



New Hope Family Chiropractic Health News

Hours:
Mon, Wed, Thur 8:00 – 6:00
Tues 2pm – 6, Fri 8:00 – 12:00

June 09
Vol 1 Issue 2

Dr. Rodger Lincoln

Migraines & Chronic Headache

At one time or another just about everyone has suffered or will suffer from a headache. For some people headaches are a weekly or daily event. These headaches can be debilitating, affecting one's quality of life and limiting the activities they can perform. Migraines are extremely debilitating rendering the sufferer bed ridden one or more days.

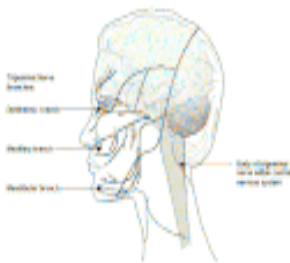


Over 10% of the population suffers from migraines and chronic headaches. About 18% of women suffer from migraines or chronic headaches compared to 6% of men.

Children are also not exempt from having chronic headaches or migraines. Studies show that 10% of school age children suffer from the effects of chronic headaches or migraines.

Warning symptoms called auras can precede a migraine. An aura is a sensation of flashing lights or visual disturbances. A throbbing head pain begins to set in behind the eyes or in the temples follows the aura. Dizziness and sensitivity to sound, light and smell can lead to nausea and vomiting. Tingling, numbness or severe pain in the extremities or face can also occur.

Upper Cervical Headaches



Headaches/migraines are caused by non-brain structures. The brain cannot feel pain. Blood vessels, membranes and cranial nerves in the brain and skull are responsible for headaches.

When these structures are irritated, compressed and inflamed, headaches result. The common approach in dealing with chronic headache and migraines is to use anti-inflammatory medications or vasodilators that dilate the blood vessels of body.

Reference:

Tuchin PJ, Pollard H, Bonello R., Feb. 2000: Vol. 23, No. 2, pp91-95.



A team of surgeons has found the answer as to why chiropractic has been so successful in relieving most headaches. They discovered a small muscle (sphenomandibularis 1996)

in the neck that attaches to the brain membrane (dura matter) that pulls on the membrane when the neck is out of alignment. This pulling results in headaches or migraines. Chiropractic corrects these misalignments in the spine that cause headaches.

There are mountains of research proving the effectiveness of chiropractic care in dealing with those who suffer from migraines or chronic headaches. The following is a **study conducted by the Journal of Manipulative and Physiological Therapeutics to determine the effectiveness of chiropractic spinal adjustment therapy for Migraines.**

“One hundred and twenty-seven Migraine patients (who experience at least one Migraine per month) were divided into two groups for comparison. Group 1 received chiropractic adjustments at specific vertebral subluxations determined by the treating practitioner; group 2 served as controls and received inactive treatment (electrical stimulation with no current delivered). Subjects receiving chiropractic adjustments reported substantial improvement in Migraine frequency, duration, disability, and medication use following two months of treatment. One in five participants reported a 90% reduction in Migraines, and half reported significant improvement in Migraine severity.”

Are you tired of Migraine or chronic headaches ruining your day? With conventional over-the-counter medications proving less than effective (and often accompanied by dangerous side effects), it's time to fight the pain from another angle. To find out more about the potential benefits of chiropractic care, schedule an appointment today 401-433-3600 .



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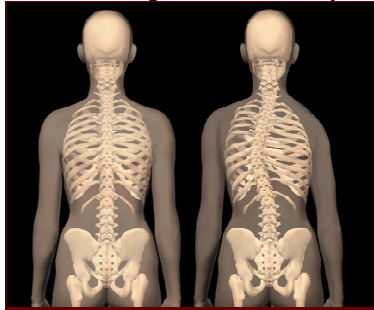
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Scoliosis

I am Dr. Rodger Lincoln from New Hope Family Chiropractic. As a chiropractor I see a lot of scoliosis patients because of the pain they're in caused by the abnormal curves in their spine. The sad part about these cases is that much of this can be avoided if it is caught and treated early. **Your child should be screened by a professional trained in postural analysis and in the treatment of scoliosis.**



