



## ANTERO CHIROPRACTIC

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

Volume 1, Issue 3

Summer 2005

Phone:(719)539-7387

### **Bottled Water: Health or Hype?**

Most of my patients have heard me tell them repeatedly to “drink plenty of water,” as a constant reminder of the necessity of this life-sustaining gift of nature. Gone are the days of blind faith in the quality of our drinking water resulting in various filtration systems and bottled water sporting designer names.

In fact, the bottled water industry has become the fastest growing segment of the beverage industry. Sales now exceed \$7 billion per year worldwide; tripling in the last decade. 54% of all Americans drink bottled water. Is this high-priced (who would have ever thought water could cost more than gasoline?) commodity really the best choice when it comes to fulfilling our water requirement or has over half our population fallen prey to another marketing scheme?

As a chiropractor I’ve been asked questions regarding the safety and quality of bottled drinking water, and there is not a simple answer. There are many factors to consider in order to make an informed decision.

First, there are a few basic categories of types of water bottled (purified water, drinking water, artesian water, spring water, mineral water, sparkling water), each of which usually has some purported health benefit attached to it. Whether there is truly a health benefit to each type of water has been a hot topic of debate with no definitive answers.

Regardless of any potential health benefit to the different types of bottled water, it’s important to know that all brands are not created equal. Discerning high quality from poor quality is difficult. Due to substandard government regulations, what it says on the label on the outside of the bottle may not be what’s in the bottle.

A study by the Natural Resources Defense Council found that an estimated twenty five percent of bottled water tested was actually tap water! In another example Daisani (water bottled by Coca Cola) had to recall 500,000 liters in Britain last year because it was contaminated with bromate, a carcinogen. Pathogens can also be a problem as the NRDC further reports that one-fifth of the bottled water tested exceeded unenforceable state or industry bacteria guidelines.

Other concerns with bottled water includes the waste involved 1.5 million tons of plastic per year and the associated toxic chemicals released into the atmosphere, possible toxic chemicals leaching out of the plastic into the water, etc.

All things considered, I recommend a high quality home filtration system over bottled water.

#### **Bottled Water Testing**

How does your favorite brand of water measure up? The National Resources Defense Council provides objective information on bottled water and has a study listing contaminants found in various brands. You can view the study at [www.nrdc.org/water/drinking/bw/appa.asp](http://www.nrdc.org/water/drinking/bw/appa.asp)

#### **Fruit and Vitamin Water**

One of the growing trends in bottled water is fruit and vitamin enhanced waters. They sound like an easy way to pack in more fruit and vitamins into your day, but most don’t provide any substantiated health benefit. The quality of these products is based upon the quality of the water and of the substances added.

Fruit water should not be considered as a substitute for drinking water. They are officially categorized as beverages by the FDA and should be treated accordingly. Check the label: as with any beverage, sugar content should be taken into account, keeping in mind that 4 grams=1 teaspoon of sugar.



## Get Ready—Flu Hysteria—It’s Coming.

### **Flu Shots may soon be recommended for all.**

Perhaps within 5 years the government is likely to recommend annual flu shots for every American. Not just young children, the elderly, and other peoples at risk. In recent years the government has repeatedly extended the list of people recommended to receive flu shots. First the healthy adults over 50, then babies, then toddlers—that’s in addition to people aged over 65, pregnant women, the chronically ill, and health care workers. It gets confusing because there isn’t one consistent message, so their solution—everybody.

### **Flu deaths outrageously exaggerated to increase vaccine sales.**

According to the CDC’s most recent death statistics (reported on their website) influenza and pneumonia killed 62,034 people in 2001. Upon further investigation on their website, the actual number of deaths caused by the flu is 257, with pneumonia accounting for the remaining. They’ve lumped the 2 together to try to promote the notion that 62 thousand people are dying from the flu. Even more shocking is the information the CDC posted on flu vaccine efficacy. They believe the vaccine to be only 16-63% effective!

### **Why I never get flu shots—by Dr. Mercola, D.O.**

It would take a marine nurse and 4 burly wrestlers the size of Jesse Ventura to hold me down and give me one. I don’t think that toxic chemicals and virus strains grown on living tissue belong in the human body even if they’re packaged in sterile vials. Do you want any of the following vaccine constituents in your body?

Ethylene Glycol (antifreeze), phenol, formaldehyde, aluminum, thimerosal (mercury), neomycin and streptomycin (antibiotics added to kill any bacteria that might have contaminated the vaccine)—that’s right folks, you get all this at no additional charge.

