



Chiro Health & Wellness

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This Issue:

- Alzheimer's and Antioxidants
- Chiropractic – What You Should Expect.

Supplement of the Month **Echinacea**

Echinacea research during the last 20 years has focused on its immune-stimulating properties. Currently, Echinacea is being used to combat bacterial, viral, protozoan, and fungal infections, as an anti-inflammatory agent, and as a possible chemopreventative agent.

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

Remember...

" In life, one is either moving forward or regressing. There is no time to pause."
- Frank Landry

Antioxidants Reduce Risk of Alzheimer Disease

A recent study suggests that a high dietary intake of vitamin C and vitamin E may lower the risk of Alzheimer disease. Oxidative stresses in the body are believed to contribute to the development of Alzheimer disease. Antioxidants, such as Vitamins C and E, help reduce oxidative stresses within the body. Some excellent sources of the antioxidants vitamin C and E include citrus fruits, green leafy vegetables, nuts, seeds and fish oils. SOURCE: *JAMA*. 2002;287:3223-3229

Chiropractic: What Should You Expect

A recent study was conducted to investigate the expectations of patients and chiropractors when chiropractic care was initiated. Researchers found chiropractors and patients expected the chiropractor to find the problem and explain it to their patients and they also expected patients to feel better and become free of symptoms. However, patients had lower expectations of the chiropractic treatment than the chiropractors but higher expectations of being given advice and exercises than the chiropractors did. There was also a tendency for the patients to expect to get better faster than the chiropractors expected them to. Researchers felt that some of the differences in expectations could potentially influence the treatment and outcome of the care negatively. They stressed the importance of communication between the chiropractor and the patients.

SOURCE: *J Manipulative Physiol Ther* 2002;25:300-5

" When you light your candle from mine, it doesn't diminish mine and with two candles lit, we have more light."

--- Author Unknown