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# Newsletter

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## Chiropractic: The Drugless Solution

Over-the-counter and prescription painkillers attempt to mask or diminish symptoms only by way of the bloodstream, or circulatory system. But chiropractic digs deeper, to the cause of symptoms. According to Gray's Anatomy [the medical manual, not the popular television show], the nervous system is the "master system" in the body, controlling and coordinating all other systems – respiratory, immune and even circulatory. If you're suffering from frequent headaches, bring this concern to your chiropractor's attention.

It is your doctor's responsibility to locate and correct areas in the spine where one or more of the vertebrae may have experienced a loss of function, creating pressure on, or otherwise irritating, spinal nerves. This irritation interferes with the signals, or "communication," traveling over those nerves, which can compromise the health of every system in the body. By positively affecting the nervous system and aiding nerve transmission, chiropractic care, in the form of specific spinal "adjustments" or "manipulations," improves the body's own ability to heal itself.

Chiropractic adjustments help restore normal joint function in your spine, thus alleviating nerve pressure and loss of nerve flow.

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## Headaches: A Drugless Solution

Julie Engebretson

Looking for an effective solution to those nagging headaches without all the side effects associated with medications? Try chiropractic care.

Blame it on stress, poor sleep or genes, headaches are a painful part of life for many Americans. Severe, chronic headache is one of the most common sources of pain, interfering with the ability to enjoy social activities and lessening quality of life. It's estimated that 15% of adults in the U.S. suffer from chronic migraines or severe headache pain. Better illustrated, in a room of six people, it is likely that at least one person is popping aspirin or something stronger. But are drugs really the best way to treat headache pain? Headache sufferers spend billions each year on over-the-counter and prescription pain medication for relief. But these drugs have the potential to cause even more pain. Nonsteroidal anti-inflammatory drugs (NSAIDs), a class of medications that includes commonly used pain relievers such as Advil, Motrin, Aleve and Excedrin, have been associated with side effects ranging from stomach bleeding and ulcers to decreased kidney and liver function or failure. Headaches are a potential side effect of several NSAIDs! And yet so many Americans remain trapped inside tiny capsules of temporary relief, at best, masking the problem and ignoring the risk. Isn't it time for a little more cure and a lot less risk?

Over the years, theories emerged as to the origin of headaches. We know there are many triggers. Toxic fumes, cigarette smoke and ingesting certain foods probably top the list of headache triggers. But the exact cause or causes are still unknown. Until a few years ago, researchers believed headache pain to be caused by muscle contraction in the face, neck and scalp, as the result of heightened emotions, tension or stress. However, more recent studies negate this theory. It is now more commonly believed that headaches may result from changes among certain brain chemicals – serotonin, endorphins and many other chemicals, including nitric oxide, that help the nervous system to "communicate" properly. These chemical changes and the subsequent interference of nerve transmission are thought to ignite pain pathways to the brain and to disrupt the brain's ability to dull the pain.

## About 10% of U.S. Adults Sleepy

About 10 percent of U.S. adults report not getting enough rest or sleep every day in the past month, a government report said. The Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report analyzed data from CDC's Behavioral Risk Factor Surveillance System survey for four states -- Delaware, Hawaii, New York and Rhode Island -- and found only one out of three adults said they got enough rest or sleep every day in the past month. Among the four states analyzed, the percentage of adults who reported not getting enough rest or sleep every day in the past 30 days ranged from 14 percent in Delaware to 8 percent in Hawaii. The study found that the prevalence of insufficient sleep decreased with age. An estimated 13.3 percent of adults ages 18 to 34 reported insufficient rest or sleep every day in the past month, compared to only 7.3 percent of adults age 55 and older. "It's important to better understand how sleep impacts people's overall health and the need to take steps to improve the sufficiency of their sleep," lead author Lela R. McKnight-Eily of the CDC's Division of Adult and Community Health said in a statement.

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## A Little Exercise Lessens Fatigue

Exercise may help tired couch potatoes boost energy 20 percent, a study by the University of Georgia found. The study, published in *Psychotherapy and Psychosomatics*, found moderate-intensity exercise reduced fatigue 49 percent but the low-intensity exercise group had an even greater reduction in fatigue -- 65 percent. "It could be that moderate-intensity exercise is too much for people who are already fatigued, and that might contribute to them not getting as great an improvement as they would had they done the low-intensity exercise," senior study author Patrick O'Connor said in a statement. The researchers divided 36 volunteers with non-disease related fatigue who did not regularly exercise into three groups. The first group engaged in 20 minutes of moderate-intensity aerobic exercise three times a week for six weeks and the second group engaged in low-intensity aerobic exercise for the same time period. The control group did not exercise. "Exercise traditionally has been associated with physical health, but we are quickly learning that exercise has a more holistic effect on the human body and includes effects on psychological health," study lead author Tim Puetz said in a statement.

