

Healthy Living Chiropractic Newsletter

ROEDIGER CHIROPRACTIC

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WE LISTEN, WE CARE, WE CAN HELP!

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

Pregnancy and chiropractic



If there's one group of individuals who need chiropractic more than any other it's mothers-to-be.

As a woman's hormones

change, her ligaments become looser and her body structure can become distorted. Chiropractic has been a blessing for countless pregnant women for over a century. Pregnant? Get a chiropractic checkup; it'll help you deal with your constantly changing body, and who knows, maybe even result in an easier delivery of your baby!

Breastfeeding healthier for mother and child

Breastfeeding is known to boost an infant's health – and is good for the mother too.



In a study in *New Scientist* of 96,648 nurses who gave birth between 1986 and 2002, those who had spent at least two years breastfeeding were 19% less likely to suffer a heart attack than those who had not breastfed at all. Nursing a

newborn may help a mother's metabolism switch from pregnancy mode back to normal. (1)

Chiropractic and ear infections

This appeared on the Feb 13, 2007 CBS 11 News: "Next to the common cold, ear infections are the most commonly diagnosed childhood illness in the United States... For

years, parents have depended on antibiotics...but now doctors are warning about the overuse of antibiotics... Now some parents are taking their kids to see chiropractors.

Susan Lekborg says her son Cooper suffered from chronic ear infections. "We were up all night, he was miserable, cranky...on antibiotics all winter and it just wasn't helping. It would go away and come back, go away and come back," she said.

She went to a chiropractor. "I'll be honest, I was a little skeptical, nervous about a chiropractor adjusting my baby," she said.

But after only one treatment he started feeling better. Susan Lekborg says it's worked for her children. "This will be their third winter, no antibiotics, no Tylenol, no Motrin. They're clean. I just feel like they're healthier," she said. (2)



Antibiotics not needed for ear and eye infections, say researchers

Two recent studies show that two common conditions that were thought to definitely need antibiotics – middle ear infections and conjunctivitis (pink eye) in kids – don't really need them at all. The studies conclude that without antibiotics, children get better anyway. (3)

While we're on the subject...



"Some 80% of ear infections go away on their own. Worse, the drugs may contribute to antibiotic resistance and cause mild side effects like diarrhea or nausea. Help prevent infections in the first

place by breastfeeding, limiting pacifier use and avoiding exposure to secondhand smoke. (4)
PS. How about adjusting them?

Fluoride linked to bone cancer, lower IQs and osteoporosis

In March 2006, a panel of dentists, toxicologists and epidemiologists assembled by the National Research Council (NRC) found that children who consume water containing the highest level of fluoride permitted by the EPA might actually be damaging their teeth; there was even a hint that it might depress IQ. What's more, the panel stated that consuming water with that amount of fluoride over a lifetime could weaken bones and increase the risk of fractures. And just 2 weeks after the NRC report made headlines, a Harvard study suggested that fluoridated water could cause a rare form of bone cancer in young boys. "Fluoridation should be abandoned," says dentist Hardy Limeback, PhD, DDS, head of preventive dentistry at the University of Toronto and a member of the panel that wrote the NRC's fluoride report. "It could turn out to be one of the top 10 mistakes of the 21st century." **Is it still being added to your water?** (5)

Splenda is not splendid

Eating sucralose – brand name Splenda™ – is like ingesting tiny amounts of chlorinated pesticides. (6)

As with NutraSweet™, no human safety studies have been done. Researchers who studied the drug claimed it was safe yet there have been thousands of consumer complaints. Unfortunately, the FDA doesn't seem to care.



Chlorocarbons such as Splenda are known to cause organ, genetic and reproductive damage. Splenda has been shown to affect the thymus, liver and kidneys. It can also cause fertility issues in male rats and gastrointestinal problems in pregnant rats.

Dr. Janet Hull is not a chiropractor. She has a Doctorate of Nutrition & a Masters of Environmental Science from Texas A & M. She has done extensive research on alternative sweeteners. Check out her website in the references below, or go to your local library to find her books.

Ask Dr. Roediger

Sciatic pain, what is it and what can be done about it?

The Sciatic nerve is the longest and largest nerve in the body. It begins from four individual nerve roots from the four lowest bones (vertebrae) of the spine. These four nerves come together to form one large nerve. The Sciatic nerve then travels from the lower back area across the buttock area and down the back of the leg to the foot. Along the way, little nerves branch off and go to different areas of the leg, foot and toes. Pressure on the nerve from any of the four bones (vertebrae) in the lower back can cause pain down the leg or single different areas in the leg, foot or toes. Pressure on the nerves in the lower back doesn't have to cause pain in the back; it might just cause pain down the leg.

