

ASHBY ADVISOR

Fifty-first edition
September 2010

The past year has been full of data supporting the efficacy of Chiropractic Care.

- Wellmark Study: Chiropractic reduces both cost and need for surgery.
- Millman USA analysis: Spinal patients seeking Chiropractic have lower health care costs.
- Consumer Reports survey: Chiropractic was the top rated treatment for back pain with Chiropractic receiving the highest satisfaction with care ratings.
- Medicare Demonstration Project: 87% of patients surveyed gave their D.C. a satisfaction score of 8 of 10 or higher with 56% getting 10 of 10.
- Mercer Health and Benefits report: Chiropractic for the treatment of low back pain and neck pain is highly cost effective and is a good value in comparison to medical physician care.

So eventually maybe all those people who have never wanted to try Chiropractic will learn what many of you have known for a long time. – “See my Chiropractor.”

Another reason to get some exercise: Stress (as self reported on the “Perceived Stress Scale”) damages the telomeres of the cells. (Telomeres hold the DNA and stuff when cells divide and reproduce in your body). Researchers found that 30 minutes of active vigorous exercise protected telomeres from damage. The problem is that people with the highest perceived stress tended to exercise the least.

Here is an interesting tidbit: Pfizer, the maker of Lipitor and Norvasc, two of the leading cardiovascular drugs, announced that they have stopped current development of future cardiovascular drugs. They are working on developing more profitable drugs in Oncology.

So remember to take that Fish Oil, some CoQ10, and eat lots of pomegranates. All these are very heart healthy.

Quote of the email: “Sometimes one pays for the things one gets for nothing.”