

# In Good Hands

A Free Monthly Newsletter For The Friends And Patients Of:  
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"I am convinced that life in a physical body is meant to be an ecstatic experience." ~ *Shakti Gawain*

## SCROLL DOWN FOR THIS MONTH'S "Health Updates"

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- **Shocking Statistics About Children Every Parent Needs To Know...**
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## LET'S BEGIN!...

*Eye-opening information that can change your child's life...*

## **Shocking Statistics About Children *Every Parent Needs To Know...***

***Plus: Is THIS diet pill (endorsed by an extremely popular celebrity) dangerous? And... 7 Steps for a healthy heart...***

Being a parent is difficult. It is probably the biggest and most important responsibility anyone will ever face.

You would think kids would come with some sort of instruction manual. Sadly, they don't... and raising kids today is more complex than at any time in history. That's why it's so important to learn all you can - whenever the opportunity presents itself.

### **Now Is One Of Those Times**

For example, there are a couple of alarming statistics and trends every parent should know. They have the potential to shape your children's future in positive... or negative ways.

Here's the first statistic every parent should know: According to a new study by the Kaiser Family Foundation, *"The average young American now spends practically every waking minute, except for time spent in school, using a smart phone, computer, television or other electronic device.*

*"Those ages 8 to 18 spend more than 7 1/2 hours a day with such devices, compared with less than 6 1/2 hours 5 years ago."* That does not include time spent simply texting or talking on the phone.

It also found: **"that heavy media use is associated with several negatives, including behavior problems and lower grades."**

Here's the second statistic, as reported on January 20, 2010 in the New York Times: *"Between 1977 and 2002, the percent of the American population eating 3 or more snacks a day increased to 42 percent from 11 percent, according to a large study of American nutritional habits conducted by the Agriculture Department with the Department of Health and Human Services.*

*Further, researchers found the percent of children surveyed who said they had eaten 3 meals on the previous day went down, while those who had a snack went up more than 40 percent."*

Even though these statistics are from several years ago, researchers in the article say the trends have not changed. It is very possible the situation is even worse today.

Think about it. Food is everywhere. Have you been to an event for your children lately that did not have some snack for sale? As the New York Times' article pointed out, these snacks are usually "junk food." Here's something very interesting from a parent interviewed for the article: *Once a week, Vivian Zachary's 6-year-old son, Joel, goes dashing for the vending machine at the gym after his gymnastics' class ends at 5 p.m. "Last week it was a Fruit Roll-Up and a can of 7-Up," Ms. Zachary wrote in an e-mail message. "I'm not sure why I let this go on, and I often think that if I were a better parent, or at least more able to tolerate incessant complaining, I would let him buy the snacks but not actually consume them until after dinner. But I have already established the pattern [the 'rule' in Joel's mind], so there's no going back now."*

Like the first sentence of this newsletter stated, "Being a parent is difficult." It also pointed out how important this responsibility is. So, you have to ask yourself at some point...

### **Who Is Raising Who?**

Who's making the important decisions? Who is the parent and who is the child? And clearly... it is NEVER too late to start doing the right thing - no matter how difficult it may seem. When looking back on our lives, it is easy to see our "mistakes." It is also easy to say we made those mistakes because we just didn't know what to do at that time. We didn't have the facts. We didn't

know the right answer.

But, that's not true, because most of the time we DO KNOW THE RIGHT ANSWER. We do know what we should do. We just don't choose to do it because it seems too darn hard. We take what seems to be the easy way out - and then deal with the terrible repercussions later.

### **A Great Story About This Instantly Comes To Mind...**

Several children were asked to come into a room with an interviewer one-by-one. When the child sat down with the interviewer, one marshmallow was placed in the center of the table.

As soon as the "interview" was to begin, someone would enter the room and announce they needed the interviewer.

The interviewer would tell the child he had to leave... and the child had two choices...

The child could eat the marshmallow while he was gone or wait until he got back. If the child ate the marshmallow while he was gone, that's all he would get.

If the child waited until the interviewer got back, the child would get an entire bag of marshmallows.

As the story goes, these children were followed up later in life. The children who immediately ate the marshmallow had a tendency to lead difficult lives. They had a hard time keeping jobs and relationships. They usually did not amount to very much.

The kids who waited were very different. They tended to be very successful in most aspects of their lives. They had good jobs and healthy long-term relationships.

This story exemplifies the value of...