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## Breaking Up Can Be Too Much for Teens

Breaking up is hard to do at any age, but the intense emotions that come with a breakup can be too much for some teens, a U.S. child psychiatrist says. Dr. Norma Clarke, a child psychiatrist at The Menninger Clinic in Houston, says that she has treated teens who have attempted suicide, cut themselves and abused alcohol or drugs because they have trouble dealing with a breakup. In isolated cases, some teens undergoing a breakup may feel so depressed that they also harm others and a break up is the second most common reason that teens attempt suicide, Clarke says. A breakup signals to parents to be alert for signs of trouble in their teen's emotional health. "If your teen falls off the deep end and you have a sense that you are losing control of him or her, you need to intervene," Clarke says in a statement.

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## Why Women Remember More

Swedish researchers found that episodic memory -- long-term memory based on personal experiences -- favors women. Psychologists Agneta Herlitz and Jenny Rehnman in Stockholm, Sweden, say their study found women excelled in verbal episodic memory tasks -- such as remembering words, objects, pictures or everyday events -- and men outperformed women in remembering symbolic, non-linguistic information -- like remembering how to find their way out of the woods. However, when it comes to remembering the location of car keys, women are favored although this type of memory involved both verbal and visuospatial processing, the researchers say. "In addition, women are better than men at remembering faces, especially of females and the reason seems to be that women allocate more attention to female than to male faces," the authors say in a statement. In additional studies, the psychologists also discovered that women perform better than men in tasks requiring little to no verbal processing, such as recognition of familiar odors. The findings are published in the *Current Directions in Psychological Science*.

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## Mood Enhanced by Regular Exercise

Regular exercise does a better job of enhancing a person's mood than sporadic activity, a U.S. study found. The study, published in the *Archives of Physical Medicine and Rehabilitation*, focused on middle-age non-exercisers rather than the young and fit, who are most often studied in exercise research. "The lack of an increase in exercise-induced vigor or related mood enhancement factors among non-exercisers may contribute to the difficulties experienced by these people in maintaining a regular exercise program," study lead author Martin Hoffman of the University of California, Davis said in a statement. "Trainers would be wise to share this information with those who are initiating an exercise program so that they may be more likely to persist through the initial phases of the program."

Hoffman analyzed pre- and post-exercise responses to mood-related questions among non-exercisers, regular exercisers and marathon runners. Each group had eight men and eight women with a mean age of over 40. Hoffman found aerobic exercise sessions resulted in an increase in vigor and a decrease in fatigue among marathon runners and regular exercisers but not among non-exercisers.

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## Rear Seat Safety Belts Reduce Death Risk

A University of Granada study in Spain found that the use of safety belts in vehicle back seats reduces the risk of death by 44 percent. Researchers Pablo Lardelli Claret, Jose Juan Jimenez Moleon, Aurora Bueno Cavanillas and Juan de Dios Luna del Castillo used data provided by the government's General Traffic Directorate on road crashes, which occurred from 1993 and 2002 in Spain. They analyzed the death of the occupants of the rear seats according to their age, gender, use of restraint systems and seat position. The researchers only considered the data concerning vehicles occupied by two or three rear-seated passengers for accidents in which at least one of these passengers was killed. The study authors analyzed all 5,260 rear-seated passengers, who were traveling in 2,266 vehicles of which 2,851 were killed. The study found women were 28 percent more likely to die in a rear-seat vehicle crash than men, and children up to 2 years old were 70 percent more likely to die in a crash than those ages 15 and 19 years old. The study also found that the risk in the rear seats of a vehicle is higher for those older than age 64.

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## Parents Remain Influential with Students

College students who remain close to their parents are less likely to be involved with drugs, alcohol and risky sexual activity, a U.S. study found. Laura Walker and Larry Nelson of Brigham Young University in Provo, Utah, found that parents' knowledge or awareness of what's going on in their child's life at college is associated with fewer risky behaviors. The study, published in the *Journal of Youth and Adolescence*, found students who said their fathers were in the loop had a lower likelihood of doing drugs or engaging in risky sexual behaviors. Students who had mothers knowledgeable about their lives were less likely to drink alcohol. The study involved 200 undergraduate students ages 18 to 25 from two mid-Atlantic colleges, a Midwestern university and a West Coast university. "For parents, the fact that closeness plays a strong role is a message to not be overbearing," Walker said in a statement. "Having a close relationship promotes the child wanting to open up and share what's going on rather than the parent having to intrusively solicit the information from the child."

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## Broccoli Helps Protect Heart

Not only does broccoli help prevent cancer, it may protect against heart disease, a University of Connecticut School of Medicine study reported. Researchers have known for years that broccoli is a rich source of anti-oxidants, vitamins and fiber that may protect against cancer, study leader Dipak K. Das and colleagues said. Das and colleagues gave broccoli extract to lab rats for one month and measured its effects on the rats' heart muscle. The study, published in the *Journal of Agricultural and Food Chemistry*, found that compared to a control group of rats that ate a regular diet, the broccoli-fed animals had improved heart function and less heart muscle damage when deprived of oxygen. Broccoli's heart-healthy effects are likely due to its high concentrations of certain substances that seem to boost levels of a heart-protective protein called thioredoxin, the researchers said in a statement.

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