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Chiropractic and spinal research



Remember, all people can benefit from chiropractic care no matter what condition they may have. If you have any specific questions please feel free to contact us.

Chronic spinal pain. 77 patients received needle acupuncture, a nonsteroidal anti-inflammatory drug (NSAID) or chiropractic care. Patients receiving chiropractic care demonstrated a 50% reduction for low back pain, 46% reduction for upper back pain and 33% reduction for neck pain. Acupuncture and NSAIDS achieved no significant improvement. (1)

Parkinson's Disease, Meniere's Syndrome, Trigeminal Neuralgia and Bell's Palsy. The author found the same spinal subluxation of C-1 or atlas in 16 Meniere's Syndrome, two Parkinson's Disease, two Trigeminal Neuralgia and two Bell's Palsy patients. The author writes: "When the atlas returns to [normal position], the spinal cord relaxes...All 22 patients improved dramatically after one or two adjustments." (2)

Back pain during pregnancy and labor. In this study of 170 pregnancies with reported back pain, 84% of patients receiving spinal care reported relief of back pain during pregnancy. There was significantly less likelihood of back labor when spinal care was administered during pregnancy. (3)

Does Aspartame/NutraSweet cause brain cancer?

Aspartame (NutraSweet, etc.) accounts for over 75% of the adverse reactions to food additives reported to the FDA. These reactions include: headaches/ migraines, dizziness, seizures, nausea, numbness, muscle spasms, **weight gain**, rashes, depression, fatigue, irritability, tachycardia, insomnia, vision problems, hearing loss, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, joint pain, seizures and death.

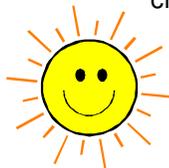
Shortly after Aspartame was released human brain tumors rose 10% and previously benign tumors turned virulent. It is little wonder that many health-conscious people believe avoiding NutraSweet improves their quality of life. For great information see *The Aspartame/NutraSweet Fiasco* by James S. Turner, Esq. at <http://csf.colorado.edu/envtecsoc/2002/msg00440.html> ; also see *The Artificially Sweetened Times* at <http://www.vaclib.org/news/astimes.htm>

Aspartame/Nutrasweet is found in thousands of foods and substances. <http://www.mercola.com/article/aspartame/dangers.htm>



Sunlight

Increasing evidence reveals that there is a chronic Vitamin D deficiency in many people that could easily be corrected by sunlight exposure on bare skin, no sunscreen. Just don't get burned! Articles are now describing the benefits of sunlight and its protection against cancer and other diseases.



Sun exposure decreases risk of MS

Children and adolescents who had high sun exposure had a decreased risk of multiple sclerosis (MS) later in life. Researchers concluded that insufficient exposure to ultraviolet radiation or vitamin D might therefore increase the risk of MS. Other studies have had similar results, indicating

that ultraviolet radiation may be beneficial against multiple sclerosis. (4)

Sunlight and melanoma

There is evidence that a moderate amount of unblocked sunlight is actually beneficial to most people, reducing the risk of many diseases – including, paradoxically, melanoma itself. For example, in often-cited research on US Navy personnel in San Diego, researchers from the University of California School of Medicine found that more melanoma occurred among desk workers than among sailors who worked outdoors. (5)

Humor

My grandfather always said, "Don't watch your money; watch your health." So one day



while I was watching my health, someone stole all my money. It was my grandfather.
– Jackie Mason

From Henny Youngman, King of the One-Liners

My wife and I went back to the hotel where we spent our wedding night. Only this time, I stayed in the bathroom and cried.

My wife was at the beauty shop for two hours. That was only for the estimate.

A doctor has a stethoscope up to a man's chest. The man asks, "Doc, how do I stand?" The doctor says, "That's what puzzles me!"

The other day I broke 70. That's a lot of clubs.

I have a lovely room and bath in a hotel. It's a little inconvenient, they're in two separate buildings!

Backpack Safety



Did you know that the Consumer Product Safety Commission estimates that 7,277 emergency room visits each year result from injuries related to book bags? The CPSC also reports that backpack-

related injuries are up **330%** since 1996.

Buying a backpack that is too big, wearing a backpack improperly or carrying a backpack that is too heavy is detrimental to your child's health. We want to help ensure that the children of Belle Chasse and the surrounding community have a safe and healthy school year. *Drs. Matthew and Michelle Mix will be presenting a Backpack Safety Program Thursday August 19th at The Crossroads in Belle Chasse at 7 p.m.*

Come learn how to choose a backpack, pack it correctly and carry it correctly and why it is important for your child's health and wellbeing.

For additional information, please contact Mix Family Chiropractic at 504-393-8675.

As a service to the community, if you child's school or organization is interested, we would love to come to their classroom and teach them about backpack safety. Please have their teacher, principal or parent teacher organization contact us.



See you next month – and if you haven't visited the office for a spinal checkup in a while, please come by – we miss you! You'll have a healthier and happier Summer.

References

1. Giles LG, Muller R. Chronic spinal pain syndromes: a clinical pilot trial comparing acupuncture, a nonsteroidal anti-inflammatory drug (NSAID), and spinal manipulation. *JMPT*. July/August 1999;22(6):376-381.
2. Burcon MT. Parkinson's Disease, Meniere's Syndrome, Trigeminal Neuralgia and Bell's Palsy: one cause, one correction. *Dynamic Chiropractic*, May 19, 2003:34, 41-44, 48.
3. Diakow PRP, Gadsby TA, Gadsby JB et al. Back pain during pregnancy and labor. *JMPT*. 1991;14(2).
4. [British Medical Journal](#) August 9, 2003;327:316
5. [www.CancerDecisions.com](#) Newsletter #135 05/30/04