### **Delayed Gratification**

In other words, the ability to put off a small reward, pleasure of satisfaction now, for a larger one in the future. Should you purchase those new shoes or big screen TV on your credit card today - or should you save your money and buy it with cash later? Should you eat that piece of chocolate - or go to the gym and exercise?

Should the parent in the quote above deal with her child complaining about getting a snack now or give in and have a larger problem in the future? We all know the right answer is NOT eating the marshmallow right now and getting a whole bag later. It is standing up to a 6 year old and making the right choice for them because it will lead to a better life for everyone.

Dealing with problems head-on, no matter how difficult they may seem at the time, is almost always the best choice.

### **Diet Product Danger**

Recently, TV celebrity Kim Kardashian endorsed the diet regimen QuickTrim. She said in an interview in OK! Magazine that she used it to quickly shed 15 pounds in just a few weeks.

But, is Quicktrim safe? Maybe not - at least according to a posting on Dr. Joseph Mercola's health website: *The morning and afternoon supplements contain a "thermogenic complex," two doses of which provide a total of 400 milligrams of caffeine -- the equivalent of four cups of coffee. The supplements also contain piperine (black pepper) and white willow bark extract, both of which increase the potency of caffeine. If the person who takes it drinks coffee as well, they could get*

*caffeine poisoning, which can cause heart arrhythmias. The evening supplements contain a combination of stimulant laxatives and bulk laxatives. This could lead to diarrhea, which can cause dehydration and a loss of vital nutrients. Stimulant laxatives can also cause your intestines to become dependent on them for stimulation, causing constipation if you stop. It also comes with a variety of diuretics, and several of these -- including juniper berry, uva ursi, and horsetail extract - - shouldn't be taken over long periods of time because they can be toxic. There are also possible health risks involved with severe water loss, such as fainting from the loss of electrolytes, kidney stones, even full-blown kidney malfunction.*

*In a nutshell, QuickTrim elixirs have some pretty powerful stimulants, laxatives, and diuretics. The package material advises checking with a doctor before using the products, but most people probably don't.*

***And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.***

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## **Inspirational Story Of The Month**

(Names And Details Have Been Changed To Protect Privacy)

### **"How Did You Survive So Long Without Food Or Water?"**

### **"God Helped Me..."**

We all think we are strong. We all think we would do the right thing. We all think we would fight until our very last breath to survive, and help our loved ones survive with us - or even sacrifice our own life, if necessary.

It's very easy to think that way - until we are actually tested, faced with digging deep down inside ourselves and enduring the pain and discomfort it may take.

You may not know the REAL answer to that question today. You may never know that answer. But, this is a story about two incredible people who found out.

**Two Incredible People Whose Combined Age Is Only 17**

Here's the story...

Gone in 30 seconds. That was a headline that began an article on the 7.0 earthquake that devastated Haiti on January 12, 2010.

Just 12 days later, Haitian officials confirmed they had already buried 150,000 bodies.

But, in all the death and destruction, there have been several miracles.

One such miracle came 7 days after the massive earthquake first rocked the small island. That's when a group of Firefighters from New York City pulled a little boy from the rubble of a collapsed building.

His name is Kiki and even after being trapped under the debris for 7 full days without food or water...

### **His Face Beamed With An Ear-To-Ear Grin When His Rescuers Pulled Him To Safety.**

Kiki is only 7 years old and doctors said his survival after 7 days without food or water was nothing short of a miracle.

When interviewed, Kiki was asked, "How did you survive so long without food or water?"

Kiki's response, "God helped me..."

There is no doubt Kiki had a helping hand from the big guy upstairs. But, he also had one of God's helpers right next to him. Her name is Sabrina.

Sabrina is Kiki's 10 year old sister who was trapped in the cement rubble with him and took charge and cared for her brother.

Kiki and Sabrina also had another brother with them who cried out for water for several days before giving in to dehydration. But Sabrina stayed strong and made sure Kiki survived.

With her incredible mental strength, Sabrina kept herself alive, too.

It is easy to see who Kiki and Sabrina got it from. When interviewed, their father said he had already lost two children in the earthquake, but now that Kiki and Sabrina survived it makes his life worth living.

He was hopeful for the future with his family as he stood in front of the make-shift tent they now live in... focusing on the subtle good... instead of the obvious horror.

And that subtle good is the fact he still has two wonderful "miracle" children and all the love they have for each other.

Maybe it's not so subtle, after all?

