

In This Issue:

Breech Presentation
Is your colon toxic?

**Antioxidant
Combinations: Crucial
for Health**

Wilson Family Chiropractic Newsletter
Volume 3, Issue 7 July 7th, 2011
286 East Main Street, Suite 4 Sylva, NC 28779
828.587.CARE / www.wilsonfamilychiropractic.net



Resolution of Breech Presentation with Chiropractic Care

Is your colon toxic?

A colon elimination cleanse is something most of us need at least a few times a year. I believe it's a perfect idea during summer as most of us are eating lighter anyway. Hardly any health program will work without a gentle colon cleanse as part of it. When colon health is compromised, waste backs up, and releases toxins into the bloodstream.

Ask yourself these questions:

Is your elimination time slow?

Bowel transit time should be approximately twelve hours.

Do you eat too much fast food or highly processed food?

A clean, strong system can eliminate many junk foods, but if you are constipated, they are stored as unusable substances.

Is your digestion poor?

A lot of the food we eat today is simply crammed into the colon and never fully excreted. A high fiber, whole foods diet is both cure and prevention for waste elimination problems.

<http://www.healthyhealing.com/>

Linda Page, Ph.D., Traditional Naturopath, Author of [Healthy Healing](#) & Founder of Crystal Star Herbs (Since 1978).



Dr. Katie recommends the Standard Process Purification Cleanse. At your next visit inquire about this 28-day cleanse

In the April 11, 2011, issue of the scientific periodical, the Journal of Pediatric, Maternal & Family Health, is a documented case study showing chiropractic helping a pregnant woman with a breech presentation pregnancy. A breech presentation is when the fetus is not in the proper head-down position as the delivery date is approaching.

According to the study, a breech presentation is created by "intrauterine constraint" which the authors describe as, "as any force external to the developing fetus that obstructs the normal movement of the fetus."

The study reports that, in the United

States, 86 percent of infants with breech presentation are delivered by cesarean which increases risks to the mother and the baby.

In this case, a 25-year-old woman went to a chiropractic office 31 weeks into her pregnancy. She was referred to the chiropractor by her obstetrician who had recently performed an ultrasound which confirmed the breech position. She was hoping to avoid a c-section birth.

A chiropractic examination was performed using the procedures of the "Webster Technique". The Webster Technique is a specialized analysis and procedure developed by the late Dr. Larry Webster who was affectionately known as the "grandfather of chiropractic pediatrics". A determination was made that this woman fit the protocol, and so the chiropractor applied the Webster Technique.

Within four hours of the first Webster Technique adjustment, the woman reported feeling "a lot of movement". The woman commented that she felt the fetus had shifted from a breech position to the transverse position. After her second chiropractic visit, the woman had a prenatal visit at which the obstetrician confirmed that the fetus had turned to the proper vertex position. The study noted that the woman continued to receive chiropractic adjustments for resolution of low back pain until delivery. She eventually had an uncomplicated vaginal delivery.

Parkinson's Helped With Chiropractic

A case study published on June 13, 2011, in the Journal of Upper Cervical Chiropractic Research documented the dramatic improvement of a patient with chiropractic who had been suffering with Parkinson's disease. According to the National Center for Biotechnology Information, U.S. National Library of Medicine, Parkinson's disease is a disorder of the brain that leads to shaking (tremors) and difficulty with walking, movement, and coordination.

According to this study's author, there are thought to be over a million cases of Parkinson's disease in the US with 100,000 new cases being diagnosed annually. The study also reports that a European study comprising France, Italy, the Netherlands, and Spain estimated that an average of 1.6 people per 100 in their countries are afflicted with Parkinson's disease. In the US, the annual cost of caring for people with Parkinson's disease was estimated to be \$24 billion as of 1997.

In this case, a 66-year-old woman came to the chiropractor with a variety of symptoms and the diagnosis of Parkinson's disease. Her history revealed that all of her symptoms had started the day after a fall she experienced while ballroom dancing. Apparently, the heel of her shoe got caught in a gap in the floor causing her to fall straight onto her face without being able to brace herself. Although she was shaken, no immediate medical care was needed and she went home to rest.

The next day, symptoms started to appear as she began limping with the left leg coupled with an inability to swing her left arm. From that point, her symptoms continued to get worse. The woman and her husband began an extensive 2 year medical search until, finally, tests revealed that she had Parkinson's disease.

A chiropractic examination was performed which included x-rays, palpation and thermography. A determination was made that subluxations were present causing nervous system interference. Because of these findings, care was initiated involving specific forms of chiropractic adjustments.

