



ANTERO CHIROPRACTIC

A Free Newsletter For Friends and Practice Members of Dr. Brian King, D.C.

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Watch Your Balance

As springtime unfolds, many of us end our winter hibernation and become more active. The strength (or lack thereof) of our muscles once again becomes critical to supporting our bodies, especially our spine. All sorts of strengthening exercises have been devised to improve the stability of the spine. While these exercises have value, they mainly reach the large superficial muscles. Underneath the larger muscles is a deep layer of muscles—so small that some of them only connect two neighboring vertebrae. You have little conscious control over these small “intrinsic” muscles; most people cannot will one vertebra to move while keeping the rest of the spine still. Yet, these **intrinsic muscles of the spine provide fine-tuning of spinal movement and position, and are essential for normal posture and balance.**

Spinal subluxation (restriction or misalignment of spinal joints) can disrupt the nerve pathways that control these intrinsic muscles. The result can be **loss of spinal stability and balance.** Subluxation in the cervical spine (neck) is frequently associated with loss of balance. **Chiropractic correction of these subluxations is often helpful in restoring balance.** Studies of patients with low back pain—a common subluxation-related complaint—indicate that balance is significantly worse in such patients than in the general population. This loss of balance in patients with low back pain implies poor control of the intrinsic muscles of the spine due to subluxation.

Just as subluxation can adversely affect balance, poor balance can lead to accidents, which can generate new subluxations or aggravate old ones. In a study of adults over the age of 50, those who were unable to stand on one leg for 30 seconds or more were at significantly greater risk of falls compared to those whose single-leg balance time was at least 30 seconds on each leg.

By working with individual vertebral motions, chiropractic adjustments help to maintain the function of the intrinsic spinal muscles, thereby improving balance and stability. In terms of exercise, the most effective way to wake up the neurological pathways controlling the intrinsic muscles of the spine is to work with balance.

Practice standing on one foot. (Note: When you practice this for the first time, face a corner of the room, so you can easily catch yourself if you begin to fall. Once you feel steadier, you can get out of the corner for your daily balance practice.) Your goal is to be able to balance comfortably for 30 seconds on each foot. If you fail to improve your balance despite practice, ask your doctor of chiropractic to check for spinal subluxations.

In terms of recreational activities, dance, yoga, pilates, martial arts, skating, and bicycling are all excellent ways to tune up your balance and get your intrinsic spinal muscles into condition.



OUR SUPER-SIZED CULTURE

1. Each day 1 in 4 Americans will visit a fast food restaurant.
2. In 1972 Americans spent \$3 billion per year on fast food. Last year we spent \$110 billion.
3. 46 million people are served fast food per day (More than the entire population of Spain).
4. The French fry is the most eaten vegetable in America.
5. You would have to walk for 7 hours to burn off the calories consumed in a super-size Coke, fries, and Big Mac.
6. In the U.S. we consume more than 1 million animals per hour.
7. 60% of all Americans are either over weight or obese.
8. 1 in 3 children born in the year 2000 will develop diabetes in their lifetime.
9. Left unabated, obesity will surpass smoking as the leading cause of preventable death in the U.S.
10. The average child sees 10,000 TV ads per year.
11. Only 7 items on the entire menu at McDonalds contain no sugar.
12. McDonalds distributes more toys annually than Toys 'R' Us.
13. The World Health Organization has declared obesity a global epidemic.
14. 40% of American meals are eaten outside the home.

America's least fit cities

1. Houston
2. Philadelphia
3. Detroit

America's fittest Cities

1. Seattle
2. Honolulu
3. Colorado Springs

Health Alert!—recent health studies

- Study shows methylphenidate (**Ritalin**) is **linked to chromosomal changes**. In a small, but startling study, Texas researchers found that after just 3 months every one of a dozen children treated for ADHD with the drug methylphenidate experienced a **3 fold increase in levels of chromosomal abnormalities**.
--Medicalnewstoday.com. 2/28/05
- Impact of influenza vaccine on mortality: **“We could not correlate increasing vaccine coverage after 1980 with declining mortality rates in any age group.”**
--Arch Intern Med 2005; 165:265.
- **Poor posture may increase mortality rate**. The objective of a recent study was to determine the association between the hyperkyphotic (i.e. “dowager’s hump”) posture and the rate of mortality in older persons. They looked at 1,353 people who had hyperkyphotic posture, followed them for an average of 4.2 years looking at mortality and cause of death. Persons with hyperkyphotic posture had a 1.44 greater rate of mortality.
--Journal of the American Geriatrics Society 2004; 52(10):1662
- The MMR (measles, mumps, and Reubella) vaccination was added to the childhood schedule in Denmark in 1987. Prevalence of **autism in children ages 5-9 increased from a mean of 8.38 per 100,000 to 71.43 per 100,000**.
--Scott C, Blaxill M, Wakefield AJ: MMR and autism in perspective: The Denmark Story. Journal of American Physicians and Surgeons 2004;9(3):89.



Chiropractic influence of oxidative stress and DNA repair.