And just as Kiki and Sabrina had the strength to survive, their father had the strength to see the "subtle good." We should always have the strength to survive and find the "subtle good" in any and every situation we must face in life.

If you face every challenge in life the way Kiki, Sabrina and their father did... nothing can stand in the way of your ultimate happiness.

Here's a quick bit of news: At the time of writing this, another "miracle" survivor has just been rescued in Haiti. This man was buried in rubble for TWO FULL WEEKS!!!

Never give up hope. Miracles do happen.

***We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to***

*maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!*

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## **Did You Know ?**

The medical definition of Seasonal Affective Disorder (SAD) is: symptoms of depression coinciding with seasons of shorter days and less sunlight. This is blamed on our (so-called) biological internal clocks, or circadian rhythm, and it is said that SAD sufferers are more likely to be women and younger persons. Other symptoms include a craving for sugary foods, such as sweets, candies, and refined carbohydrates.

The true cause of SAD is the lack of exposure to natural sunlight.

If you lack sufficient sunlight on your skin, you can suffer from health effects like depression. That's because the human body is designed for frequent sunlight exposure. Sunlight provides an essential element to the human body... something that you need on a frequent basis in order to achieve optimum health... Vitamin D.

In order to reverse seasonal affective disorder, or sunlight deficiency, the only treatment necessary is, of course, to get more natural sunlight on your skin. Sunlight is the answer, and all people need to do is step outside and expose their skin to natural sunlight for a few minutes each day, and their body and nature will take care of the rest. A person who makes a point to get natural sunlight on their skin on a frequent basis -- daily, if possible--will experience a wide range of benefits, including improvement in mood, an ending of any state of depression they may have experienced, and enhanced brain function.

Depending on where you live, of course, it may be difficult for you to get natural sunlight on a regular basis, and so the next best thing is to get high-intensity, full-spectrum lighting. These are essentially very bright lights that radiate some of the same frequencies as the natural sun. However, this is only the second best thing. Nothing replaces natural sunlight in terms of intensity and frequency.

The bottom line to all of this is that seasonal affective disorder is treated by relying on nature - - sunlight, plants, fresh air, regular physical exercise, and living foods.

## **Tip Of The Month**

## **7 Steps To A Healthy Heart - American Heart Association Identifies Important Factors Leading To A Healthy Heart...**

Heart disease is the number one killer in America. The American Heart Association (AHA) says they have identified 7 steps to achieving a healthy heart. And, just like so many other important things in life - these "steps" may be "simple"... but they will not always be easy. Published in *Circulation: Journal of the American Heart Association*, the AHA says ideal cardiovascular health for adults is defined by these health measures:

- 1) never smoked or quit more than a year ago;
- 2) a healthy body mass index (BMI), an estimate of body fat determined by a formula using weight and height;
- 3) physical activity, and more is better. (The new measure says at least 150 minutes per week of moderate-intensity exercise is necessary for ideal health, or 75 minutes weekly of vigorous physical activity);
- 4) blood pressure below 120/80;
- 5) fasting blood glucose less than 100 milligrams/deciliter, a fasting measure of blood sugar level;
- 6) total cholesterol of less than 200 milligrams/deciliter; and
- 7) eating a healthy diet. Healthy factors in a 2,000-calorie diet include: at least 4.5 cups of fruits and vegetables per day; at least two 3.5 oz. servings of fish per week, preferably oily fish; at least three 1-ounce servings of fiber-rich whole grains per day; limiting sodium to less than 1,500 milligrams a day; and drinking no more than 36 ounces of sugar-sweetened beverages weekly.

The American Heart Association hopes a couple of great things happen if people follow these 7 steps: By 2020, Americans could have improved their cardiovascular health by 20%, and also reduce deaths from cardiovascular-related diseases and strokes by 20%. This would not only add many years to countless lives, it would dramatically alter the QUALITY of life.

Here's the amazing thing about the AHA's "new" finding...It Is NOTHING NEW! I'm sure this is not the first time you been advised to eat a healthy diet, exercise, don't smoke, don't eat too much salt, and stay away from sugar. Barring abnormal genetics, it's incredible how simple living a healthy life can be, which is what Chiropractors have been saying for over 100 years. The key is living up to your genetic potential. And living up to your genetic potential is NOT about fancy technology, wonder drugs or surgeries. All of these advancements may save lives ONCE YOU ARE SICK, but they have nothing to do with staying healthy. The key to living up to your genetic potential is doing all of these simple things consistently for the rest of your life. That's where it gets a little tricky.

