

ASHBY ADVISOR

Fifty-fourth edition
January 2011

-Happy New Year Everyone, no you did not miss the December issue, we were unable to get it out.

-Let's see what's going on in the world of staying fit and healthy.

-First a little "pat on the back" for Chiropractic in controlling health care costs for lower back pain. A study just published in the December 2010 edition of JMPT has found that lower back pain care that started in a Chiropractic office was less than half the care cost of initiating care in a medical office (\$452.00 vs. \$1037.00). A drop in the bucket for the cost of total health care, but we're doing our part. So encourage your friends to start with a chiropractor for back pain. Research backs us up on this one.

-Sometimes even the most assured of what we think we have known for years can be proven incorrect. For a century kids have been taught that ligaments attach bones to bones and that tendons attach muscles to bones. Well, guess what – it's much more complex than that. Anatomists have found that this is only partially true. The joint has a lot of "connective" tissue that plays a huge role in how tendons and ligaments help joints function. They have found that there are multiple overlaps of almost everything in any given joint, like the shoulder or elbow for example. That's why I may be looking at the bicep or shoulder muscles when someone has "tennis" or "golfer's" elbow. All the different muscles are linked by the "fascia" or connective tissue in the body. Researchers have found that this tissue is what helps joints create their complex, smooth motions. It's why I have emphasized a lot of connective tissue work on many of you. Adhesions in the connective tissue will restrict motion and eventually start causing pain. That is why we address many joint problems with manipulation, deep tissue massage/release, stretches, and strengthening.

-Another great study for a product I've recommended several times before – Curcumin – from the spice Tumeric. This study found it to help heal fatty liver disease. It has been recommended for years for digestion and liver support. Something to consider for the largest filtering organ in your body (the liver).

Quote of the month: "The man with a new idea is a crank until the idea succeeds."