

In Good Hands

A Monthly Newsletter For The Friends and Patients of:
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The more you judge, the less you love.
 Honor ´e de Balzac

Plain Old Antioxidants Help Autism



Centennial & Westminster—

Last month I wrote about **glutathione** and how it can undo bad effects of MSG, aspartame, as well as mercury, lead and arsenic in your diet and environment. But there is a very specific use for **glutathione** that I promised to write about this month. And that is the link between autism and how glu-

tathione may reverse the neurological symptoms associated with autism.

Mercury is the most toxic non-radioactive element in existence.³ Thimerosal is a vaccine preservative that consists of 50% ethyl mercury. It is used to prevent contamination of the vaccine vial with bacteria or growths. It used to be an ingredient in most vaccines as recently as the 1990's. Back then, for a 6 month old who received all required vaccines, the typical exposure to ethyl mercury would have been **187.5 micro grams**. This cumulative exposure would be 66% higher than the Environmental Protection Agency recommends safe on a per/pound and weekly accumulation basis of methyl mercury (assuming a 15 pound infant.)¹ (There are no established norms for ethyl mercury exposure which has one more carbon than methyl).

Most kids seem to have no overt problems from getting vaccines. However, there is no doubting that autism increased from **5/10,000** to **60/10,000 kids** after three additional thimerosal-containing vaccines were introduced for newborns in the early 1990's.³ (That's a 1200% jump!)

So what is the controversy over vaccines causing autism? It appears that infants and children who develop autism spectrum disorder are not able to

excrete the mercury accumulations from their body. This is witnessed in the first haircuts of autistic kids versus normal kids. Normal kids have 800% more mercury in their hair than an autistic kid. The fact that mercury doesn't show up in the autistic person's hair indicates the body isn't excreting it. Autistic children have **20% lower cysteine** and **54% lower glutathione** in their blood, possibly due to genetic mutation that does not code properly for a gene.³ And as we saw in last month's newsletter, glutathione is an antioxidant the body actually makes. It's job is to target pollutants, including mercury, for elimination. So if an autistic child has less than 50% of normal, then their body may be compromised when assaulted with the "most toxic non-radioactive element in existence."³

Chelation of heavy metals is now the preferred treatment—normalizing blood levels of glutathione and cysteine account for improvements. In fact, the support group, Defeat Autism Now, considers autism curable!

Mercury is still in **diphtheria**, **tetanus** and **flu**. My personal comment: the FDA's own website says that "thimersol-free" vaccines may still have traces of it from the manufacturing process. However, if you are convinced of the need for vaccines, insist on single-dose vials that are not likely to need a preservative. What may still not be appreciated are other toxic chemicals like **phenol** that are used in vaccines and the unknown effects they may cause. If you thought you had to get them for school, you should know that Colorado has THE best laws for allowing you to decline them⁴. (References on page 3).

Yours in health, Dr. Erica



Sarah's Secrets

I've finished my first month of pre-school (below). But I'm really like any true girl at heart—I'd rather be at home playing princess or shopping. Some of the salespeople at the mall know me by now—I like to try on clothes with Mom. I just pick something off of the rack and try on things too. The best is doing my patented dance in front of the 3-way mirrors after I put on what I like.

Daddy bought me an Alice in Wonderland dress for Halloween. But I still love to be Sleepin' Beauty, Cinderella or even Snow White. I'm just as likely to wear those as any other dress.

Luv, Sarah

WELCOME NEW PATIENTS!

Clara J.—Broomfield, CO *Referred by Jared J.*
 Lindsey J.—Broomfield, CO *Referred by Jared J.*
 Dorothy H.—Littleton, CO
Referred by Dr. Gary Rademacher, DC
 Michael C.—Denver, CO *Referred by Sarah F.*
 Dianne C.—Englewood, CO *Referred by St. Andrews*
 Aleksandra B.—Lakewood, CO
Referred by Dr. Rick Haussler, DC

WELCOME RETURNING PATIENTS!

Mary Ann R.—Castle Rock, CO
 Barb D.—Denver, CO
 Mike D.—Denver, CO
 Marilisa A.—Highlands Ranch, CO
 Britany C.—Denver, CO
 Brian M.—Morrison, CO
 Craig C.—Littleton, CO

Who Have You Referred?

(Not sure how to refer somebody?)

Your referral can always schedule a free consultation with no further obligation.

OR

NEW: Intro Session Tuesdays at 6:20 pm.

It's NOT 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.

*We look forward to your referral's name
 posted here in a future issue!*



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



EXERCISE OF THE MONTH Desk Exercises

In today's workforce we must simultaneously talk on the phone, type on the computer and take notes on a notepad. All of this multi-tasking leads to stress and tension in our neck and upper back causing our postural alignment to suffer and imbalances in our muscular system. However, there are two exercises that can alleviate and possibly eliminate this particular pain and stress. Both of these exercises can be easily performed at your workspace.