It is easy to eat right, exercise, etc. for a few weeks or months. What is difficult is doing all the right things for years and years and years. But, it all starts with a decision. The decision to take charge of your health and life. And when you do that - anything is possible. Make your decision and take your first steps to true health today.

*Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.*

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**Health Update : Low Back Pain**

## **Back School 101... 3 Ways To Prevent Making Your Back Pain Worse**

Chiropractic care for patients with low back pain (LBP) not only includes spinal manipulation or adjustments but also patient education in regards to heat/ice, performing daily activities and exercise.

**Heat vs. Ice:** This topic is controversial, as often, patients will be told by their friends and family to use the opposite of what we may recommend to our patients. In general, when pain is present, there is inflammation... so use ice to reduce swelling and pain. When heat is inappropriately utilized during this inflammatory phase of healing, vasodilation or, an increase in blood supply to the already swollen injured area often results in an increase in pain. The use of heat may be safely applied later in the healing process during the reparative phase of healing, but as long as pain is present, using ice is usually safer and more effective.

**Daily Activities:** Improper methods of performing sitting, bending, pulling, pushing, and lifting can perpetuate the inflammatory phase, slow down the healing process, and interfere/prevent people from returning to their desired activities of daily living, especially work. Improperly performing these routine activities is similar to picking at scab since you're delaying the healing process and you can even make things worse for yourself.

**Exercise:** There are many exercises available for patients with low back pain. When deciding on the type of exercise, the position the patient feels best or, the least irritating is usually the direction to emphasize.

More specifically, for those who feel a reduction in pain when bending forward (referred to as "flexion-biased"), flexion exercises are usually indicated. Examples of these include raising a single knee to chest, double knee to chest, posterior pelvic tilts, sitting forward flexion, and hamstring stretches.

When bending backwards results in pain reduction (referred to as "extension-biased"), standing and bending backwards, performing a sagging type of pushup ("prone press-up"), laying backwards on large pillows or on a gym-ball are good exercises. The dosage or duration exercises must be determined individually and it is typically safer to start with 1 or 2 exercises and gradually increase the number as well as repetition and/or hold-times. If sharp/"bad" pain is noted, the patient is warned to discontinue that exercise and report this for further discussion with their chiropractor. It is normal and often a good sign when stretching/"good" pain is obtained at the end range of the exercise.

We recognized the importance of patient education in our approach to managing low back pain cases, and look forward in serving you and your family presently and, in the future.

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## **Health Update : Carpal Tunnel**

### **Carpal Tunnel Syndrome (CTS) - Can It Be Prevented?**

Carpal Tunnel Syndrome or CTS is a very common problem affecting many workers and is one of the most costly conditions afflicting today's workforce. It is most often caused by repetitive activity using rapid movements of the arms and hands and can lead to work loss and disability when not properly managed. CTS occurs when the median nerve that travels through the carpal tunnel (CT) located on the palm side of the wrist becomes pinched by the swelling of the 9 tendons that also travel through the CT and essentially, pinch the nerve up against the transverse carpal ligament. This results in numbness, tingling and/or pain of the index, middle and forth fingers.

Other symptoms include sleep interruptions where shaking and flicking of the fingers is required to allow for a return to sleep. This is frequently caused by sleeping with the wrist in a cocked position, increasing the pressure inside the already swollen carpal tunnel. This is why a cock-up wrist splint usually helps as it disallows the wrist from bending to the extremes and the nerve is not pressured or pinched as much. Other symptoms include weakness of the grip, making it a challenge to unscrew a jar, open a door, and even sometimes turn the key when starting a car. Driving can also be affected as the hands often fall asleep while holding onto a steering wheel.

Pain can also affect the rest of the arm and sometimes the neck area. The median nerve can

also be pinched in more than one place and may include the neck, shoulder, elbow as well as the wrist making it necessary to have all the areas treated for a satisfying result.

People at greatest risk are women > men, workers who handle small tools, computer workers, fast repetitive line workers, and people older than 40 years of age. People with other health conditions including rheumatoid arthritis, Lymes disease, rubella, pregnancy, birth control pill use, diabetes mellitus and menopause are at an increased risk of developing CTS. Certain foods such as caffeine, tobacco, and/or alcohol may also contribute to CTS.

