

Gerou's Chiro News

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

7277 N. Lilley Rd., Canton, MI 48187
(734)-981-6969

This Month's Featured Topics:

- New Chiropractic Research
- Health Alert
- Wellness & Prevention
- September's Featured Nutritional Product
- Benefits of Exercise
- Joe Barone for Judge

CHIROPRACTIC RESEARCH

Chiropractic Can Reduce Need for Hospitalization and Drug Usage

A recent research project conducted over a ten-year period utilizing clinical and cost outcomes data from one of the largest insurance underwriters, suggests that the regular utilization of chiropractic could reduce the need for hospitalization, pharmaceutical usage and overall global health care costs by almost 50 percent, states Richard Sarnat, MD, President of Alternative Medicine Integration (AMI).



Health Alert

Aspirin and Internal Bleeding!

A study of 20,000 men and women ages 70-74 suggests the benefits of a low dose of aspirin daily to prevent heart disease may be offset by

the risks of major gastrointestinal bleeding resulting from regular aspirin consumption. According to the study's author, "Temptation to blindly implement low dose aspirin for prevention of heart disease in the elderly must be resisted." *British Medical Journal*, May 2005.

Wellness/Prevention

Cancer Prevention Guide

1. Control insulin levels: Limit your intake of processed foods and sugars.
 2. Consume animal-based omega-3 fats.
 3. Exercise. It drives your insulin levels down.
 4. Normalize your vitamin D levels with safe amounts of sun exposure.
 5. Manage stress. CDC: 85% of all disease is caused by emotions.
 6. Only 25% eat enough vegetables,; they should be fresh and organic.
 7. Get high-quality sleep.
 8. Reduce your exposure to environmental toxins like pesticides, household chemical cleaners, synthetic air fresheners and air pollution.
 9. Boil, poach or steam your foods, rather than frying or charbroiling them.
- American Cancer Society 2006.

Featured Nutritional Product: A Good Multi-Vitamin

We carry two high quality multiple vitamins for your convenience. For those who have difficulty in taking more than one product daily, I recommend our SPECTRA multi-vitamin. It contains high amounts of all the vitamins, contains amino acids, minerals and digestive enzymes, all combined. Our other multi-vitamin, CATALYN, is a lower dose of the essential vitamins, but highly absorbed, and a much smaller tablet. It takes 6 tablets per day to get your recommended daily allowance. Either way, in my opinion it's essential to at least take a good quality multi-vitamin to supplement your diet.

Recommendation: Fill out one of our SYMPTOM SURVEY QUESTIONNAIRES that utilize a computerized nutritional program to evaluate your overall nutritional status...It's FREE!

Benefits of Exercise

Exercise benefits can last years. A study from the National Institute on Aging reports that adults who wish to stay independent when they get older can increase their chances by staying physically active right now. Researchers found that the most important predictor of an elderly person's ability to get around on their own was a history of physical activity in the previous decades of their life. Such individuals were much more likely to live longer, be able to walk with greater ease and have an overall higher quality of life as they aged.
---*American Journal of Clinical Chiropractic, 1997.*

Muscle Relaxants

63% of patients who saw a medical doctor took a muscle relaxant for back pain. Patients using muscle relaxants took as much as 2 times longer to

recover than those who did not take the muscle relaxants.

---*Spine Journal, 1998/2004. American Journal of Public Health, 1995.*

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Elect Joe Barone for Judge

Joe Barone did it! Thank you for your support in the August primary! Joe has also received endorsements from all four of the other candidates who also ran for this District Judge position, which speaks volumes about Joe's qualifications and integrity. The top two vote-getters move on to the November General Election. As the November General election approaches, we are looking for more supporters who are willing to put up a "BARONE FOR DISTRICT JUDGE" sign on their lawn.

Also available are "cling-on" window signs for homes, businesses, and vehicles that can be easily applied and removed.

Anyone interested in any signs should contact Dr. Gerou (734) 981-6969. Thank you for your support...and don't forget to vote!

QUOTE

**"Health is a process, not an event."
Marcus Strutz, DC**