

In Good Hands

A Monthly Newsletter For The Friends and Patients of:
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The ability to convert ideas to things is the secret to outward success.
Henry Ward Beecher

Sit Up Straight: Don't Think, Just Do It



Centennial —I thought it would be a good time to revisit a basic that I teach people every day.

The point I'd like to make in this article is the importance of getting your sitting posture correct. If you can position your body in such a way to

MAKE yourself sit up straight, then you don't need to remind yourself. You've probably found that reminding yourself to sit straight doesn't work for very long!

So the data you need to know is this: **sit with your knees LOWER than your hips.**

The degree of slump in your upper back while sitting will dictate how steep of an angle your knees should be. The more of a slump while sitting, usually the more you need to angle your legs.

I find that the taller a person is, the more **LIKELY** they are to slump because proportionately their back is longer than the chair actually accommodates.

The top picture to the right shows the forward leaning and slump that is natural for a tall woman in my adjusting stool. The bottom picture shows her in pretty good posture. The bottom chair is used at my front desk now. This one happens to be a Tempurpedic. The memory foam is nice for the knee pad and butt cushion.



Also, the knee pad gives just a little to help get a more comfortable angle. The chair swivels and is quite sturdy. If you consult with the Healthy Back Store near Home Depot at Park Meadows, they offer a 5% discount if referred by my office. Consider this newsletter your

referral slip :-)

You can't overestimate how much good using this correct posture will do for your spine and ultimately your health. Any symptom can be exacerbated by bad sitting posture and I can think of almost any symptom that has improved by using this technology.

***Yours in health,
 Dr. Erica***



Anti-Depressants Work no Better than Placebo

On Feb. 26, 2008, a study was published in the peer-reviewed journal Public Library of Science Medicine showing that *anti depressant drugs are no more effective at improving depression than a placebo (sugar pill)*. Only cases of the most severe depression fared better with anti-depressants than the placebo. And the editors concluded it was probably due to the severely depressed being unable to respond to a placebo rather than responding well to the drugs.

What was significant about the analysis done in this study is unpublished trial data were included. Once included, the benefits of the drug fall BELOW the accepted criteria for clinical significance (which is necessary for drug approval). Basically previously-published data were eliminated from the final reports so that they met the data would meet the minimal level of effectiveness.

This journal accepts NO advertising money from drug companies, unlike most peer-reviewed journals. This allows them to publish things that aren't exactly in-line with corporate interests who are paying the bills!

Who Have You Referred?

Your referral can always schedule a **Free Consultation** with no further obligation. Allow an hour for that appointment.

OR

Attend the **Intro Session Tuesdays at 6:20 pm.**

It ISN'T a consultation with the doctor.

Just an explanation of Dr. Erica's method of correcting the structure, requirements for care and costs.

No cost and no appointment needed.
RSVP appreciated.

Sarah's Secrets

My mom says that I love to live up to my namesake—Sarah means “princess” in Hebrew. I bet Mom & Dad didn't know what they would have on their hands when they gave me that name! I got this new princess jewelry for my birthday and HAD to show it off. But in true Colorado girl



fashion, I can clean up one day in “klip klop shoes”, a tiara and gown and then head for the slopes the next day! Mom took me skiing for my first time this month! It sure was cold up there. Mom hates it when I try to eat snow but I had plenty of time while I



was in ski school to sneak a couple handfuls. She also stuck these warm pads to my feet so my toes would stop being cold. Glad I didn't have any falls. I like to give Mom a hard time about giving me an 'justment if I hurt myself. But I'm always glad I get it when she's done.

Luv, Sarah

Visit www.new-chiropractic-solutions.com to find a provider for friends or family in other states.

Aspirin vs. Omega 3's for Blood Thinning

More and more people in the public are getting the message about the health benefits of omega 3's. However, it's interesting that people are still being told to take aspirin/baby aspirin for a protective blood thinning effect or to ward off a heart attack.

Omega 3's naturally thin the blood. In fact, the only contraindication to supplementing with omega 3's would be allergies to fish or if taking Coumadin/blood thinner.

A study published by the *Journal of the National Cancer Institute* (June 1, 2005) suggests that long-term **ibuprofen** or **aspirin** use might actually RAISE the risk of **breast cancer**.

They study analyzed data on 114,460 women in the ongoing California Teacher's Study. The women were 22-85 years old and free of breast cancer when they enrolled in the study a decade ago.

What they found was this:

Women who took **ibuprofen daily for at least 5 years were about 50% more likely to be diagnosed with breast cancer than those who did not take the drug regularly.

Women who took **aspirin daily for at least 5 years were 80% more likely to develop breast cancers (that were not sensitive to hormones estrogen or progesterone) than women who were not regular users of aspirin.

That's a pretty comprehensive study that was published in a reputable journal. So my concern would be if I was prescribed aspirin for blood-thinning that I would be substantially increasing my risk of something equally as bad.

In fact, a study published in *European Heart Journal* (May 26, 2006) concluded that using **any NSAIDs** was associated with a modest risk of a first-time heart attack (myocardial infarction.) The records of 33,309 patients were evaluated in Finland over 2 years and the combined **risk of a first heart attack was 40% higher with the use of any kind of NSAIDs.**

Additionally, another study in the *Journal of the National Cancer Institute* (1/7/04) linked **aspirin** usage in women to increased risk of

pancreatic cancer. When compared to consistent non-users of aspirin, the **pancreatic cancer risk** increased with dose:

1-3 tablets/week led to 11% increased risk

7-13 tablets/week led to **41% increased risk** (are you in this group who takes one aspirin a day for "heart health"?)

