



Chiro Health & Wellness

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This Issue:

- Patients Using Chiropractic in North America
- Studies Compare Back Pain Treatments

Supplement of the Month

ZINC

Plays an important role in the proper functioning of the body's immune system. Studies have shown zinc lozenges shorten cold symptoms in adults. Zinc is required for a number of activities related to cell reproduction and wound healing. It has been linked to improvements in smell and taste, and is involved in the body's ability to metabolize carbohydrates for energy consumption.

HOW CAN WE HELP YOU? LET US KNOW...
IT'S OUR PLEASURE TO SERVE YOU.

Ponder This...

"I am not in this world to live up to other people's expectations, Nor do I feel that the world must live up to mine."

Author Unknown

Forward this newsletter to a friend so they may benefit.

Patients Using Chiropractors in North America

In 1997, 42% of the U.S. population utilized alternative health care and of this number, chiropractors accounted for 31% of the total estimated number of visits. A study randomly surveyed chiropractors at six study sites within the United States and Canada and systematically sampled chiropractic patients seeking care from participating chiropractors. More than 70% of patients surveyed stated that back and neck problems were the main reason why they sought chiropractic care. According to the study, patients seek chiropractic care almost exclusively for musculoskeletal symptoms and that chiropractors and their patients share a similar belief system.

SOURCE: *SPINE* 2002;27:291-298

**It's not what you can do,
It's not what you will do,
It's what you do do.
Author Unknown**

**" Paths are there because people walked there before. Run into the wild and your trail will be an inspiration for all to follow."
- Pete Finch**

Study To Compare Low Back Pain Treatments

Kaiser Permanente's Center for Health Research has been given a grant to study what patients with acute low back pain value most when they seek conventional or alternative treatments for that affliction. 2,000 Kaiser Permanente members who have had acute low back pain will be sent surveys to determine what kind of treatment – chiropractic or primary care – is most effective. "This study will add valuable new information to research efforts already under way in the chiropractic field," said Dr. Charles Simpson, co-investigator of the study and chief medical officer of Complementary Healthcare Plans. "More importantly, it will pave the way for analyzing the benefits of other complementary and alternative treatments."

SOURCE: *Chiropractic Economics*