Though treatment is very important -the sooner the better- prevention is most important. In fact, some simple approaches can make a big difference! Some of these include modifying the position of a computer chair, keyboard, monitor, or mouse (work station modifications), alternate between different tasks to reduce the repetition of work, stretch your forearms and fingers before, during and after work, and treat any underlying conditions. When symptoms first occur, these recommendations, as well as wearing a night wrist cock-up splint and seeing your chiropractor, will often reverse the condition without difficulty. If you wait too long and nerve damage occurs, it becomes a more challenging process to manage CTS and at times, even surgery will not be very helpful.

Some of the non-surgical treatment approaches you might expect from your chiropractor include joint manipulation and/or mobilization applied to the neck, wrist, elbow and/or shoulder, the application of physical therapy modalities such as ultrasound, electrical stim, and/or low level laser therapy ("light" therapy), as well as the use of wrist splints.

The University of Maryland Medical Center cites two research articles on chiropractic treatment for CTS. They report good results are usually obtained and that these good results continued for at least 6 months after treatment ended. The same reference also recommends nutrition and supplements in the management of CTS. Some of these include: eliminate food allergens (often milk, cheese, eggs, ice cream, glutens/wheat-grains, soy, corn, and preservatives) and eating foods high in B-vitamins (dark leafy greens like spinach, kale, and sea vegetables), anti-oxidants (fruits - blueberries, cherries, tomatoes; vegetables - squash, bell peppers), avoiding refined foods, using olive oil and adding omega 3 fatty acids to the diet (fish oil). Other vitamins including a multivitamin, B complex, Vit. C, alpha-lipoic acid, MSM, resveratrol, Vit. D, Co-Q10, magnesium can also really help.

We realize that you have a choice in where you choose for your healthcare services. If you, a friend or family member requires care for CTS, chiropractic care is a logical first choice and we would be honored to offer our services to you.

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## **Health Update : Fibromyalgia**

### **Fibromyalgia - Does This Sounds Familiar?**

*"I am exhausted and hurt all over. I can't get to sleep at night and when I do, I wake up at the drop of a dime. I went to my doctor and they ran some blood tests and took some x-rays and said that nothing was wrong. I just don't know what is wrong or what to do about it."*

This is a classic history obtained from a patient suffering from fibromyalgia or FM. Because the onset of fibromyalgia is slow and gradual, it is common for patients to postpone visiting their health care provider until the symptoms are quite significant. The diagnosis may also be delayed as many healthcare providers do not feel fibromyalgia is a legitimate medical condition and minimize the symptoms frequently categorizing them as "depressed," which postpones an appropriate diagnosis and treatment.

The classic definition as defined by the American College of Rheumatology includes at least a three-month duration of symptoms with the presence of 11 out of 18 potential tender points although diffuse, widespread pain not necessarily restricted to these exact locations may also represent an appropriate diagnostic finding in fibromyalgia.

Fibromyalgia is more common in females and affects approximately 2% of the population in the United States. The risk of developing fibromyalgia increases with age, usually developing during early and middle adulthood but can also develop in children and older adults. Other risk factors include a positive family history where one may be more likely to develop FM if a relative suffers with the same condition.

A major risk factor of developing fibromyalgia includes is disturbed sleep pattern and this remains controversial as to whether sleeping disorders are a direct cause or simply the result of fibromyalgia. However, in either case, people with FM cannot obtain deep "restorative" sleep and feel fatigued and tired upon waking in the morning. Sleep disorders including sleep apnea and restless leg syndrome are often present in patients with fibromyalgia.

Certain conditions such as rheumatoid arthritis, irritable bowel syndrome, hypothyroid, and other endocrine/hormonal conditions may preceded the onset of fibromyalgia in which case the condition is considered "secondary fibromyalgia." Hence, a diagnostic evaluation usually includes a blood test for hypothyroid, autoimmune diseases such as rheumatoid arthritis, and a complete blood count to rule out infections and/or anemia. In most cases, these tests prove negative and the diagnosis is made by excluding other possible primary conditions.

Other causes can include physical and/or emotional trauma where a high-level of stress can

trigger this condition. Although experts still debate why patients with fibromyalgia hurt so intensely, the current explanation centers around a theory called central sensitization. This is essentially a lower pain threshold where patients with FM feel pain much sooner than those without it because of increased sensitivity in the brain and/or spinal cord to incoming pain signals.