>14 tablets/week led to **86% increased risk.**

*Also, women who reported more than 20 years of regular aspirin use had an **increased risk of 58%**.* 88,378 women were followed for 18 years and 161 cases of pancreatic cancer were documented.

Even in the journal *Circulation* (4/23/2002), a study was done on patients who had a heart attack (myocardial infarction) within 3 months of the study. In a randomized trial of patients who received Omega 3's (the study didn't specify EPA, DHA or ALA), there was a **41% reduced risk of mortality (death) after 3 months of treatment compared to the group who didn't receive omega 3's**. They used 1g/day and the authors felt the study supports an antiarrhythmic** effect of Omega 3's. 15 references were cited in this study as supporting a *decreased risk of coronary heart disease by consuming omega 3's from the diet or supplements*.

"Anti-arrhythmic" refers to protecting the heart's rhythm from getting "out of sync". Abnormal rhythm is called arrhythmia/anti means against; arrhythmia happens during **fibrillation. On TV shows, you see heart patients get revived with a **de-fibrillator**—removing the fibrillation by re-setting the heart rate. AED's found in public places and airplanes are **de-fibrillators**

A study in the *American Journal of Preventative Medicine* (October 2006) found that taking Omega 3's would be **800% more effective at preventing death due to arrhythmia** (cardiac arrest) than if an AED machine were on-hand in every house and public place in the United States to instantly rev-vive a patient in cardiac arrest. According to the authors, the biggest reduction in deaths would be for *apparently healthy individuals* to take the omega 3's to reduce the burden of sudden death. It seems if Aspirin were going up against Omega 3's in a heart protection fight, omega 3's would dominate! (With aspirin's linkage to a 40% increased risk of heart attack, 86% increased risk of pancreatic cancer & 80% increased risk for breast cancer!) I'd say omega 3's clearly win by a knock out :-)

So bottoms up little fishys!



PATIENT OF THE MONTH

I began going to Dr. Erica in December of 2007. Over the past fifteen years I have had some form of chronic back pain and figured it was something that would just always be a part of my life. Another area I have

struggled with is my right foot. In fact, as I had explained to Dr. Erica, I believe this to be the root of my back problems.

A former ballet dancer that danced "en pointe" for many years, I had two bunion surgeries performed in an effort to reduce pain and restore a normal look to my often abused big toe. A surgical "overcorrection" combined with a boating accident that resulted in the main ligament along the bottom of the same foot being severed left me with some structural and alignment issues that prevent me from evenly distributing my body weight when I stand or walk. Along with chronic pain, this caused a painful callous to form due to the fact that I am not able to place the majority of my weight on my big toe.

After explaining this to Dr. Erica, she suggested I try her TheraStim electrotherapy. TheraStim works by delivering a direct current to the area of injury to reduce pain, increase circulation and recondition tissue. I've had only about six treatments, but so far I'm very pleased with the results. The pain in my foot has decreased and the unsightly callous caused from many years of improper weight distribution is almost gone.

TheraStim combined with Dr. Erica's unique chiropractic techniques have resulted in my back and foot feeling better than they have in years. After just four months of treatments I have felt and seen a noticeable difference: I no longer feel like my back is in knots, my posture has improved and most noticeably, the symmetry in my shoulders has been restored. I am so grateful to Dr. Erica for what she has done to improve the quality of my health and *my life!*

**Julia Wheeler,
Denver, CO**

TRIVIA: What is a nerdy hobby of Dr. Erica's?

Answer: Collecting State Quarters, 6 of each state/mint

Visit www.NaturalNews.com for timely information on health, drugs, and consumer products.

Patient of the Month

This month's patient of the month is

Julia Wheeler

Congratulations!

As patient of the month, she will receive a \$50 gift card to Maggiano's/Chili's/On The Border/Macaroni Grill.

Great job on such good improvements—keep up the good work!

Send Dr. Erica your Success Story for your chance at Patient of the Month.

Mark your calendar and help celebrate our 9th anniversary!

**Friday March 28, 2008
5:30-7:30 pm
Wine & Cheese Happy Hour
Atlas Chiropractic, P.C.
S-G Plaza
NW Corner of
University & Arapahoe
Suite 207**

Even though we have lots of children patients, consider leaving the kids at home for this function and enjoy yourself with just the adults! Plan on stopping by to say hi and socialize with us. Feel free to bring someone and come as you are!

Last Month's Posture Tip—including the cut-off part!
Are you waking up with your neck kind of achey? Try sleeping on your other side. As your spinal patterns shift, it can put more tension on the side you're used to sleeping on. My comfortable side switches periodically. Also, make sure your pillow is tall enough if sleeping on your side. Make sure it is very skinny if sleeping on your back. (By the way, DON'T sleep on your stomach! This is a very good way to keep exacerbating your pain.)

Refer your friends/family to this newsletter and past issues on our website:

www.atlaschiropracticpc.net

Also see pictures of our new décor in the photo gallery!