

# ASHBY ADVISOR

Eight edition  
May2006

- Another month gone by -> it's newsletter time
- March 2006 Issue of Cancer Epidemiology Biomarkers and Prevention states that women who had the highest dietary intake of folate (Folic acid) and B<sub>12</sub> lowered their risk of breast cancer.
- April 2006 issue of Surgical Neurology reported that Omega 3 fatty acid supplements helped the majority of people who used them for neck and back pain. 60% reported a decrease in pain in 75 days. Almost 60% also discontinued other pain meds. The participants took 1200 mg of EPA & DHA from fish oil.
- Almost 200,000 Americans die each year from deep vein thrombosis, where a clot forms and travels to the lungs.
  - **Warning signs:** swelling in one leg or large bumps in the calf area.
  - **Most vulnerable:** Diabetics, people with varicose veins or coronary problems. Women on birth control, hormone replacement or pregnant; also people on long flights or car trips. Dehydration is also a factor.
- Do top athletes believe in Chiropractic? Check out this quote from Olympic Gold medal Champion Dan O'Brien: "Every track and field athlete that I have ever met has seen a chiropractor at one time or another. If it were not for Chiropractic, I would not have won the gold medal."

Quote of the month: "Make the most of yourself, for that is all there is of you." – Ralph Waldo Emerson