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# Newsletter

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## Can Adjustments Make My Spine Too Loose?

You may have heard this concern voiced by those who don't fully understand how chiropractic works.

Most spinal problems come in pairs. Usually there's an area of the spine that is not moving adequately. And this is often accompanied by one or more areas somewhere else in the spine that compensate by moving too much. These areas can be adjacent to stuck areas or even at the opposite end of the spine! We call these compensation reactions.

Your body is constantly dealing with the force of gravity. When one area of your spine malfunctions, an equal and opposite reaction can appear elsewhere. This is why patients are often surprised that chiropractors examine their lower back when their complaint is in their neck.

Our goal is to avoid the compensations and focus our attention on the primary subluxation. The spinal joints that move too much are avoided so muscles and ligaments can stabilize and heal. When we add motion to stuck spinal joints, areas that are too loose can properly heal.

## Artificial Sweeteners and More.

With worldwide obesity rates doubling in the past three decades, is it any surprise that artificial sweeteners have been gaining popularity? Beginning with the creation of saccharin, "sugar substitutes" have become the answer to a dieter's prayer. Have your cake and eat it too, it's a dream come true. Or is it?

### Aspartame – NutraSweet or Equal

This sugar-substitute was discovered in 1965 by accident while chemist, James Schlatter, was testing an anti-ulcer drug. Aspartame gained FDA approval in 1981 and was approved for use in carbonated beverages in 1983 where it is most commonly found now as the primary sweetener for most diet sodas.

This chemical accounts for over 75% of the adverse reactions to food additives reported to the FDA and has been linked with serious medical reactions. Researchers and physicians studying these reactions have concluded that the following chronic illnesses can worsen when ingesting aspartame: brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, Parkinson's disease, Alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes.

The most popular of all sugar-substitutes, aspartame is found in over 6,000 food items on grocery store shelves, many of which you would never expect to contain this chemical: yogurt, chewing gum, energy bars, gelatin snacks and more.

## “It Won’t Happen to Me!”

Lifestyle decisions and long-term neglect produce obesity, diabetes, hypertension, heart disease and other health problems. But since the symptoms can take years to appear, these issues are easy to overlook.

If getting on the elevator instead of taking the steps immediately resulted in a visible weight gain, you might opt for the stairs. If expressing anger, envy or grief instantly created a stomach ulcer, you’d be careful about what you express.

But it can take years for even the earliest symptoms to show up and by then, the problem has advanced. “It won’t happen to me,” we lie to ourselves.

Yet, the damage is done. That’s why our most health conscious patients see us on a regular basis. Can chiropractic care reverse years of neglect? No. But periodic checkups may catch problems before they become serious.

## Sucrolose – Splenda

In 1976, this sugar-substitute was discovered by Tate & Lyle scientists who were working with Queen Elizabeth College when a young chemist incorrectly thought a researcher told him to taste the powder they were working with and discovered that it was incredibly sweet; as much as 600 times sweeter than standard table sugar.

Sucrolose is advertised as being made from sugar and so has avoided the “bad press” that comes with being a chemical, when in fact it’s exactly that, a chemical. Created by a patented chemical reaction (chlorination process) that, in simplified terms, removes three molecules of hydrogen and oxygen (or hydroxyls) and replaces them with chloride, sucrolose is a manufactured product.

Dr. Mercola says that sucrolose bears more chemical similarity to DDT (a banned pesticide) than it does to sugar, and since the resultant product does not exist in nature and was never intended to be consumed, our bodies don’t know what to do with it once it’s ingested.

Research has said that it’s “safe”, and McNeil Nutritionals claims that it’s not digested or metabolized by the body so it has no calories. But the latest research is showing that up to 15% is absorbed in the digestive system and into fat cells.

## Saccharin – Sweet and Low

Discovered in 1879 by the researchers at Johns Hopkins University, saccharin was a “boon to food manufacturers and consumers, especially those with diabetes” as it sweetened foods without causing a glucose reaction. After World War II and on into the 1960’s, when interest in weight control developed, saccharin became even more popular.

It was only a short time later that saccharin became a health concern and a study in 1977 determined that it was causing cancer in lab mice. This resulted in a cancer warning being added to all items that contained this chemically produced sweetener. However, recent studies have been published claiming that those lab results were inaccurate or over-exaggerated and suddenly saccharin is deemed “safe”.

