

ASHBY ADVISOR

Sixteenth edition
September 2007

Now that everyone's back from the Labor Day Holiday and feeling great let's do some health news.

I've told many of you to watch out for the results of "outcome studies" that try to measure the effectiveness of a particular drug, surgical procedure or other intervention to our health. Here's a great case point.

Overall health status of over 300 chiropractic patients (over the age of 65) was done with a general study questionnaire. The results were compared to a group that did not receive chiropractic care (over a 5 year period). The study found the health status of both groups to be similar.

So initially it looks like chiropractic care was not beneficial. But if you look at total expenditure for health care services, the chiropractic group spent 31% of the national average and had 50% fewer visits to a medical provider.

So what does this actually tell us? Not much. First of all you are dealing with a small group sample and there is not enough information to explain why there were and were not differences in outcome. So when someone on TV quotes a study just realize that the information usually covers a narrow set of parameters.

So do you want to improve your odds of seeing next year on this planet? Here are some things proven over many years to increase your odds:

- 1) Don't smoke
- 2) Don't drink excessive alcohol
- 3) Wear a seat belt
- 4) Eat a variety of healthy foods
- 5) Get adequate rest/sleep
- 6) Get moderate exercise 3-5 times a week
- 7) Eat in moderation
- 8) Keep your weight in check

These are some of the basics. To stack your odds beyond that – keep reading these newsletters.

Quote of the email "You take people as far as they will go,
not as far as you would like them to go"