The first exercise is rolling your shoulders forwards and backwards. To begin, sit or stand tall, drawing in your abdominals towards your spine then slowly roll your shoulders forward for 10 repetitions and then backwards. This exercise helps to loosen the muscles in your shoulders, helping to relieve tension in the upper back and neck.

The second exercise is pinching your shoulder blades together. Begin this exercise sitting or standing up straight and keeping your abdominals tight. Next, pull your shoulders back until you feel a squeeze between the shoulder blades then relax your shoulders and return to the starting position. Perform this exercise for 10 repetitions

Both of these exercises can be done several times throughout your workday and can greatly reduce pain and increase strength in your neck and upper back.

Liz Brown, Fitness Trainer

REFERENCES for Autism Article

1. Molecular Psychiatry 2002(7) p. s42-s43 "Role of Mercury in Pathogenesis of Autism
2. www.fda.gov
3. Neuroendocrinology Letters Vol. 26 No. 5 October 2005 pp. 439-446
4. 25-4-903. Exemptions from immunization. (Colorado Law) Colorado Statutes/TITLE 25 HEALTH/DISEASE CONTROL/ARTICLE 4 DISEASE CONTROL/PART 9 SCHOOL ENTRY IMMUNIZATION/25-4-903. Exemptions from immunization (Religious, Medical & Philosophic)

More Fish Food for Thought...ADD Symptoms Improve in Just Weeks

Symptoms of ADHD can be *virtually eliminated* within weeks by supplementing with proper quality and quantity of Omega-3 Fish Oils (high EPA content), eliminating refined sugar and processed foods.¹ Another study includes supplementing with gamma linoleic acid (i.e. borage oil—included in Nutriwests Omega 3 formula), magnesium and zinc (included in Vibe minerals) as necessary to normalize behavior.

Omega 3 oils are nutrients that the body CAN'T make on its own. These oils provide building blocks for the brain to make cell membranes. This allows chemicals to get in and out of the cell. Processed foods and lack of omega 3's in the diet cause the cells to be made with rigid fats that don't allow vital chemicals in or out. This can lead to mood disorders, depression, bipolar as well as post-partum blues.

It is well-established that psychiatry's diagnostic manual, the DSSM, contains diseases that are merely voted into existence at annual conventions. Receiving a diagnosis of ADD may be nothing more than a pretense to legally sell amphetamines if given as the first option.

If you are considering psychotropic drugs for yourself or your child, I strongly urge you to come by the office and borrow the video "Psychiatry: An Industry of Death" before making that decision. There are no established tests to identify a chemical imbalance that is claimed to exist with ADD, depression or other mental disorders. Thus, once psychotropic drug treatment begins, there is no outcome for measuring if brain chemicals have normalized. A dietary and supplement approach have no side effects and mere relief is all that is needed to see if the treatment worked!

¹European Neuropsychopharmacology February 2007

²Prostaglandins, Leukotrienes and EFA's Oct/Nov 2006

www.newstarget.com 8/15/2007

AVAILABLE AT OUR OFFICE

Nutriwest Omega 3 Capsules \$35 (90 capsules)
Nutriwest Glutathione tablets \$29 (60 capsules)
Vibe \$70 Soluble Liquid Minerals (30 oz.)
Nutriwest Whey-G \$38 (12 oz. undenatured whey powder boosts glutathione production)

We can ship or you can pick-up.



PATIENT OF THE MONTH

When I first came to Dr. Erica, I could not go through a day or night, without significant pain. The pain in my back and neck and the pain and numbness in my arm and fingers made it really tough to work on the computer everyday. My sleep

was not restful due to pain and numbness through the night.

I've had many "flare-ups" over the years and usually just "put up with it" or used medications as needed. The meds just masked the problem and didn't really correct the causes of the pain and numbness.

My situation had gotten so out of hand, for so long, that it actually took many months to get everything into proper alignment and for me to realize a continued level of relief. Through Dr. Erica's perseverance and mine as well, we finally made progress on a difficult problem!

I come in once a week to maintain my healthy level—sure, I still have pain from time-to-time, but I can function fairly normally (for a middle-aged guy) and can do things physically now that I couldn't do for a number of years. Dr. Erica is great—just hang in there!

Herb Cresswell, Lone Tree, CO

Thank You...

**Jay Brunger & Jodi Akers at
Old Mutual Capital
and**

Sally Lyons at St. Andrew's Church

for hosting my talk "Secrets to Good Posture that Your Mother Revealed".