Treatment of FM relies on a multidiscipline, multifactorial approach including stress reduction, obtaining enough sleep, exercising regularly, pacing yourself, and maintaining a healthy lifestyle, including diet and exercise. Medications to facilitate sleep, treat depression and any other underlying medical conditions may be appropriate. Other highly effective treatments, according to the Mayo Clinic website, include chiropractic treatment, massage therapy, and/or acupuncture. The concepts of chiropractic treatment includes restoring movement in restricted spinal joints resulting in improved nerve function and subsequently, improved overall function and reduced pain. Chiropractic care also includes soft tissue therapies, physical therapy modalities, nutritional counseling, patient education and many utilized in-house massage therapy. We recognize the importance of including chiropractic in your treatment of FM and realize you have a choice of providers. We would be honored to be part of your management team.

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## **Health Update : Headaches**

### **Headache - What Is It and What Can I Do About It?**

"I woke up this morning with an excruciating headache. I thought the top of my head was going to blow off!" "I notice as the day goes on, tightness in my neck worsens and I get a headache usually by 2-3pm." "I don't know if I can do my work with my headaches."

These are common patient history entries we frequently receive at our clinic. Headaches are one of the most common complaints prompting patients to visit a health care provider. Many patients ask, "...what is a headache?" The National Institutes of Health (NIH) describe four types of headache: vascular, muscular contraction or tension, traction and inflammatory.

The most common form of a vascular headache is migraine. Migraine sufferers usually complain of severe pain on one or both sides of the head, nausea or vomiting and sometimes visual changes. There is often a heightened sensitivity to light or noise prompting migraine sufferers to lay in a dark, quiet room until the migraine passes. Women are more likely to suffer from

migraines than men and the severity of symptoms can be so extreme that all activity must be stopped until it passes.

The next most common type of vascular headache is the toxic headache produced by a fever. Other vascular headache types include "cluster" headaches, which are characterized by repeated episodes of intense pain that start in one spot and spread out from that spot. These may only last a few minutes to an hour but carry a very high level of pain and activity intolerance. Another common type of vascular headache is that resulting from high blood pressure.

Muscle contraction or tension headaches involve tightening of the facial and neck muscles. These often start in the neck and radiate over the top or to the sides of the head. The muscles in the neck are usually extremely tight and tender and often, moderate pressure applied with the finger or thumb to these muscles will prompt radiating pain into and/or over the top of the head. This can also result in significant activity intolerance but usually not as severe as migraine or cluster headaches.

Traction and inflammatory headaches result because of other conditions that range from a sinus infection to a stroke. These types of headaches can serve as a warning sign of a more significant or serious condition. Another example is meningitis as well as other conditions affecting the sinuses, spine, neck, ear, and teeth.

The NIH suggests, when headaches occur  $\geq 3$  times a month, that "... preventive treatment is usually recommended." Certainly, in some cases, medication may be indicated but only after ruling out a more serious condition and after exhausting less invasive treatments that carry fewer side effects.

The American Chiropractic Association recommends: 1) avoid long time periods of staying in one position (computer, sewing machine, reading, etc.) and take stretching/neck range of motion exercise breaks every 1/2 to 1 hour; 2) Exercise - walking, low impact aerobics; 3) Avoid teeth clenching (due to straining the temporomandibular - TMJ, or jaw joint); 4) Drink lots of water - stay hydrated.

Chiropractic care may include spinal manipulation (adjustments), nutritional advice (dietary suggestions, vitamin/mineral options such as a B complex), exercise, posture retraining, and relaxation techniques. If you, a family member or a friend require care, we sincerely appreciate the trust and confidence shown by choosing our service. If headaches are a problem, doesn't a trial of chiropractic make sense prior to utilizing a more risk oriented treatment option? We look forward in serving you and your family.

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## **Health Update : Whiplash**

### **Whiplash - The Importance of Seatbelts!**

Whiplash is a very common problem afflicting millions of people each year. In fact, there are more than 6 million car accidents each year in the United States alone. Death associated with car accidents occurs every 12 minutes and each year, motor vehicle collisions (MVC) kill 40,000 people. For people aged between 2 and 34 years old, MVCs are the leading cause of death. Another sobering statistic is somebody is injured in a car crash every 14 seconds and about 2 million people receive permanent injuries in car crashes each year. Over a five-year period, over 25% of ALL drivers were involved in a motor vehicle collision. The cost of car accidents averages \$1000 for each American per year resulting in a \$164.2 billion total cost each year in the United States. Approximately 250,000 children are injured in car crashes, meaning approximately 700 kids are injured daily. Car crashes are the leading cause of acquired disability. Hopefully, these rather startling statistics have gotten your attention. Last month, we discussed various effective ways of reducing the likelihood of even being in a motor vehicle collision (MVC). As an appropriate follow-up, this discussion will cover seatbelts and their role in injury prevention and life-saving capabilities.