Normal vs. Scoliosis

Unfortunately many children are not checked for scoliosis and if they are, they are being checked by a health care professional that has been inadequately trained to evaluate the spine. Case in point: Two years ago I had a 15 year old boy referred to my clinic by my 15 year old son. This boy tried out for his high school soccer team but his back hurt him so much that he could not run. The team trainer had him see his general physician to evaluate his back pain. His physician had x-rays taken of his spine and he was diagnosed with scoliosis. **He was told there was nothing that could be done for him and that he would have to live with it.** I began to treat him at the beginning of November and by early January he was not experiencing any back pain. I continued to treat him and by mid March he was able to begin practicing with his high school soccer team. He experienced normal soreness in the beginning and proceeded to **play the entire soccer season pain free.** Through proper chiropractic care this young man was able to do what he was told was not possible to do. If his condition was detected by the school nurse when they were supposed to be checked for scoliosis, his curvatures would not be as bad as they were when he was referred to my clinic. If you would like to have you child checked for scoliosis, **call my office and I will check your child's spine free of charge.** Don't wait with your

child's health. **Deformity and pain is no way to go through life.**

From The American Table

The last week of May a study made headline news. "Breast size predicts type 2 diabetes risk". This brilliant observation came from the Journal of the Canadian Medical Association. The study found that *"the larger a woman's bra cup size at age 20, the greater her risk of developing type 2 diabetes. The prospective cohort study of 92,106 young and middle-aged women found that the age-adjusted risk of developing type 2 diabetes was two times higher for a B cup, four times higher for a C cup and five times higher for a D cup or greater. Even after adjusting for many conventional risk factors for diabetes, the risk was 1.3 times higher for B cup, 1.7 times higher for C cup, and 1.6 times higher for D cup or larger. What's more, women with the largest bra cup developed diabetes about two years earlier (44 years) compared with those with the smallest cup size (46 years)."*

This is another prime example as to how our friends in the allopathic field of medicine can take the simple and make it complicated. Overweight or obese people are more at risk for diabetes. Common sense tells us that *in the majority of cases*, the larger or more obese the woman the larger the breast size. How much of the Canadian taxpayers money was wasted on measuring the breast size of overweight women?

Diabetes is a serious condition in which the pancreas no longer produces enough insulin or effective insulin to transport sugar out of the blood to be used by the muscle. In most cases tissue cells stop responding to the insulin that is produced, so that glucose in the blood cannot be absorbed into the cells of the body. Symptoms of diabetes include: excessive thirst, frequent urination, lethargy and hunger.

Type 2 diabetes is a preventable disease. Treatment should focus on changes in diet. Once diabetes is allowed to get out of control, oral medications, and in some cases daily injections of insulin, is prescribed. The prescribing of these medications gives the patient the false security that it is ok to continue eating the sugary delites they



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love. Unfortunately continuing this unhealthy diet will eventually kill them.

Type 2 diabetes has become epidemic in this country and it's rise can be pin pointed to one change in the American diet. **High Fructose Corn Syrup** (HFCS) began to flood the American food supply in the early 1980s, just about the time the nation's obesity rate started it's unprecedented climb.



Manufactures are a smart bunch and are looking to sell you more products just like any other manufacture. The body processes the fructose in HFCS differently than it does

old-fashioned cane or beet sugar. HFCS alters the way metabolic-regulating hormones function. HFCS forces the liver to deal differently with the excess sugar that would be normally converted into fat and stored for energy. The liver must pump more fat out into the bloodstream to make way for more sugar. When the liver is pumping stored up fat into the bloodstream the body thinks it is doing so because there is not enough food intake to keep up with the demands of the body. The end result is that our bodies are essentially tricked into wanting to eat more and at the same time, we are storing more fat.

Where is the FDA in this matter? Seventy two thousand Americans die each year from type 2 diabetes not to mention the billions of dollars involved in treating these patients. Why does food and drugs fall under the same administration? Who is running the FDA and who is making the decisions at the FDA? Who profits the most in this manufactured disease?

Large-scale food manufacturers love it because high fructose corn syrup mixes easily, extends shelf life of the product, it's 20 percent cheaper than other sources of sugar, prevents freezer burn, helps baked goods cook faster and keep them soft.