During this time of year, I treat many people with this condition. The problems start with weekend warriors, cleaning the yard, shoveling snow, planting gardens, or doing spring cleaning of the house.

I suffered from a sciatic nerve problem. My problem was caused from a disc bulge. The disc is a cushion between each bone which creates a space for the nerve to exit between each bone. It also allows for the bones to move. Discs cannot bulge on their own. If the bones above and below the disc move out of alignment, that stresses the disc and may result in a disc bulge.

I waited almost a year to see if my sciatic pain would "go away" on its own. Guess what? It didn't. It got worse, so bad in fact I needed to have back surgery. After surgery I continued to have back pain and some leg pain. It was then I saw a chiropractor. He did some tests which showed my lower back bones were still out of alignment. The surgery only cut away the bulge from the disc. The misaligned bones were still irritating the nerves and stressing the disc. If I waited any longer, the disc bulge would return. The chiropractor adjusted my back, even after surgery, and I got some relief right away.

In my case it took more treatments. In time I was able to play golf, exercise, sit, sleep, not constantly shake my legs, concentrate and most importantly feel like a normal 20 year old. Yes, that's right; I had surgery at 20 years old.

Since then, I have had occasional flair ups, mostly after I do something silly – weekend warrior stuff or miss my chiropractic appointment. I still get treated once a week. Now I am able to do whatever I want. I am careful not to do things I could do 20 years ago, but I still am very active.

MAY AND JUNE ARE SCIATIC AND LOW BACK MONTH!

If you or someone you know has or been told they have sciatica, disc bulge or low back pain have them call and schedule an evaluation. I will check to see if they may benefit from chiropractic care. If they mention this article I will reduce the initial cost from \$57.00 to \$37.00. The exam will consist of a history, Para spinal scan and two x-rays of the lower back. I will review the test findings and let them know how I can help.

I utilize the revolutionary Activator Method way of treating. The Activator is a hand held instrument that gives a consistent bump into the joint to move the bones back into the best possible alignment. There is no twisting or cracking of the back. I am the only Activator proficiency rated chiropractor in Geauga County. I can help! Call today!

References

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3. Eyes, ears and antibiotics by Peter Lavelle <http://www.abc.net.au/health/thepulse/s1748158.htm>
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5. <http://health.msn.com/centers/cancer/articlepage.aspx?cp-documentid=100154592>
6. Splenda – Here we go again. *Dr. Janet Star Hull Alternative Health and Nutrition Newsletter*. March 2007. <http://www.janethull.com/newsletter/0704/splenda-here-we-go-again.php>

A MESSAGE FROM DR. ROEDIGER

In this newsletter I have introduced a section titled “Ask Dr. Roediger”. In this section I answer commonly asked questions about health, conditions and areas of concern that affect our everyday activities and lives. Within the section I have made a special offer. A friend, co-worker or family member that you recommend come see me with the condition in the section will receive \$20.00 off their initial visit. I want to do this because I know many people are skeptical or not sure that chiropractic can help them or their problem. After sitting down with your friend, co-worker or family member, just as I did with you, I will be able to let them know if I can help them. And if by chance I cannot help, I will do my best to direct them to the help they need. Spring is here in Geauga County, now is the time to do something about the problems keeping us from living the life we want.

Take care and God Bless – Dr. Tad M. Roediger

Happenings in the Office

“**Welcome!**” to all of our new patients this month. We are excited to be a part of your journey towards a healthy spine.

Thank you to all our wonderful patients who referred family and friends to our office. A referral is the biggest compliment you can give.

Happy Birthday to all our patients celebrating birthdays this month. May you have a year full of good health and happiness.

E-Mail

If you would prefer to have the newsletter emailed to you, please provide Sharon with your email address. You can email it to Sharon@roedigerchiropractic.com or let her know next time you are in the office.

Health Talks

Any burning questions about health or health related issues? Want to know more about what to do about a health problem or what options are available? Dr. Roediger will speak to you or your group, no size too large or small, at his office or at your location. Call Sharon or Amanda, they will be happy to schedule a time to hear Dr. Roediger speak.



We wish you all a very happy Spring!