

ASHBY ADVISOR

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Well, the dog days of summer are settling in and we all want to nap through this heat. So, we'll start off this month's newsletter with some sleep information.

A new study has found that people with sleep apnea are three to four times more likely to lose the normal 10-20% drop in nighttime blood pressure. This increases the risk of stroke, heart attack and other cardiovascular problems.

New Clues in Alzheimer research – Researchers used donated brain extracts from deceased Alzheimer's patients and studied the beta amyloid plaques by injecting them into the brains of mice. Of the three types of beta amyloid, only one – the two molecule type – appeared to produce Alzheimer's. The others had no effect. Another piece in the puzzle.

In ADHD in kids, there are three things that have repeatedly shown to help besides prescription medication.

- Omega 3 fatty acids (Fish Oil)
- Eliminating artificial colors and additives
- Video game biofeedback therapy

Obviously these can be used in conjunction with the meds.

And last – I ran across an interesting stat – unfortunately I have not been able to get the details as to how this conclusion was reached but I thought it was a good gauge of the safety of chiropractic vs. medical treatment. The problem with this study is that I feel that we're comparing apples and oranges. But here it is: In the 65 years between 1934 and 1999, there were 19 deaths associated in some way, shape or form with chiropractic. In the same period in medicine there were 14,625,000 deaths due to medical mistakes, drug reactions, and bad surgical outcomes.

Have a great summer.

Quote of the email: What happens seldom bothers us half as much as what might happen.

Oscar While