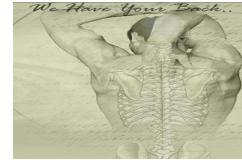


GIVING **BACK** INFORMATION



VOLUME 1, ISSUE 8      NOVEMBER, 2005

**You Should know the Common TOXINS we ingest and their harmful effects**

Researchers as well as the general public have noted an alarming increase in re-productive cancers, developmental problems and other disease's) that afflict us. Over the past 7 decades (70 years) researchers have been taking a closer look at how environmental factors affect our quality of life.

Between 1973 and 1999, rates of prostate cancer rose 82.5% among African-Americans and 74.4% among Caucasians. The rate of genital defects in the formation of the penis, doubled between 1970 and 1990, cryptorchordism (undescended testis) and testicular cancer have been reported as well as an increase in male infertility. Let's not forget about the young women who begin menarche (menses) as early as 8 years of age and develop breast.

Breast Cancer risk has nearly tripled from a lifetime risk of 1 in 22 in the 1940's to **1 in 8 in 2002.**

**Neurological problems, including autism and attention deficit hyperactivity disorder have increase significantly in the past 3 decades.**

Do you think this is by nature or by our consumption/ingestion of toxins in our environment?

Well, as you read you will discover some of the common toxins we ingest and their harmful effects on our health.

Well, the term used to describe this phenomenon is Endocrine Disruptors (EnD's).

Follow me through this next part!

I'm sure you have heard me talk about the nervous system and its ability to control and coordinate the function of every cell, tissue and organ in the body.

Well, this other system— Yes, the Endocrine system or Hormonal system has a very important role as well. It receives its messages directly from the nervous system. And its role is to transport, secrete and assists growth of various cells.

An example of an hormone would be testosterone, thyroid hormone, estrogen, adrenaline, etc..

Hormones are chemical substances that are passed into our internal body fluids by one cell or a group of cells to do a job or function.

I hope I didn't lose you because that is important stuff!

Well, these Endocrine disruptors (EnD's) affect the hormones by lessening their ability or altering their shape. This often causes bad change(s) to occur within our bodies. Dysfunction, disease, defects can occur because of this change.

**TOXINS MAY CAUSE**

- *INFERTILITY*
- *CANCER*
- *DISEASE*
- *EARLY MEN-ARCHE*
- *BIRTH DEFECT*

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## CALL! Get Your Free Report!

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## You Should know the Common TOXINS we ingest and their harmful effects

(Continued from page 1)

These EnD's can be found in food, water, soil, or air.

Pesticides, commonly used as insecticides, fungicides, herbicides and wood preservatives are used on or near our foods. I'm sure you have heard of **DDT/DDE** being used—well this is a pesticide that was banned by the Environmental Protection Agency in 1972. However, it is still produced in 18 countries around the world primarily for malaria control. Well, in 2003, the Centers for Disease control and Prevention found clearly measurable levels of DDE /DDT in people aged 12 to 19 years of age. These kids were born in the 1970's so how is that so?

The substance was stored in their mothers fat stores within their bodies and was passed to their offspring.

Let's take a look at heavy metals. During pregnancy, lead is stored in the mother's bones and is released along with calcium. It passes through the placenta to the fetus. The mother is usually affected by lead in water, paint or dust. Lead lowers the brain metabolism and affects brain development by affecting the growth of nerve cells.

What about Mercury?

Did you know that mercury can be released from burning fossil fuels.

Better yet, a major source of mercury is canned Tuna. Pregnant women and children are strongly encouraged to limit their tuna consumption to once a week.

Do you re-use clear containers (Plastic), e.g. soda bottles or bottled water. Well— if you do now is the time to stop. It contains Poly-

ethylene terephthalate h (PETE) which can release carcinogens to you.

Here's another common one even I'm guilty of— Using Styrofoam ( Polystyrene) paper plates to re-heat food. YES, it is a big NO NO!

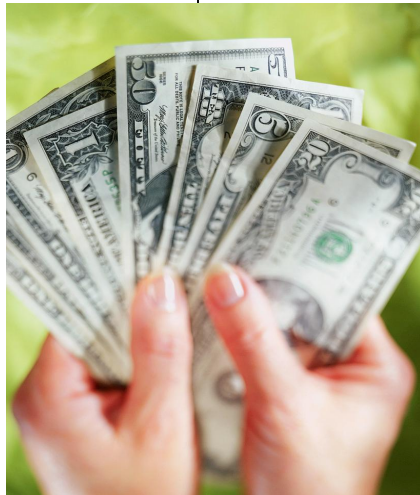
In summary, there are many carcinogens we commonly ingest on a daily basis. Some tips to reduce your exposure are:

- Vary intake of produce to limit exposure
- Eat produce or grains, or animals that don't eat meat
- Choose meats, eggs, and dairy products that are hormone free and organic
- Regular Chiropractic adjustments can help boost your immune system and neurological function.
- Choose lean cuts of meat and trim visible fat
- Use glass or ceramic containers rather than plastic for food storage and heating. Minimize contact of cling wraps to food, especially meats and cheese.