In general, the available evidence available is clear - seatbelts save lives! Regarding backseat passengers, wearing a seatbelt is 44% more effective at preventing death than riding unrestrained. Similarly, for those positioned in the rear of a van or sport utility vehicle, the use of rear seatbelts is 73% better at preventing a fatal outcome during a car crash. In more than one half of all fatal car accidents, the victims are not properly restrained. The National Highway Traffic Safety Administration (NHTSA) in 2008 reported the use of seatbelts increased 1% over 2007 with 83% of drivers wearing their seatbelts. The use of seatbelts increased to 90% on highways versus 80% on surface streets (in town). In states where rear seatbelts are required, 85% of adult backseat passengers complied versus states not mandating rear seat seatbelt use where only 66% of the passengers complied. The NHTSA has launched a campaign, "Click It or Ticket" and has provided a guide to seatbelt safety promoting the proper use of the seatbelt and have provided the following safety seatbelts tips:

- Make sure your seat belt fits snugly. Seat belts worn too loosely can cause broken ribs or injuries to your abdomen.
- Place the lap belt low on your hipbones and below your belly. Never put the lap belt across your belly.
- Place the shoulder belt across the center of the chest between the breasts.
- Never slip the upper part of the belt off your shoulder. Seat belts that are worn too high can cause broken ribs or injuries to your belly.

- The most effective safety protection available today for passenger vehicle occupants is lap/shoulder seat belts combined with air bags.

There is a common myth that seatbelts cause injuries at low speeds and therefore, it is better to not wear the seatbelt when simply traveling in town. There is overwhelming evidence in almost all circumstances, seatbelts save lives, even at low speed collisions. Because the forces that occur in low-speed crashes are transferred to the contents due to the lack of crushing metal and less vehicle damage, the occupants of a car struck at a low speed can be thrown about significantly... striking the windshield, side window and other contents inside the car. We realize that you have a choice in where you choose for your healthcare services. If you, a friend or family member requires care for whiplash, chiropractic care is a logical first choice and we would be honored to offer our services to you.

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## **YOU: The Most Important Choices For Making Yourself Younger: Lessons From Rush**

By Dr. Michael F. Roizen

*Co-Author of 4 #1 NY Times Bestsellers including:*

*YOU Staying Young. The Owner's Manual For Extending Your Warranty,  
YOU: BEING Beautiful. The Owner's Manual to Outer and Inner Beauty And  
Baby: The Owner's Manual to a Happy and Healthy Pregnancy*

*YOU: Having a*

**Our basic premise is that your body is amazing: You get a do over: it doesn't take that long, and isn't that hard if you know what to do. In these notes we give you a short course in what to do so it becomes easy for you and then to teach others. We want you to know how much control you have over your quality and length of life.**

Rush Limbaugh, health icon? Better known for skewering Democrats, middle-of-the-road Republicans, and some innocent bystanders too, the popular and controversial radio commentator loves cigars, hates exercise (except golf), and says he ate steak dipped in butter on his latest diet. But, when chest pains sent Limbaugh to a Honolulu emergency room in late December, we realized "El Rushbo" has lessons to teach you (including himself) about staying alive.

"I experienced pain in my upper left chest like I had never felt before," Limbaugh reported as he left Queen's Medical Center in Honolulu on New Year's Day. The cause? Possibly an artery spasm, he says; tests reportedly found no heart disease or signs of a heart attack. Rush returned to the airwaves January 6--but hold on, big guy. This case isn't closed. Like millions of, ahem, overweight, middle-aged guys, Limbaugh needs to take his heart health very, very seriously. No more de Nile (it ain't a river in Egypt, big guy, because what you had could be a fore play for the big one, and we're not talking Presidential run in 2012). Or as we say, if you don't change you are preop (at best).

After all, heart disease doesn't care whether you've got 40 million listeners. It's the number-one killer in the U.S. and Canada. And if what Limbaugh experienced was an artery spasm, that's nothing to take lightly. That painful tightening of a blood vessel in the heart further boosts heart attack risk.

