Heartbeat rapid, irregular
- Frequent anxiety, irritability, memory lapse



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**OFFICE
 HOURS**
Mon-Thu
9a-7p
 (Closed Fridays)
Sat
9a-10a
 (By Appt Only)

Serving the Northern Peninsula for 26 years!

Upcoming Events at Westborough Chiropractic!

Kids Klinik
 The kids klinik
 is the third
 Saturday of
 every month at
 10 am.
 Come on by for
 adjustments
 stickers
 and
 goodies to eat!

 Free for kids
 of active patients
 Call/Email for
 details

**HAS IT BEEN
 A WHILE
 SINCE YOUR
 LAST TUNE-
 UP?**

**RE-ACTIVATE
 BEFORE
 JULY 31st AND
 WE'LL PAY FOR
 YOUR X-RAYS**

CALL/Email FOR DETAILS

Free Health Lectures
 At Westborough Chiropractic
 we have always sought to be
 more than just doctors. We are
 also teachers. Dr. Ressler travels
 far and wide along the west
 coast to teach a number of
 health topics to other doctors
 and large companies.
 Every month we have a short
 health lecture on many of the
 latest findings and topics in
 natural healthcare, presented in
 our reception area.

 Call/Email in and reserve
 your seat.