

(201) 792 3544

50 Harrison Street Suite 316
Hoboken, NJ 07030

Newsletter

FEBRUARY 2012

Why Do Some Get Sick?

Every grade school child learns that Thomas Edison invented the light bulb. Yet, few know who discovered chiropractic. But more fascinating is why chiropractic was discovered. Take yourself back over a hundred years ago to a time when “patent medicines” flourished. These were often sold as cure alls whose active ingredients were usually alcohol, cocaine, arsenic and a host of other dangerous substances.

In the midst of this, a healer, experimenter and freethinker by the name of Daniel David Palmer in Davenport, Iowa asked a simple question: “I desired to know why one person was ailing and his associate eating at the same table, working in the same shop was not. Why? What difference was there in the two persons that caused one to have pneumonia, catarrh, typhoid or rheumatism, while his partner, similarly situated, escaped? Why?” At a time when germs were given the blame for virtually every disease, this was a groundbreaking way of framing the question about health. Germs alone couldn’t be the cause of disease, otherwise everyone would get sick. Chiropractic came into existence soon afterwards. D.D. Palmer discovered that it’s smarter to look at the person with the disease, rather than the disease in the person. Revolutionary then - and revolutionary now!

Wellness Dentistry

We tend to make our decisions based on what we’re told by our healthcare providers is best for our families. So, what do we do when science starts proving what we’ve been told for more than 50 years may be wrong?

The Problem With Fluoride

Studies are showing that fluoride might not be good for our teeth; in fact, it’s probably the opposite. In order for fluoride to bond to teeth, it must remove calcium and that process is called fluorosis. Fluorosis is defined as an abnormal condition caused by excessive intake of fluorides and is characterized in children by discoloration and pitting of the teeth. In adults, fluorosis is characterized by pathological bone changes.

In January of 2011, the U.S. Department of Health and Human Services recommended lowering the acceptable level of fluoride to 0.7 milligrams per liter of water. This “remarkable turnabout” is a result of streaking or spotting on the teeth of 2 out of every 5 adolescents, which the government is calling only a “cosmetic problem.” Additionally, according to a recent Center for Disease Control report, nearly 23% of children ages 12 to 15 had fluorosis between 1986-1987 and that number rose to 41% in a study covering 1999 to 2004.

Finally, according to a 1998 U.S. patent by the pharmaceutical company Sepracor, fluoride activates the very oral “G proteins” that have been determined to lead to chronic gingivitis, periodontal disease and ultimately tooth loss. Considering this latest information on fluoride, maybe it’s time to take a closer look at some other products we put in our mouths.

Dr. Who? Dr. You!

Regardless of a doctor's specialty, the prestige of the school they graduated from or their years of experience, they can't cure headaches, mend broken bones or heal a wound. Only you can do that... If your healing ability isn't impaired.

Your inborn healing ability is responsible for the tremendous success that chiropractic patients enjoy. The only thing doctors can do, regardless of their discipline, is to help reduce barriers to the incredible healing ability you were born with.

Which is why all of us at Association of New Jersey Chiropractors are interested in your nervous system. It's what controls every cell, tissue, organ and system of your body. The nerves along your spine are the most vulnerable part of your nervous system. By reducing nervous system compromise from the moving bones of your spine, Dr. You takes over and does the healing!

How does it feel to be a doctor? Do you know anyone whose healing ability needs a boost? Tell them about chiropractic!

Mouthwash

Originally created to be a powerful surgical antiseptic by Dr. Joseph Lister in 1879, mouthwash was given to dentists for their patient's oral care in 1895, but it never was a true success until the 1920's when its advertisers created a new medical condition, "Chronic Halitosis," for which it was the only known cure. In just seven years, Listerine's revenues rose from \$115,000 to more than \$8 million.

The basic ingredients found in Listerine include:

- Menthol
- Thymol
- Methyl salicylate
- Eugalyptol
- Ethanol

The basic ingredients found in Scope are similar but start with an alcohol content of 15WT%. Crest doesn't have an ingredients list; they only list what they are required to – Cetylpyridinium Chloride 0.7%.

In addition to their specific ingredients, most mouthwashes contain water, food coloring and artificial flavors, and as with all toothpastes, all mouthwash bottles contain a warning to seek assistance or contact a point control center immediately if accidentally ingested.

Cancer Risk?

While the American Dental Association and the U.S. National Cancer Institute do not believe that the alcohol content in some mouthwashes contribute to oral cancers, the Australian Dental Journal reported in December 2008 that "there is now sufficient evidence to accept the proposition that developing oral cancer is increased or contributed to by the use of alcohol-containing mouthwashes."

