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ISSUE MMIX - II

# MCMICHAEL CHIROPRACTIC

*Natural Health & Wellness Clinic*

NATURAL HEALTH NEWS  
YOU CAN USE

## Look Inside



## Can we heal health care?

**A**s everyone has seen, on TV, radio, and in the newspaper, the hot topic across the country has been health care reform.

This debate has been going on with intensity for the past few months and will likely require at least a few more months before more specific changes are determined for health care reform.

What will the coverage cost? Who will pay for the coverage? Who will get the coverage? What health care services will be covered? Will patients be able to still choose to see their own doctors? Will services be limited? Will taxes be increased to fund these reforms? We just do not know yet.

There is something we can do to ensure the following GOOD changes are made:

1. Freedom of choice in health care to see the doctor you choose.
2. Reforms to current insurance company practices that refuse to sell insurance to those who need it most.
3. Coverage for health care services

that does not discriminate against any patients or health care providers.

4. Reforms to focus health care on health and wellness and much less on disease and symptoms.

5. Conservative care, like chiropractic needs to be emphasized as the first approach whenever possible - avoiding unnecessary drugs or surgery.

In a 5 year Department of Defense Study, findings showed that drug use, hospitalization and surgery could be significantly reduced when patients were seen for their back problems by a Doctor of Chiropractic.

The study showed a 50-75% reduction in hospital events for chiropractic patients compared to medical patients with similar conditions. Because of the DOD study, our servicemen and women now receive chiropractic care at more than 50 sites across the country, with 11 more soon to be added.

These positive results were dependent upon military patients having chiropractic care readily available.

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### Heal Work Injuries Fast

Research studies have shown which treatments help you bounce back faster from work injuries. See page 2.

### Hear the News?

Are Froot Loops a health food? Do you trust food labels? Page 2

### Superfood: Cabbage

Adding a little cabbage to your diet can go a long way toward better health. More on page 3.

### Mark Your Calendar!

Check out the upcoming clinic events for fun and educational opportunities. See back page.

# HEALTH & CHIROPRACTIC

## Hear the news?



## DUMB CHOICES

A new food-labeling program called Smart Choices has been developed with help from most of the nation's largest food manufacturers.

A green checkmark label has started appearing on foods determined to be healthier choices. Surprisingly, this includes Froot Loops and other sugary cereals, as well as salty processed meats.

Michael Jacobsen, executive director of the *Center for Science in the Public Interest* quit the panel that developed the program when he realized decisions would be made by the food industry. "You could start out with some sawdust, add calcium, or vitamin A and meet the criteria [as a smart choice]."

Froot Loops is 41 percent sugar by weight. Only an incredibly bad system would determine Froot Loops is a "smart choice."

"The object of this is to make highly processed foods appear as healthful as unprocessed foods, which they are not," said Marion Nestle, a nutrition professor at New York University.

The FDA and Department of Agriculture sent a letter to the program board stating they would be concerned if the smart choices label "had the effect of encouraging consumers to choose highly processed foods and refined grains instead of fruits, vegetables and whole grains."

Don't be fooled on your next trip to the grocery store.

Info from New York Times article by William Neuman. **MC**

## Healing from Work Injuries Faster

**M**ost injured workers we have seen over the years have two main concerns: when will I get better and how soon can I get back to work to continue making a living?

The answer is a little different for each patient depending on the injury, but repeated studies have concluded that chiropractic care is an excellent way to safely and effectively improve injuries to the muscles, bones, nerves, and joints.

### Research has shown that work injuries improve well when treated by a Doctor of Chiropractic:

1. A claimant with a back-related injury, when initially treated by a chiropractor (versus an MD), is less likely to become temporarily disabled or likely remains disabled for a shorter period of time.
2. The number of work days lost was nearly ten times higher for workers who received medical care instead of chiropractic care.
3. Chiropractic care was associated with significantly lower costs and more rapid

recovery in treating workers with low-back and neck injuries. **decide who your physician will be. When choosing a physician to treat a work injury, keep these important tips in mind:**

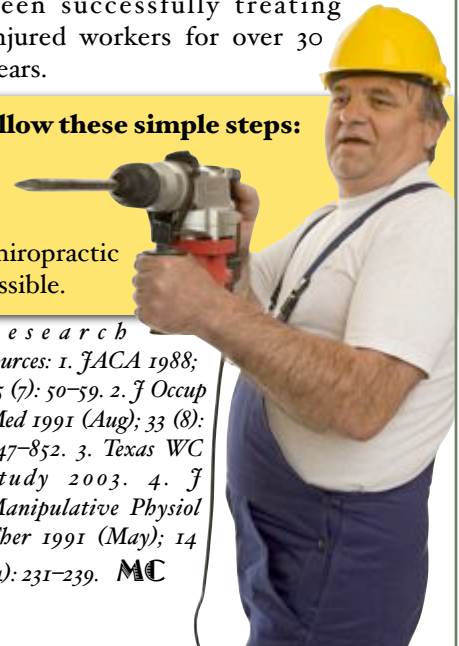
1. Choose a doctor who has experience working with patients that have been injured at work.
2. Choose a doctor who will perform the appropriate treatment to avoid allowing your condition to become chronic.
3. Choose a doctor who will perform the necessary work (reports, letters, etc.) to have your treatment covered by Workers' Compensation.

Many doctors do a good job of treating injured workers, but the Workers' Compensation system can be complex. It is important to choose a doctor that is very familiar with the system to get appropriate treatment approved and compensated.

At McMichael Chiropractic, we have been successfully treating injured workers for over 30 years.