“I’m fond of providing the following answer to people who ask me if they should get the flu shot—Only if they want to get the flu. In the last 20 days I’ve not missed one day of work due to an illness. My diet and lifestyle program has not been perfect—far from it, but for the most part, I’m following a program. The only miracle here is that god has given us such wonderful bodies that if we are even close to following good diet, exercise and rest, we have a good likelihood of immunity.”

### **Dr. King’s 6 steps to dramatically improve your child’s health**

1. regular chiropractic care
2. consume fish oils regularly
3. avoid sugar like the plague.
4. nurse your baby (if possible drink raw milk after he/she is weaned)
5. avoid soy milk
6. consume healthy bacteria
7. sunshine (no burning!)

### **Custom Orthotics Help To Reduce Wear And Tear**

Studies have demonstrated that during heel strike of the gait cycle, .5 g of force is transmitted to the skull. This is basically like having 80 pounds hammering through your spine and to your skull every step you take if you weigh 160 pounds! Footlevelers custom orthotics are made with Zorbacel, which absorbs as much as 94.7% of dangerous heel strike shock. This eases impact at heel strike and reduces the forces on all weight-bearing joints. Next time you are in for care ask about Footlevelers!



### Who gets an A+ for healthy living?

Only 3 % of US adults. When it comes to healthy living, US adults have lots of room for improvement a new survey indicates. Only 3% of Americans eat right, work out, don't smoke and maintain a healthy weight. The criteria of this determination are as follows:

- Have a healthy body mass index of 18.5 to 25(*—this is figured by dividing your weight in kilograms by your height in meters squared.*)
- Not smoking
- Eating at least 5 fruits or vegetable daily
- Exercising for 30 min or more 5 days a week.

**(Do all 4 things and you're in an elite group!)**

Of the people polled:

- 76% don't smoke
- 40% have a healthy weight (that means 60% don't)
- 23% eat fruit and veggies
- 22% exercise 5 times per week for 30 min.

**Do you really want to risk losing your mind?** Frustration may not be the only consequence of failing to ditch those excess pounds in midlife. A recent study demonstrated that middle-aged obesity could increase ones risk of dementia. People with a body mass index of 30 or above were 74% more likely to succumb to dementia than those of healthy weight. Those of the 25 to 29.9 range had a 35% greater rate of dementia.

## 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](http://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 to our offices, and much more!

#### The Leading Edge of Chiropractic

- **New Adjusting Table in the Salida Office!**  
In an effort to continue providing the highest quality of chiropractic care possible, we've added a new state-of-the-art adjusting table to the Salida office. Many practice members are commenting on how comfortable it is. They also appreciate that it elevates and lowers hydraulically—so no more changing tables during treatment.
- We continue to offer the high-tech, patient outcome assessment instrument, the **Insight Millenium Sub-luxation Station**. This tool helps us identify how much distress your nervous system is under, and where it manifests as dysfunction in your body. If you have any questions about this instrument, ask on your next visit! 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.

#### Quotable quotes

Someday, sooner or later, you have to turn against the devils that pursue you. By what? By doing something about it.

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

Antero Chiropractic  
PO BOX 813  
Salida, CO 81201  
Phone: 719-539-7387

PRSR STD  
US POSTAGE  
PAID  
PERMIT NO 75  
SALIDA, CO



### **A Word From The King Family**

Ellie's crawling (and close to walking), Colin is going to preschool (he calls it college), and our ten-year wedding anniversary has made this a summer of milestones. It's been a whirlwind summer, but we always try to make time to enjoy the beauty that surrounds us. The practice has remained busy this summer, but we continue to accept new patients. If you know of any loved ones or friends that we could serve, as always, we appreciate the referrals. Remember, everyone deserves the improved quality of life that chiropractic can help to provide. Make the most of the rest of the season!

—The King's



Trish and Brian on the start of an "epic" mountain bike ride in Crested Butte.

### **Case of the Month**

Ann had been suffering from chronic headaches and neck pain for several years. She had been involved in three car accidents (at age 7, 22, and 31). She was aware of a constant stiffness in her neck, constant ringing in her ears, and poor posture. Her nervous system scans demonstrated moderate to severe nerve interference at several levels in her neck and upper back and chiropractic care was provided. She noticed immediate improvement on the first visit, stating that her neck felt free and could move more easily and with less pain. On the 4<sup>th</sup> visit, she claimed that her headache, which had been constant for over a year, had subsided. At this time, she also claimed that her husband noticed an improvement in her posture, for which she had been given some simple exercises to perform regularly. She also noticed a lessening of the ringing in her ears. At this time, Ann continues to experience these benefits and feels that receiving occasional chiropractic wellness "checkups," help her to remain healthy. There is no telling how well your body can perform free of interference. Chiropractic helps to remove the interference.

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.**