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Health Bulletin/Newsletter-34
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Pills-Powders-Potions, Have You Had Enough?

You may think this is a strange title for a health bulletin, or maybe you don't! This was prompted by three newspaper articles this week two from the N.Y. Times and one from our local paper the Daily Record. From the NY Times, "Combating Acid Reflux May Bring A Host of Ills", Roni Caryn Rabin, "Prescription Drug to Aid Weight Loss Wins F.D.A. Backing", Andrew Pollack, both science writers. The front page of 6/28/12 Daily Record article Rehab for Opiate Addiction Skyrockets, Ken Serrano, tell the story of the death of a 21 year old who was addicted Oxycodone and in 3 time in rehabilitation. His family wanted him to do a six month program, but he was found dead in the dormitory room at FDU, Florham Park, NJ.

The N.Y. Times article showed the use of a drug to block acid production know as proton pump inhibitors or (PPI), such as Nexium a prescription medication, Prilosec and Prevacid are over the counter (OTC), produce a type of dependency (addiction). This is because these drugs reduce the heartburn by reducing the stomach ph, but this lead to reduced absorption, vitamins and minerals including magnesium, calcium and vitamin B₁₂. Taking this a step further it increases the risk of osteoporosis and bone fractures and infection of the lung and digestive system in elderly patients. While PPI drugs due serve a purpose of healing ulcer of the stomach and esophagus, they are only intended for short term use maybe 6 to 13 week, not forever as many patient and even physicians might suggest. We see the amount of advertising for these drugs at every commercial break on both television and radio, and this is because 44% of the American population suffers with heartburn at least once a week. This translates to 100 million prescriptions written in 2010 and this does not include over the counter sales on nonprescription drug and amount 13.9 billion dollar windfall for Big Pharma.

Belviq is the first new drug in 13 years approved by the F.D.A. for weight loss. It work in a different way by effecting serotonin 2C receptors in the brain, which is supposed to control eating by making people feel full. What a novel idea? How about taking a large glass of water ten minutes before a meal wouldn't that make you feel full? It would probably be a lot safer and certainly far less expensive.

What these news articles go to prove is the American public is only interested in the quick fix and not in dealing with the true problems that face our health care system and our individual health. Many of our problems are being caused by our poor self control, and a lack of understanding of how the body works. This means that being well and in good health or being sick is often of our own doing.

With the Supreme Court upholding Obama Care as a new tax, just wait and see what is going to happen to this nation's health care. I can assure you that it is not going to get better if you have been watching how the Federal Government waist money, and the fact that our national debt has reached 16 Trillion dollar we are bankrupt. You better plan on taking much better care of your health because you will see rationing of services and less availability unless you can pay out of your on pocket. This situation already exist in all countries with a socialized medicine, so instead of being able to get a hip replaced if you need it with in a month or so, don't be surprised if your will wait a year or more. Welcome to the future an it has just arrived on Thursday, June 28, 2012.

So what can you do to avoid falling into trap of requiring surgical health care services' even if your have insurance the Fed's will control what you can get and how long you will have to wait? The answer is simple-don't get sick and if possible avoid injuries that will require this type of care. This comes back to what I said earlier that good or bad health is our own doing. So try to eat right and take proper supplementation. Make sure you keep your body weight a proper level and get enough exercise. If you smoke or drink to much alcohol try to cut back or stop it all together.

All these suggestions can be instituted by becoming more aware that you control many of these problems with just a little effort. You can start by getting a regular Chiropractic/Applied Kinesiology examination at least twice a year. Remember that this examination covers not only the skeletal system including your spine and extremities, including shoulder, elbow, wrist, hip, knee, ankle, foot and jaw joint. The internal organ systems of heart, lungs, and nervous system are covered by this type of examination. I check heart sound, lung function and blood O₂ level and the adrenal system that handles stress and control your blood sugar levels. Chiropractic spinal examination and correction of vertebral subluxation will protect the control system that will keep you healthy. This information is conveyed in Health Bulletin/Newsletter-#28 titled "Health Insurance or Health Assurance that is the Question?"

This newsletter talked about a medical research study that appeared in the publication Medical Times November 1921, "Sympathetic Segmental Disturbances, in Dissected Cadavers, of Visceral Disease with Vertebral Deformities of the Same Sympathetic Segments". What this study pointed out in every case is that subluxation of the spine that chiropractic adjustments correct will cause disease to occur in the organ that this vertebral section serves. What this simply means that getting regular chiropractic spinal adjustments can prevent disease and might help your body heal organic problem (disease).

Remember that I also do work in nutritional counseling and weight loss, as well as fitness training and use the specialty technique that help treat and stabilize anxiety (TFT) and allergies (NEAT). I also use cranial work known as Craniopathy (Cranial/Sacral Therapy). The cranial work can help memory loss (dementia), learning disabilities, TMJ dysfunction, visual and hear problem all can benefit for this system.