### What do you do if injured on the job? Follow these simple steps:

1. If an emergency, seek care immediately.
2. Report your work injury to your employer as soon as possible.
3. Schedule an appointment at McMichael Chiropractic to have your injury evaluated as soon as possible.



recovery in treating workers with low-back and neck injuries.

4. For claimants with chronic back problems, the average number of days off work for MD cases was 34-35 days, compared to 9 days for DC cases.

Many workers don't realize they have the right to choose the physician of their choice (chiropractic, medical, or osteopathic). Your employer cannot

*Research sources: 1. JACA 1988; 25 (7): 50-59. 2. J Occup Med 1991 (Aug); 33 (8): 847-852. 3. Texas WC Study 2003. 4. J Manipulative Physiol Ther 1991 (May); 14 (4): 231-239. **MC***

### What do you do if injured in an auto accident?

1. Call the police and indicate any suspected injuries.
2. Get evaluated immediately by a paramedic or go to the hospital if significant injury is suspected. It is better to be evaluated than to assume you are okay.
3. Schedule an evaluation of your injury at McMichael Chiropractic.
4. Ice may be used initially, 20 minutes each hour, to reduce pain and inflammation.

**Remember: Appropriate treatment is most effective when started soon after the injury, before it can develop into a chronic problem.** **MC**

# NUTRITION & FITNESS

*"Heal Health Care" continued -*

MDs, DOs, and PTs could not duplicate the chiropractic results. Chiropractic patients, as you might guess, were also significantly more satisfied with their care than medical patients were. Results speak for themselves.

So, we want to ensure that our chiropractic patients continue to have good access to their Doctors of Chiropractic and all the health and wellness focused services we offer. Dr. Andrew Weil (MD) speaks out for conservative care, saying medicine needs to be more focused on low tech, high touch care.

The American Chiropractic Association, of which I am now the President, has created a website ([chirovoice.org](http://chirovoice.org)) where patients can sign up, receive periodic newsletters and send messages to their senators and representatives. ACA also has a Legislative Action Center with information and recommendations for action steps we can take as voters.

Our patients have been signing up on [chirovoice](http://chirovoice.org) and sending messages to Congress. This will help a lot to ensure better health care reforms and protect your freedom of choice of health care providers. Thank you to all of you who have been helping with this! If you

have not signed up or sent any messages to Congress yet, there is still time. Go to [chirovoice.org](http://chirovoice.org) and follow the directions to sign-up/sign-in. Then follow directions to send messages to Congress - either the ones written for you or write your own. Just click and send.

It is much better to do everything we can as voters to encourage the right reforms now, rather than try to change bad, costly or restrictive reforms later. Let's all do our part. Sign-up, watch for action alerts, and send messages whenever requested. Thank you!

*Dr. Rick A. McMichael*

MC

## SUPERFOOD: CABBAGE

**C**ruciferous vegetables like cabbage have nutrients that actually affect our genes! They tell our genes to increase production of enzymes involved in detoxification, which help our bodies eliminate harmful compounds.



*Red cabbage is packed with nutrients.*

They improve our body's ability to protect against free radicals and toxins, including potential carcinogens. This may be why **cruciferous vegetables appear to lower our risk of cancer more effectively than any other vegetables or fruits.**

In a study of over 1,000 men

conducted at the Fred Hutchinson Cancer Research Center in Seattle, WA, those eating 28 servings of vegetables a week had a 35% lower risk of prostate cancer, but those **consuming just 3 or more servings of cruciferous vegetables each week had a 44% lower prostate cancer risk.**

In the Netherlands Study on Diet and Cancer, those eating the most vegetables benefited with a 25% lower risk of colorectal cancers, but **those eating the most cruciferous vegetables did almost twice as well with a 49% drop in their colorectal cancer risk.**

Additional studies have shown the benefits of eating cruciferous vegetables for other cancer varieties including lung, breast, bladder, colon, and ovarian. Other studies have shown **benefits with digestive**

**health, Alzheimer's disease, and cardiovascular health.**

**To optimize the benefits of eating cabbage, research suggests eating it uncooked or short-cooked.** Long-cooking cabbage reduces the beneficial phytonutrients. Choose red cabbage over white cabbage, because it is packed with even more of the beneficial nutrients.

Learn more about cabbage and recipes at [whfoods.com](http://whfoods.com). MC

**Plant a fall garden of cruciferous vegetables!**  
You've been busy harvesting the last crops from your summer garden. But what about the fall? Autumn is a great time to grow cruciferous vegetables like cabbage, broccoli, kale, collards, and brussel sprouts. Keep that garden going! It's a great way to save money, have fresh organic produce, and keep you healthy and active through the year.

# Mark Your Calendar!

**Tuesday October 6th**  
**Purification & Weight-loss**  
**5:30 - 6:45pm**

**October is**  
**Chiropractic Month**  
**Watch for clinic events**  
**during the month**

**Tuesday October 20th**  
**Osteoporosis Day**  
Learn more about treating  
this condition from your  
doctor at McMichael  
Chiropractic Clinic

**Friday October 30th**  
**Stop in for a fun and**  
**healthy Halloween**  
**snack!**

**Upcoming classes open to all patients, family, and friends.**  
**Call now to reserve a seat & be notified about changes. No charge.**

McMichael Chiropractic Clinic Hours: Mon/Wed/Fri 8am-6pm ~ Tues 9am-6pm ~ Th/Sat 9am-noon

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**Quick tip:**

Phytonutrients in  
cabbage help protect  
against cancer. Go  
eat some sauerkraut!