

Gerou's Chiro News

A Free Monthly Newsletter for the Friends and Patients of: **Dr. Thomas J. Gerou**

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This Month's Featured Topics:

- **IKEA Event**
- **Chiropractic Research on DNA Repair**
- **Elect Joe Barone for District Judge**
- **Getting Abs in Shape**
- **Welcome Women Bowlers to Canton**
- **Featured Nutritional Product: "Cardio-Plus"**
- **New Patients Welcome**
- **Looking for Testimonials**
- **Special Offer**



IKEA Event

On Sunday, April 13, 2008, IKEA invited Dr. Gerou to help answer questions relating to various back and neck conditions, and how proper bedding and support pillows can have a dramatic effect on their symptoms by providing corrective support to the spinal column.

By the way, they have some very interesting combinations of bedding, offering a wide range of support and pricing, to suit many needs and budgets.

CHIROPRACTIC RESEARCH

The DNA Repair Study

"Surrogate Indication of DNA Repair in Serum After Long Term Chiropractic Intervention - A Retrospective Study," Journal of Vertebral Subluxation Research. February 18, 2005; 1-5.

This landmark study suggests that wellness care provided by doctors of chiropractic may improve health behaviors, enhance patient-perceived quality of life, and reduce health care costs. The joint study, performed by DC's and researchers at

Sweden's University of Lund, found that chiropractic care could influence basic physiological processes that affect oxidative stress and DNA repair. The study's results offer a scientific explanation for the positive health benefits reported by patients.

Researchers measured serum thiol levels in patients under short-term chiropractic care, long-term chiropractic care, and a non-chiropractic care control group. Serum thiols are primary antioxidants. The level of serum thiols in the body has been used to evaluate general health status. Serum thiol levels also provide a surrogate estimate of DNA repair enzymes, which have been linked with lifespan and aging.

The study found that long-term chiropractic care of two years or more was shown to reestablish a normal physiologic state independent of age, sex, or nutritional supplements. Symptom-free or primary wellness subjects under chiropractic care demonstrated higher mean serum thiol values than patients with active disease, and produced somewhat higher than normal wellness values.

The authors write: "The results clearly support the recommendations being made for wellness care by chiropractors. In addition, it should be stated that these results occurred under normal practice conditions and indicate what most chiropractors are likely achieving when performing long term care."

They conclude that, “There is no doubt that chiropractic care was the dominant factor in being able to realize serum thiol levels that in some cases have not been in nutraceutical testing, the only other intervention shown to improve thiol levels.”

Elect Joe Barone for Judge

My attorney and long-time friend, Joe Barone, is running for 35th District Court Judge. Of the current Judges, (John McDonald, Mike Gerou and Ron Lowe), Judge McDonald will be retiring at the end of this year. We are looking for our friends in the Canton, Plymouth and Northville communities who would be willing to allow us to place a lawn sign on your property. Thanks!

Getting Abs in Shape

“**Six pack abs**” are a treasured commodity. It takes these two combined approaches to achieve the desired results: Proper diet and specific exercise.

Your diet must consist of good sources of protein, vegetables and fruits, while limiting the starches and sugars. Targeted exercise for the abdominal muscles must include three components:

1. Upper abdominals (above belly button):
Crunches work well for this area.
2. Lower abdominals (below belly button): On your back, raise legs with knees partially bent.
3. Oblique muscles (sides, or “love handles”):
Perform crunches with a twist of the trunk as you come up, alternating from left to right.

Now go enjoy the beach!

Welcome Women Bowlers

For the next several months, Canton will be hosting a huge bowling championship at Super Bowl Lanes. Gerou Chiropractic is proud to offer our services to the bowlers and spectators who may be in need of our services as a result of an injury or condition. If you are currently under care with your

own chiropractor, but need an adjustment, we can provide that, too! Give us a call at (734)-981-6969.

Featured Nutritional Product

“**Cardio-Plus**”: The heart pushes more than 3,000 gallons of blood through 60,000 miles of blood vessels throughout the body every day. Cardio-Plus is a special combination product containing bovine heart PMG extract and naturally occurring Co-enzyme Q10. It has been well established in scientific literature that these nutrients are important for healthy cardiovascular function.

We have a simple questionnaire called a “**SYMPTOM SURVEY**” that utilizes a computerized program to assess your nutrition needs. It’s **FREE** and only takes you about 5-10 minutes to fill out.

New Patients Welcome

Sometimes I forget to let our patients know that we are always accepting new patients. If you have a friend, co-worker, or family member that lives or works locally, has a health problem, and is interested in trying to get rid of their problem, please have them give us a call! The greatest form of compliment we can receive is a referral from you! Your trust and confidence is truly appreciated!

Looking for Testimonials

What others say about Chiropractic carries much more clout than what I may say. Often, we know someone who is contemplating going to see a Chiropractor, but isn’t quite sure. The reassurance received by reading testimonials from patients who may have suffered from the same conditions gives that added comfort that they are making the right decision. Would you be willing to write a short testimonial of your experience with Chiropractic?

Thank you for your consideration!