Our Rx for Rush and the rest of us? Here's what the loudest voice in conservative talk radio did right, and where there's room for improvement:

**#25: Heart attack symptoms?** Call 9-1-1 pronto. Limbaugh did this. Take his advice if chest pain strikes: "Don't mess with it," he said at his press conference. "Turn it over to professionals right off the bat. Don't tough it out." He's right! Truth is, just 1 in 5 people get to a hospital within an hour of the start of heart attack symptoms - a dangerous delay that means more heart damage and a 6 to 8 times higher risk for death. 33% of people never live to talk about their big one.

**#26 Watch your waist...** Thanks to his famously supersized physique, Rush dubbed himself "El Blimpo" and "Mount Rushbo." He dropped 90 pounds last year, a brilliant move because extra weight, a big waistline, and increasing age (he turned 59 on January 12th) make it likely heart disease and or type II diabetes (not to mention back pain and hip and knee arthritis) will visit him..

**#27 ...and lower your saturated (4 legged animal plus palm and coconut oil) fat intake.** We're less enthusiastic about the low-carb, high-protein diet Limbaugh followed. He says it included a large sirloin twice a week paired with small quantities of vegetables. Here's the big lesson: You Better Check Out What's in Your Weight Loss Diet because you, not the company, are responsible. Yes, it worked for weight loss. But a high-protein, low-carb diet harms blood vessels (including those of the heart) by decimating an army of specialized stem cells (called progenitor cells) that keep artery walls healthy and flexible. Rush says his weight-loss diet began with a few days of extremely high-fat eating, such as a steak dipped in melted butter! Four thumbs down from us (there are two of us YOU Docs). Even one fat-choked meal fires up inflammation in artery walls, increasing risk of a buildup of heart-stopping plaque.

**Give up the stogies!** Rush considers a good cigar "a tremendous addition to the enjoyment of life." But, it certainly doesn't do much for the length of that life: Cigar smoking boosts heart disease risk by 27% and doubles the odds of cancers of the mouth, throat and lungs. But most importantly, it makes it more likely that the plaque you have ---you have it -see below""will rupture and kill you...a lot more likely.

About the author: **Michael F. Roizen, M.D.** , is a professor of anesthesiology and internal

medicine, Chief Wellness Officer, and chair of the Wellness Institute at the Cleveland Clinic. Dr. Roizen can be heard on over 30 radio stations Saturdays from 5 to 7 pm. For a listing just email a request to [YouDocs@gmail.com](mailto:YouDocs@gmail.com)

**NOTE : You should NOT take this as medical advice. This article is of the opinion of its author. Before you do anything, please consult with your doctor.**

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## Dr. Gerou Gave You Doctor's Orders To RELAX!!!

Dear Patients and Friends,

Dr. Gerou here. I've got some good news... and some bad news.

First the bad news: New research done at Yale University and published in the journal, Nature, seems to show everyday emotional stress is a trigger for the growth of cancerous tumors.

According to the UK publication, *Telegraph*: "*They discovered that any sort of emotional or physical trauma can act as a 'pathway' between cancerous mutations bringing them together in a potentially deadly mix.*"

Professor Tian Xu, a geneticist at Yale University who led the study, said: "*A lot of different conditions can trigger stress signaling - physical stress, emotional stress, infections, inflammation - all of these things.*"

***"Reducing stress or avoiding stress conditions is always good advice."***

Once again, research seems to be proving things we knew all along - stress is evil and causes disease. In other words...

**Stress Kills  
And We Gotta RELAX!!!**

That's why I'm giving you doctor's orders to RELAX!!! Yes, that's the good news. It's good because even though we cannot always change what happens to us, we can always change our reaction to it.

No matter how bad things SEEM - focusing on the solution and the good side of things - is ALWAYS the best option.

And one of the best ways to minimize stress is to face problems and take care of them as soon as possible. This includes your health.

Neglecting yourself and "putting off" little aches and pains only adds to the stress and strain you have - both mentally and physically. That's why I'd like to let you know we are always here and always ready to help you in any way we can, whether it's the treatment for an ache or pain, or just a preventive tune-up to keep you in tip-top shape.

So, if we can help you "relax", just give us a call.

Whatever you do - take it easy! :-)

Sincerely,

Dr. Thomas Gerou

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*This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at (734) 981-6969.*