



Chiro Health & Wellness

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This Issue:

- Spinning His Way to Victory with Chiropractic
- PBS Features Chiropractic
- Exercise improves Fibromyalgia

Book Of The Month

Food Combining for Health - A new look at the Hay System

by Doris Grant and Jean Joice. The book explains clearly how food combining is based on the premise "don't mix foods that fight". According to Dr Hay, the foods that fight are mainly concentrated proteins and starches. Our digestive system, says Dr Hay, is set up to deal quite separately with proteins and starches. Simply by keeping proteins and starches for separate meals, this book claims, you will feel the benefits of a healthier digestive system, and more complete digestion. After a few weeks, the book claims, this in turn leads to higher energy levels, and a "satisfied" body that rarely craves any particular food, because it is fully nourished.

Quote of the Month

"It's not what you have, or don't have in life that determines your success. It's the way you perceive and use what you have that determines your success."

Author Unknown

Spinning His Way to Victory with Chiropractic

Four-time consecutive Tour de France winner, Lance Armstrong, credits his victories with the assistance of chiropractic treatment. This is also the fourth year the U.S. Postal team has had Jeff Spencer, DC, as their team doctor. He has helped Lance keep his body together for the harsh demands of the Tour, which covers 2,032 miles through the mountains and flatlands of rural France. In addition to chiropractic adjustments, Dr. Spencer uses ice and taping to facilitate fluid exchange dynamics in areas of congestion and helps each rider watch their nutritional needs. SOURCE: *GCN News - July 29, 2002*

Amazing Adjustments Featured

PBS recently featured chiropractic treatment on its Body & Soul program. Titled, "Waking up the Brain: Amazing Adjustments", the show featured a segment on a woman who finds relief from extreme vertigo through chiropractic treatment. In addition, the show interviewed Ted Carrick, DC, on his work in treating patients who have not benefited from drugs and/or surgery. Overall, the program is a positive testimonial to the benefits of chiropractic.

SOURCE: <http://www.pbs.org/bodyandsoul>

Exercise Improves Fibromyalgia

Attention fibromyalgia sufferers -- A recent study published in the British Medical Journal graded aerobic exercise is a simple, cheap, and effective treatment for fibromyalgia. Researchers conducted a randomized controlled trial of prescribed graded exercise against relaxation and flexibility training in fibromyalgia patients. After three months, exercise led to significantly more participants rating themselves as much or very much better, and the benefits were maintained or improved at one year follow up. The exercise group also had greater reductions in tender point counts. SOURCE: *British Medical Journal. Volume 325, Number 7357, Issue of 27 Jul 2002.*