

ASHBY ADVISOR

Thirteenth edition
June 2007

Time for some interesting summer reading for the June newsletter.

In June 2003, SPINE journal published the results of a study comparing Celebrex, Vioxx, acupuncture and chiropractic in chronic pain patients. Duration of pain was 4.5 to 8.3 years. The study did treatment over a nine week period.

The chart below summarizes the results.

Treatment	Drugs (Celebrex or Vioxx)	Acupuncture	Chiropractic Adjustments
Years of chronic spinal pain	4.5 or 6.4	4.5 or 6.4	8.3
% asymptomatic within 9 weeks	5.00%	9.40%	27.30%
% that suffered an adverse event	6.10%	0%	0%
% improvement in general health status	18.00%	15.00%	47.00%

http://www.thechiropracticchoice.com/edition_pdf/apr_2007_7.pdf

Guess chiropractic needs to advertise like drugs. I thought it was interesting that the chiropractic group got the most chronic patients (8.3 years.) vs. the drugs 4.5-6.4 years) (Spine, July 15, 2003)

A follow up of the patients a year later found that the chiropractic group was the only group that showed any long term benefit. (JMPT, January 2005)

The author's conclusion: "In patients with chronic spinal pain syndromes, spinal manipulation may be the only treatment modality of the assessed regimens that provides broad and significant long term benefits".

47% in the chiropractic group reported improvement in general health status vs. 18% for the Celebrex / Vioxx group.

Plus – no reported side effects.

So tell a friend or family member it's worth a try.

By the way- be sure to eat more fish.-except ⇔ shark, sword fish, king mackerel, tile fish, farmed salmon and marlin due to the high mercury content and other contaminants.

Quote of the advisor... "Anyone bored these days is not paying attention"