After her first specific adjustment, immediate positive changes were noted. As of the completion of the study, it is reported that the woman stated from this point on that the vast majority of her symptoms have completely gone away. She stated that her depression was totally gone and her energy came back. Her constant tremor was gone, all the tightness in her muscles had ceased and she now had regained all use of her left arm and leg. The author of the study quoted the woman as saying, "I have my life back."

Antioxidant Combinations: Crucial for Health

Antioxidants have generated quite a buzz in recent years. But how much do you really know about these important nutrients, how they protect your health and which ones you should be consuming? Read on to find out more.

For almost 100 years, medical practitioners have been talking about the health benefits of fruits, greens, vegetables and berries. But despite strong advice to improve Western diets, few people have listened.

Fruits and vegetables are distinguished by their content of many different natural substances (phytonutrients) that give them vibrant color. These nutrients, known as antioxidants, are perhaps one of the most important health-giving components of fruits and vegetables.

The word "antioxidant" has confused many people. It is known that oxygen itself is absolutely necessary for life, but oxygen can actually be both a friend and a foe for health. Oxygen can be present in the body in a very "reactive" form (free radicals) and in this form it may damage tissues by causing oxidative stress.

Fruits, berries and veggies provide powerful opposition to oxidative stress by supplying antioxidants that "mop up" reactive forms of oxygen, which are otherwise called "free radicals."

We can understand the process of oxidative stress by thinking about a rusty nail. When a nail is left exposed to the atmosphere, it ages and rusts. This occurs as a consequence of a reaction between oxygen and the iron found in the nail. When we look at a rusty nail, we think about something that is weakened and aged. In simplistic terms, we can apply these thoughts to the human body. Excessive oxidation is a key issue in body aging and tissue damage.

In addition to its effects on aging, oxidation or oxidative stress may be at the root of many common diseases. Oxidative stress can attack and damage the heart, the brain, the bones and other vital organs of the body.

Within fruits and vegetables are many antioxidants that can help counter the oxidative stress to which the body is exposed on a daily basis. The body itself produces reactive types of oxygen (free radicals) during normal events such as exercise. Even though the body has its own, built-in antioxidant mechanisms for dealing with reactive oxygen, good dietary antioxidant intake is a pivotal factor in health maintenance. Antioxidant activity in the body is a crucial factor in anti-aging.



Berries, fruits and greens offer many ancillary health benefits. For example, bilberry promotes healthy eyesight, cranberry is healthy for the urinary tract and many phytochemicals within fruits exert beneficial effects for all areas of health. However, getting an adequate fruit and vegetable intake every day is no simple matter, which is why antioxidant supplements have become quite popular.

While one can review the many benefits of single-nutrient antioxidant supplements (such as vitamin C), the best type of antioxidant supplement contains more than one antioxidant in a balanced formulation.

To achieve maximum beneficial effects, formulations should include nutrients that act at different levels of antioxidant activities (a measure of strength), in different areas of the body. This concept is the use of antioxidants of different REDOX values. The term REDOX is best understood as the measure of the ability of something to become oxidized.

I must reiterate that the key to unlocking the benefits of these important nutrients comes from a supplement that contains antioxidants with the ability to access all different areas of body tissues. In particular, a desirable supplement must include nutrients that can function within both the fat and water components of body tissues.

It should be noted that taking large doses of one antioxidant alone (e.g., vitamin E or vitamin C) may not be healthy. For example, using vitamin C alone in the form of high dose injections may actually cause unwanted tissue stress, leading to oxidation (oxidative stress). This is why it is quite important to take more than one type of antioxidant at once, with a well chosen "REDOX balance." Well-formulated antioxidant supplements contain antioxidants that have been shown in corroborative scientific studies to exert potentially beneficial nutritional antioxidant actions.

Green tea polyphenols are often present in antioxidant supplements. Polyphenols possess a wealth of supporting information for their role in the promotion of wellness. In addition, grape seed extract, turmeric, lycopene and the powerful, indirect antioxidant elements selenium and zinc are important antioxidant supplements.

Direct and indirect antioxidant actions can benefit cardiovascular function, prostate health, immune function and they have potential anti-aging effects.

Table 1 lists the ingredients of a formulated antioxidant, with care to provide "blanket" coverage and REDOX balance.

Be Healthy!
Dr. Stephen Holt, M.D.

Dr. Stephen Holt, M.D. is a Distinguished Professor of Medicine (Emerite) and a medical practitioner in New York State. He has published many peer-review papers in medicine and he is a best-selling author with more than twenty books in national and international distribution. He has received many awards for teaching and research. Dr. Holt is a frequent lecturer at scientific meetings and healthcare facilities throughout the world. He is the founder of the Holt Institute of Medicine (www.hiom.org) and www.stephenholtmd.com