## Care Credit— There is a Low cost, Convenient payment method for Chiropractic services

Affordable health care is often hard to find. Insurance companies are trying not to pay and continue to cut the services they will reimburse medical providers. **Consequently, our patients are faced with higher cost.** For many of you with insurance, out-of-pocket payment is financially the best method for you to pay for services. Yes, I know and understand. **You have insurance and for some reason or another find it to be less expensive to pay for your services out-of-pocket.** It may be due to a high deductible or for some other reason or another. **And for a majority of my patients who pay cash for services, there seems to be one method to pay for services— at the time of services.**

**But wait!** Now there is a method to pay **1 convenient monthly, low cost, no interest payment.** This is a better way for you to pay even less money at a comfortable price for our services. This method takes payment out of the picture. That way you come in and continue to get the best service we can deliver.



Payment is never a barrier and it will even speed your office visits.

As I mentioned before **more and more people are paying cash for their services.** Wouldn't you like to save more money on your health care cost? Well, **CARE CREDIT is a new service we are offering in our office.** Now, **YOU can finance your visits with no interest and have the "Good doctor" pay the financing cost for you.** Yes, that's right **YOU pay NO interest on your care plan and we pay the interest for you.. Instead of paying your cash fee \$45.00 each visit multiple times per week, you can easily pay one (1) monthly affordable rate over a short amount of time with NO INTEREST.**

**Care Credit** is a company that extends credit to patients in need of health care-services. Your payments will be made directly to Care credit and not processed by our office.

**Be sure to pick up a brochure and ask us about our new service.**

## Guess the word

The following words have been spelled backwards. These words all relate to healthcare. Some may be very familiar to you and others may not. Those that are unfamiliar may have been used during your office visit(s). Hint: Chiropractic terms.

The words are scrambled so put them together by aligning them properly.

1) **EBON**

HINT: WE HAVE MORE THAN 205 IN OUR BODY. IT STORES CALCIUM

2) **XIFATONI**

HINT: BONES THAT ARE STUCK OR DON'T MOVE WELL.

3) **MIAENTCNANE**

HINT: I ALWAYS ADVISE MY PATIENT TO STRIVE TOWARDS THIS TYPE OF CARE

4) **SCULME**

HINT: MORE THAN 600 OF THESE HELP YOU MOVE BONE

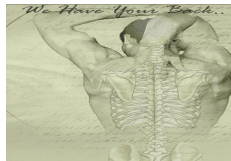
5) **KLLSU**

HINT: PROTECTS YOUR BRAIN

6) **APPNOITEMNT**

HINT: KEEP THESE AND YOU WILL SEE A DIFFERENCE IN YOUR HEALTH

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WE HAVE YOUR BACK!

- |   |  |
|---|--|
| <p>4) What is the term used to describe toxins that are found in our environment that affect our endocrine system</p> <p>A) Endocrine disorganizers<br/>B) Endocrine Disruptors</p> <p>5) Microwaving in Styro-foam plates and cups are safe.</p> <p>A) True<br/>B) False</p> | <p>6) Being under Chiropractic Care can place your body in a better position to have a proper functioning nervous system, stronger immune system and healthier well being.</p> <p>A) True<br/>B) False<br/>*That was a gimmie*</p> |
|---|--|

## SHOW WHAT YOU KNOW & LEARN WHAT YOU DON'T

- Between 1973 and 1999 Prostate cancer increased?
  - A) 50%
  - B) 82.5%
  - C) 76.4 %
- In the 1940's the risk of developing of breast cancer in women was?
  - A) 1 in 22
  - B) 1 in 11
  - C) 2 in 5
- Approximately how many bones do we have in our body?
  - A) 600
  - B) 206
  - C) 150

## **GUESS THE WORD ANSWERS: SEE PAGE 3**

6. A  
5. B  
4. B  
3. B  
2. A  
1. B  
**ANSWERS**

1. BONE  
2. FIXATION  
3. MAINTENANCE  
4. MUSCLE  
5. SKULL  
6. APPOINTMENT

**Do you know of someone you think could benefit from this type of information?**

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