



# Monthly Newsletter July 2009

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## Invest in your Health!

In this economy, sound investments can be hard to come by. However, money spent on preventative health measures nearly always pays large dividends. Recent research has proven this point, suggesting that for every dollar spent on prevention, a \$1.65 is saved on future health costs.

In addition to purchasing quality food, staying physically active and buying good shoes & beds, regular chiropractic care will also help save you money. For example, a study in the *Journal of Manipulative and Physiological Therapeutics* tracked data where chiropractors served as first-contact, primary care physicians. The report analyzed data from 2003-2005 and found that patients visiting chiropractors had 60% fewer hospitalizations, 62% fewer surgeries and used 85% fewer pharmaceuticals than HMO patients who received traditional medical care. Let's look at just a few specific reasons why investing in chiropractic care actually improves your physiology, saving you future health care dollars.

- Chiropractic adjustments have been shown to have a significant effect on the function of the immune system. In fact, the World Chiropractic Alliance lists over 100 references which highlight the positive relationship between chiropractic care and immune function! According to the research, those who have regular chiropractic care will tend to experience fewer acute ailments (colds, flu, etc.) and less chronic illness (allergies, asthma, eczema, etc.) For that reason, those people who make chiropractic care part of their lifestyle tend to spend much less money on over-the-counter and prescription medications, have fewer visits to the medical clinic and fewer sick days from work.
- A group of researchers in Australia recently found that chiropractic adjustments lead to a dramatic decrease in cortisol levels. Cortisol is a hormone produced in the adrenal glands in response to stress. With chronic stress, cortisol contributes to a weakened immune system, increased fat storage, fatigue, high blood pressure, and a whole host of undesirable side effects. Chronic stress has been implicated by health experts as an underlying factor in up to 90% of all doctor visits and can contribute to cardiovascular disease (atherosclerosis, heart attack, stroke), osteoporosis, asthma, diabetes, depression, ulcers, ulcerative colitis, and the progression of Alzheimer's disease. Regular chiropractic adjustments, which reduce cortisol levels, may result in extraordinary monetary savings over time if they allow you to spend less money on medications and medical procedures for these conditions.
- A research report measured serum thiol levels in 3 groups of people: those with active disease, those with less than one year of chiropractic care and those with 1-6 years of regular chiropractic care. Serum thiols are primary antioxidants and are a measure of human health status. They also give an estimate of DNA repair activity, which has been shown to correlate with lifespan and aging. Those subjects who had 1-6 years of chiropractic care had the highest levels of serum thiols, more than those with short term chiropractic care or those with active disease, who had the lowest levels. We find it amazing that something as easy as regular chiropractic care can make changes in the body that are correlated with a longer lifespan!

In general, it can be said that people, no matter their age, who make regular chiropractic care a part of their lifestyle tend to live healthier lives than those who do not. An example of this was shown in a comparative study between the health status of children raised under the health care models of chiropractic and medical care. The study showed, for instance, that 69% of the 'chiropractic' children were otitis media (middle ear infection) free, while only 20% of the medical children were free of ear infections. On the opposite end of the spectrum, a study conducted by the Foundation for Chiropractic Education and Research found that elderly chiropractic patients report better overall health, have fewer chronic conditions, spend fewer days in nursing homes and hospitals, are more mobile in their communities and are less likely to use prescription medications than non-chiropractic patients.

This newsletter is just a glimpse at the research that is piling up in support of chiropractic care as a way to experience better health. By spending a little money now, you invest substantially in the health you experience in the future. To learn more about chiropractic research, check out our website: [www.cornerstonechiropractichealth.com](http://www.cornerstonechiropractichealth.com). We have a new section that highlights research studies showing how chiropractic care plays a positive role in your health.

### *Recipe: Fruit Salsa*

Salsa: 1 lb. strawberries, 1 pint raspberries, 2 granny smith apples, 2 kiwi: Dice all and mix together.

"Chips": 1 package of whole wheat tortilla shells, olive oil, cinnamon & sugar.

Cut the tortilla shells into chip-sized pieces. Brush with olive oil and lightly sprinkle with cinnamon & sugar.

Bake on a cookie sheet for approximately 8 minutes at 375 degrees.

Fresh berries are in season now and ready for picking! Some local resources include:

STRAWBERRIES: Marc Dissell & Jen Briest 269-8227

STRAWBERRIES: The Coyote Grange: Brad & Kristi Fernholz 752-4462

RASPBERRIES: Swenson Orchard: Dave & Avis Swenson 269-7838

The Farmers' Market @ Smith Park: Thursdays 3:30-6:30pm, Saturdays 8am-1pm

[www.prideoftheprairie.org](http://www.prideoftheprairie.org), [www.minnesotagrown.com](http://www.minnesotagrown.com)

### Supplement of the Month:

## Allergy Relief

What is it? Allergy Relief is a blend of various herbs, botanicals and minerals that have been found to be beneficial for easing the symptoms of allergies. Some of the ingredients include bromelain, grape seed extract, nettle root extract, quercitin, rutin, magnesium, and more. This supplement, like prescription and OTC medications, is not a cure for allergies but rather a natural way to reduce allergy symptoms without the side effects of medications.

Who should take it? Allergy Relief can be used daily by adults experiencing allergy symptoms. For kids, pregnant or nursing moms, please talk to Dr. Sam or Dr. Jennie for recommendations.

Where can I get it? We carry Allergy Relief at Cornerstone Chiropractic and are offering this product at 15% off for the month of July.

### Saturday Appointments:

Dr. Jennie will be taking appointments from 9am-12pm on July 11 & 25. Please call or email to reserve an appointment time for you or your family: [info@cornerstonechiropractichealth.com](mailto:info@cornerstonechiropractichealth.com).