Andrew Penman, chief executive of The Cancer Council New South Wales "called for further research in the matter," and research supported by Stanford University suggests that the alcohol in antiseptic mouthwashes might increase the risk of oral cancer as frequent rinsing can weaken the lining of the gums and oral cavity.

The Art of Chiropractic

Chiropractors are often asked how we create a care plan - how many visits and how frequent should they be. This is where experience and the “art” of chiropractic come into play.

During the exam, your condition, your age, lifestyle, attitude and dozens of other factors are evaluated, recorded and compared with similar cases. Each plays a role in the recommendations we make for the first phase of your care.

A plane needs enough speed to take off. So too with our initial recommendations: If the visits are too far apart, we won't create enough momentum to reverse the downward trend. If the visits are too frequent, the body doesn't have enough time to put the adjustments to use. There's a real skill in picking the right balance between too frequent and not frequent enough.

Sometimes we misjudge. But most of the time there are other factors - we've identified up to a dozen issues that can be involved.

Fillings

One of the most commonly used tooth fillings, amalgam has been in use for 150 years. Containing 50% mercury, 30% silver and differing amounts of tin, zinc and copper, amalgam is made by blending almost equal parts of elemental liquid mercury with an alloy powder of different metals.

The Centers for Disease Control and Prevention mentions on their website, “Amalgam can release small amounts of mercury vapor over time. Patients can absorb these vapors by inhaling or ingesting them.” The CDC also says, “Possible symptoms of mercury poisoning include irritability, memory loss, tremors, poor physical coordination, insomnia, kidney failure, and anorexia.”

They also claim reports that suggest mercury from amalgam causes the above-mentioned symptoms, conditions and other diseases like Alzheimer's or multiple sclerosis, are not backed up by current scientific evidence. However, if we consider that amalgam must be treated as a toxic-biochemical once removed by the patient, then it probably shouldn't be in the patient.

In a report published in the International Journal of Hygiene and Environment Health entitled, “Amalgam Studies: Disregarding basic principles of mercury toxicity,” Mutter, et al. stated that most amalgam studies are basing their findings on blood and urine toxicity levels. Since mercury rapidly moves to tissue, testing blood and urine is not going to accurately reflect mercury toxicity levels meaning that the “current scientific evidence” on which the CDC is basing their findings is misleading.

Other filling types, or composites, also contain chemicals that should be checked for compatibility with a patient prior to being used. Such as: formaldehyde, phenol, polyurethane and acrylates.

Holistic Dentists

As research has begun to expound on the potential dangers in amalgam fillings and other routine dental practices, wellness families are beginning to look for alternatives: non-fluoride toothpastes, organic mouth-washes and fillings that are compatible with their own body's chemistry.

There are dentists who recognize that a filling material that is over 150-years-old just might be outdated and are offering their patients more holistic, wellness options.

Tell a Friend!

Chiropractic doesn't benefit from huge advertising campaigns or media coverage like those enjoyed by the drug industry. Lucky for us, a recommendation from you is more powerful than all the advertising in the world. How can you introduce others to chiropractic? Here are a few simple ideas:

Be Confident. Know that chiropractic has helped a lot of people with all different types of health problems. A better working nervous system can help just about anyone, whatever their current health status may be.

Tell Your Story. Let folks know how you've been helped with chiropractic care. Explain how chiropractic works and your experiences in our practice.

Answer Questions. Most people have misconceptions about chiropractic, and they may have a lot of questions as a result. Simply share your experiences, which will help dispel their fear of the unknown. Remind them that, just as there are great and not so great dentists, it's no reason to write off dentistry!

Ask For Help. We have some printed information we can equip you with to help answer questions that your friends and family may have. Or, have them call us. I'm happy to answer questions over the phone without cost or obligation.

Email A Friend. Forward any page from our website to someone you think we can help. It's a great way to offer hope and encouragement. Then, let them decide if chiropractic makes sense. It's a great feeling when you help others. It's something we get to experience every day. You can enjoy that same great feeling too.

To find a wellness dentist in your community you can visit the following:

www.mercuryfreedentists.com and enter your zip code

Huggins Applied Healing
at www.hugginsappliedhealing.com
or by calling 1-866-948-4638.

If you find that there isn't a wellness dentist in your community, it's worth it to travel a few miles or even a few hours to find a dentist that will offer you more options; since you only see a dentist twice a year or so. If you do travel, consider scheduling your family's six-month visits during the summer and then the winter school break.

This could even be tied into a family day outing or overnight trip. Perhaps the nearby city that is home to your holistic dentist also has a great museum, zoo or aquarium. Although it is a distance and carries an expense, it can be turned into a special day for the entire family.