There is a growing body of evidence that wellness care provided by chiropractors may reduce health care costs, improve health behaviors and improve patients quality of life. Until recently, little was known about the affect of chiropractic care on the chemistry of biological processes at the cellular level.

A recent study demonstrates that chiropractic care can influence basic physiological processes influencing oxidative stress and DNA repair. This study offers a scientific explanation of possible health benefits reported by patients under chiropractic care.

Serum thiol levels (primary antioxidants and a measure of health status) were measured in a group of patients under chiropractic care and were compared to a non-chiropractic control group. Long term chiropractic care of 2 or more years was shown to reestablish a normal physiologic state independent of age, sex or nutritional supplements taken. **Symptom free, or primary wellness subjects under chiropractic care demonstrated higher mean thiol values than patients with active disease and produced some values higher than the symptom free non-chiropractic patient group.**

Dr. Christopher Kent, one of the researchers in the study, said, "During life we experience physical, chemical and emotional stress. These stresses affect the function of the nervous system. We hypothesize that these disturbances in nerve function could affect oxidative stress and DNA repair. **Oxidative stress metabolically generating free radicals is now a broadly accepted theory on how we age and develop disease.** Oxidative stress results in DNA damage and inhibits DNA repair. DNA repair is the mechanism which fixes the damage caused by environmental impact. **Chiropractors apply spinal adjustments to correct disturbances of nerve function. Chiropractic care appears to improve the ability of the body to adapt to stress.** Further research is needed to gain additional insights that will improve clinical outcomes."

--Campbell CJ, Kent C., Banne A., Amiri A., Pero RW: Surrogate indication of DNA repair in serum after long term chiropractic intervention—a retrospective study. Journal of Vertebral Subluxation Research. 2/18/05. P.1-5. <http://www.vsr.com>.

Practice News

We continue to add benefits for our patients.

Remember—we are on the Web!

- *Save a tree...and save us a stamp :)*

If you would like to receive future newsletters from us via e-mail, please let us know... go to www.anterochiropractic.com to send us your e-mail address (don't forget to include your name!)

- You will also be able to access information like archived newsletters, recommended health-links, Dr. King's schedule, maps of the locations of the offices, and much more!
- I have a commitment to providing the highest quality of chiropractic care possible. To maintain this commitment, I have added a **new high-tech, patient-outcome assessment instrument** to my office so that I may better serve my practice members. It is called "**The Insight Millennium Subluxation Station,**" and it contains three different, painless, non-invasive tests that can help us characterize abnormal activity surrounding the spine. This can be associated with a subluxation or other forms of spinal dysfunction. **Many times, subluxations and spinal dysfunction do not create pain or discomfort until they have progressed to an advanced stage. The Insight Millennium helps to detect these problems before they become symptomatic.** I am very excited about staying on the leading edge of chiropractic care by offering this service. At this time I would like to invite you, your friends and family in for a spinal evaluation using this new technology. This report can be added to your records for future comparison, should it be necessary.
- **Insurance**—Dr. King now accepts most insurance—including Blue Cross and Rocky Mt. Health Plans
- **Remember, we moved our B.V. office earlier last year to a brand new building.** Those of you who haven't been in for a while, give us a call!

Quotable quotes

You must be the change you wish to see in the world.--Mahatma Gandhi

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A Word From The King Family

We enjoyed another winter season (our 6th!) here in Chaffee County. Trish and I had a great time skiing. Monarch had the most snow accumulation in 9 years! We are hopeful that we are coming out of the drought.

Ellie is now 6 months old and has been a joy (during the day.) Colin is a busy, busy little guy and is constantly amazing us with his 2-year-old logic.

We've been kept busy with the practice this past year—thanks to all of you! Thank you for the referral of family and friends as well.



Extreme skier Colin King and
“Papa (grandpa) King.

Case of the Month

Recently a new practice member came to our office because he was suffering from low back pain. During the history he also complained of stomachaches and chronic diarrhea. He was also concerned that his level of activity had diminished for the past couple years because of the back pain—he used to be an avid skier. A nervous system scan using the Insight Millennium Subluxation Station showed severe nerve interference at T12, L1 and L2 (these nerves help to regulate the function of the intestines). Several spinal subluxations (restrictions or misalignment of spinal joints which cause nerve interference) were detected and a course of chiropractic care was indicated. He returned for his follow-up visit ecstatic—his abdominal complaints were much improved. By his 3rd visit, his intestinal complaints were fully resolved and his back pain was greatly reduced. By his 6th visit, his back pain was described as a mild annoyance, which he was very pleased with since he had had chronic, severe low back pain for several years. He is now on a wellness based chiropractic program and returns for regular care every 5 weeks, which he feels greatly improves the quality of his life. By keeping his nervous system “tuned up” and free of interference he is able to do more of the things that he enjoys—like skiing!

Remember, one of our goals is to help as many people as possible to live life to their fullest potential. If you know of anyone that could benefit from our services, please send them our way! **The referral of a friend or loved one to our office is the most sincere compliment any of our patients can give us.**