Does your work place, church or civic group enjoy having unique speakers? I have an interactive, power point presentation on proper sitting habits for good health. Contact our office at **303-738-0390** if you would like to schedule my 30 to 45 minute talk for your group.

TRIVIA: What would Dr. Erica's ideal day include?

Answer: Tennis, a jog, a bike ride or a concert

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

Patient of the Month

This month's patient of the month is

Herb Cresswell

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.

NORMAL BUSINESS HOURS

(Keep this on your fridge)

CENTENNIAL OFFICE

Call 303-738-0390 for appt.

Mondays 8-11 am

Tuesdays 3-6:15 pm

Wednesdays 3-6:15 pm

Thursdays 3-6:15 pm

Fridays 8-11 am

WESTMINSTER OFFICE

Call 303-929-8073 for appt.

(No Massage Available Yet)

Mondays 5-6 pm

Fridays 5-6 pm

VACATION HOURS

Dr. Erica will be on a well-deserved vacation. Her chiropractor, Dr. Doug Bennett, will cover for 3 days while she is gone. He is well-trained in ABC adjusting so your care will be consistent! (Dr. Erica is flying to Aruba and sailing from there to Curacao and Bonare! Look for pictures in next month's newsletter.)

Thursday Oct. 25

Closed

Friday Oct. 26

8-11 am; 3-6:15 pm

Centennial Only

Monday Oct. 29

Closed both locations

Tuesday Oct. 30

8-11 am; 3-6:15 pm

Wednesday Oct. 31

Closed

Thursday Nov. 1

8-11 am; 3-6:15 pm

Friday Nov. 2

Centennial Closed

Westminster 5-6 pm

Thurs & Fri Nov. 22/23

Closed both locations

****Massage will be available any time the Centennial office is opened.**

Exercise of the Month: "Prone Hold" by Liz Brown, Trainer

I'd like to introduce **Liz Brown**, the newest addition to our office. She will be counseling patients in the Postural Exercises that are recommended in helping you maintain your correction. She will be available Tuesday and Thursday afternoons for a complimentary 15 minute session by appointment to demonstrate those exercises. Request a "15 minute Exercise Rehab" appt. if you talk to the answering service.

She is also available to do exercise rehab with you in our office to support your corrective care. If you have insurance, it is a service that can be received with your co-pay. You can receive up to 45 minute sessions with her on the same day as your adjustment; 60 minutes if you don't get an adjustment (by appointment). But if you'd like to have her train with you at your gym or home, feel free to call her at 303-548-9252 though we can't do the billing when not done under the doctor's supervision.

Active or inactive patients are encouraged to call and receive their complimentary 15 minute exercise demonstration on **Tuesdays** or **Thursdays**. Don't worry, there's no "free set of steak knives" for coming, as in, no further obligation! If you've wanted to do SOMETHING for exercise, use these exercises to get yourself more stable before undertaking heavy-duty exercise. **Dr. Erica**



You all have heard about the benefits of having good core strength but how does one achieve this? First, let's define what your core involves. The core is all the muscles from your shoulders to your knees with the greatest emphasis being on your abdominals and your lower back.

Now let's review the benefits of good core strength. When the core is strong optimal balance and postural alignment are achieved and pain from injuries of the low back, knees, hips, and shoulders are prevented. A strong core does not come overnight and certain exercises can be performed to achieve and maintain strength in the core muscles. One exercise in particular is the Prone Hold (also known as the plank) which can be done in your home and requires no equipment.

To begin this exercise lay on your stomach on a soft surface such as a carpeted area, exercise mat, or a towel. From this starting position rise onto your toes and forearms, keeping your chin over your hands and body in a straight line. (*See Starting Position*) Make sure you keep your abdominals tight by drawing in your navel to your spine which will help to keep your low back from straining. Also keep your hips down to maintain a straight body position. Hold this position for 15-30 seconds then advance to one minute when you feel ready.

Beginners may need to begin this exercise on the knees until you feel comfortable to come onto your toes. (*See Modified Starting Position*)

For advanced individuals try lifting one leg off the ground while maintaining perfect form. (*See Pose #2*)

Next, try lifting the other leg and then each arm straight out keeping the body in a straight line. Hold each of these four positions for 10-20 seconds each. To take it a step further, lift your opposite leg and arm (i.e. Left leg/right arm or right leg/left arm) while maintaining correct form hold for 30 seconds and then switch to the other leg and arm. (*See Pose #3*).

The Prone Hold can be performed 2-3 times a day and results will come within 3-6 weeks. Remember to make the exercise progressions at a pace that is comfortable and keep good form.

If you have any fitness questions or would like to train with **Liz Brown** call her at 303-548-9252.

Starting Position

Modified Starting Position

Pose #2

Pose #3