When the kidneys fail due to diabetes, dialysis will need to remove the urine from the blood. Dialysis costs roughly \$30,000 a year.

Drug manufactures are right there to help out. Monthly prescriptions for the treatment of diabetes can range between \$40 to \$400 a month depending on the severity.

If you are having problems with your diet and struggling with diabetes and would like some sound nutritional counseling, call my clinic today and schedule an appointment.

From The Adjusting Table



The following are important points you should know and understand about your spine and nervous system:

- Adjusting the spine removes nerve interference.
- Keys to better health are a better spine, better nutrition, exercise, and a better attitude.
- You may not always feel subluxations, but sooner or later you feel their effects.
- Do your children have subluxations? There is only one way to find out.
- Uncorrected subluxations cause a serious deterioration of the spine known as spinal decay, which causes arthritis, nerve damage, ill health, and eventually early death.
- It is never to late to stop spinal decay.
- The longer you wait to get your subluxations corrected, the longer it will take to correct the subluxation.
- Make time to stay healthy so you have the time to enjoy your health.
- Regular adjustments prevents health crisis.



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Supplements Today : Omega-3 Fatty Acids

Dietary sources of omega-3 fatty acids are found in fish oil. Fish oil contains docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).

Studies have shown that amounts of DHA and EPA in fish oil or fish oil supplements naturally lowers triglycerides, stops the buildup of atherosclerotic plaques ("hardening of the arteries") and lowers blood pressure. Studies show that the omega-3 fatty acids reduce the risk of heart attacks, abnormal heart rhythms, and strokes. The following is a list of some of the found benefits of taking fish oil.

Less Pain and Inflammation: Omega 3 fatty acids have a very positive effect on your inflammatory response. They help to regulate your body's inflammation process to prevent and relieve painful conditions like arthritis, prostatitis, cystitis and anything else ending in "itis."

Cardiovascular Health: Omega 3 fatty acids have also been proven to work wonders for your heart and the miles and miles of arteries and veins that make up your cardiovascular system. They help to lower cholesterol, tryglicerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. This adds years to your life expectancy.

Prevent Stroke and Heart Attack: Injury to the arterial walls caused by high levels of insulin and omega 6 fatty acids causes plaque to build up on them. When the building plaque becomes unstable it breaks loose and causes clotting. If a clot makes it's way to the brain or heart, it can cause a stroke or a heart attack. Research shows that omega 3 fatty acids break up clots before they can cause any damage.

Improved Brain Function and Higher

Intelligence: The brain is one big blob of fat that benefits from Omega 3 fatty acids. Fish oil has been found to improve memory recall, reasoning and focus.

Lessens Depression and Psychosis: Research studies have found that omega 3 fish oil

supplements reduce the affects of depression and bipolar disorder.

Childhood Disorders: Studies are reveling that children and adults with ADD and ADHD are experiencing an improved quality of life. Patients with dyslexia, dyspraxia and compulsive disorders benefited from using fish oil.

Prevention of Breast, Colon and Prostate

Cancer: Omega 3 fish oil has been shown to help prevent many forms of cancer – breast, colon and prostate. Research has discovered omega 3 fatty acids stop the alteration of normally healthy cell into cancerous cells. It also inhibits unwanted cell growth by promoting apoptosis (normal cell death) of cancer cells.

New Hope Family Chiropractic

Denise and I want to thank all of you who referred friends and family members during the referral week. We also want to thank everyone who passed on our Memorial Day offer to those that were in desperate need of chiropractic care. Reminder, referral is an act of kindness. There are so many people out there suffering needlessly that could benefit from chiropractic care.

Massage Care is Here

We now offer massage therapy two days a week.



Please call 401-433-3600 to schedule an appointment or stop by our office.

On The Lecture Circuit:

Doctor Lincoln provides free of charge lectures on the latest healthcare topics. Many community groups are looking for healthcare professionals to lecture on topics they have interest in. Last month Dr. Lincoln participated in a Health Fair providing spinal screenings and educating seniors on the benefits of chiropractic care for seniors. If you know a group or belong to a group or organization that is looking for a healthcare professional to speak on a health topic, contact Denise or Dr. Lincoln.