However, according to a report written in 1997 by the Center for the Science in Public Interest (CSPI), removing saccharin from the list of potential carcinogens is a mistake; the main concern being that doing so gives the public a “false sense of security.” The CSPI report states, “If saccharin is even a weak carcinogen, this

## Is Your Bucket Overflowing?

Allergies are so common, many people don't even recognize the many ways our bodies alert us to allergic reactions, such as:

- Sneezing, runny nose, itchy eyes
- Sinus congestion
- Asthma
- Heartburn
- Skin rashes, acne, itching
- Fluid retention

The problem isn't the pet dander, pollen, chemicals or spicy food. The problem is the person, not the allergen, otherwise everyone would react.

The ability to adapt to allergens involves the nervous system. So it's no surprise that many folks with allergies have subluxation(s) that drain the ability to adapt.

Think of your ability to accommodate stressors like allergens as an empty bucket. Add to the bucket the stress of poor diet, lack of rest, overwork and soon it's full.

Now, along comes tree pollen season, or a cat and you start wheezing. Why? Because your bucket is overflowing! The pollen or the cat may get the blame, but only because your ability to adapt has been overwhelmed.

Do you know someone with allergies? Introduce them to chiropractic. Perhaps it can help them increase their ability to adapt!

unnecessary additive would pose an intolerable risk to the public.”

## Agave

The next sugar-substitute to hit the shelves is agave and it's possible that it's just as bad for you as chemically created sweeteners. Made from the same plant as tequila, this syrup is generally not made from the sap as is commonly believed, but is usually made from the pineapple-like root bulb using a process very similar to how cornstarch is converted to high-fructose corn syrup.

Once processed, agave has such a high fructose content that it's almost as bad for your body as high-fructose corn syrup. Although agave has become popular in the past few years as a “natural” sweetener, the question still arises, what is the source? If it isn't the sap taken directly from the leaves, then it should be considered unhealthy.

## Natural Sweeteners

Although it's best to leave things in its natural state, there might be times that you would like to sweeten something or perhaps you want to bake and need a good sugar substitute. For those times, many wellness practitioners would recommend Stevia.

The most natural of all low-calorie sweeteners, this plant is found in South America and has been used in Paraguay for centuries and Japan for decades. As with all sweeteners, the difference is where and how it's produced.

Be sure to purchase all natural Stevia and avoid name-brand products (such as, Truvia, Merisant, Pure Via, etc.) as they are typically processed.

Natural sweeteners are generally anything that is found sweet in its original form and will not require a chemical reaction to make it so. This would not include “corn sugar,” which is just another name for high-fructose corn syrup and is not natural or healthy.

## How Much Do You Know?

If you've been a patient for some time, you already know that chiropractic care is different from traditional health care.

Besides shunning drugs, our model of health and healing looks at pain, germs, symptoms and prevention from a very different perspective than the mainstream.

Without the deep pockets of drug companies to promote chiropractic, chiropractors depend upon patients like you to spread the word. Do you understand what makes chiropractic different (and effective)? Answer these questions to test your knowledge.

1. The primary focus of chiropractic care is to...
  - a. Enhance the function of the immune system.
  - b. Improve the vitality of the nervous system.
  - c. Reduce pain with natural methods.
2. Subluxations can cause one of two different reactions:
  - a. The need for laxatives and antacids.
  - b. Nervous system impairment or over-excitement.
  - c. Obvious pain and muscle spasms.
3. Chiropractic can help so many different health problems because...

The spinal column supports the entire body. The nervous system controls and regulates everything. The only "side effects" are largely positive effects.

(Answers: chiropractic is all about the integrity of the nervous system. So, the correct answers are 1(b), 2(b) and 3(b).)

## In Summary

Eating items that are chemically created is generally not a good idea. For example, sucralose is created by chlorinating a sugar molecule. In nature, chlorine is found primarily as a component of salt and can be ingested as sodium-chloride. But by itself, or chemically attached to what's left of sugar once the hydroxyls are removed, that's another story.

Artificial (chemically created) sweeteners such as saccharin, aspartame and sucralose have been reported to cause various adverse reactions such as the following:

Headaches

Migraines

Nausea

Diarrhea

Dizziness

Blurred vision

Seizures

Furthermore, research is showing that while our taste buds may be fooled by the sweet tasting but calorie-free treats we're allowing ourselves, our brains might not. Studies have shown that it's possible that consuming low-calorie sweeteners may actually cause weight gain by confusing the body's ability to estimate caloric intake and resulting in overindulgence later.

The unavoidable fact is that a diet rich in whole, living foods is the only way to ensure that you are eating healthy and living well. A good rule of thumb is, if it tastes sweet but has no calories or carbs, you can assume that it's chemically-created-sweetness and should be avoided.