

Health Hints, Quick Tips & Fun Facts

Upper Cervical Health News From Your Doctor (With Some Fun Stuff Mixed In)

January 2015

Volume 5 Issue 1

Did You Know?



Page 2

Corn Syrup More Toxic Than Refined Sugar



Page 2

Never Too Old to Start Weight Training

Page 3

Silly Quotes



Page 2

Helpful Hints

Check out this months helpful hints

Page 3

Back Page Facts



Page 4

Facts About Fluoride You Need to Know

1. Most Developed Countries Do Not Fluoridate Their Water

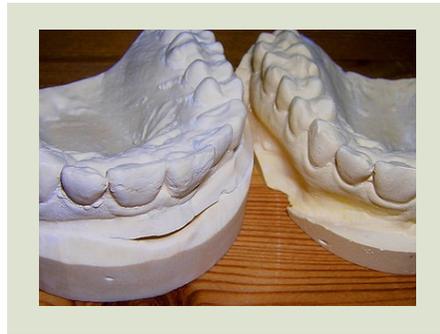
More people drink fluoridated water in the US alone than in the rest of the world combined. In Western Europe, for instance, 97 percent of the population drinks non-fluoridated water.

2. Fluoridated Countries Do Not Have Less Tooth Decay Than Non-Fluoridated Countries

According to the World Health Organization (WHO), there is no discernible difference in tooth decay between developed countries that fluoridate their water and those that do not.

3. Fluoride Affects Many Tissues in Your Body Besides Your Teeth

According to a 500-page scientific review, fluoride is an endocrine disruptor that can affect your bones, brain, thyroid gland, pineal gland and even your blood sugar levels.



4. Fluoridation Is Not a "Natural" Process

The fluoride added to most water supplies is not the naturally occurring variety but rather fluorosilicic acid, which is captured in air pollution control devices of the phosphate fertilizer industry.

5. 40% of American Teenagers Show Visible Signs of Fluoride Over-Exposure

About 40 percent of American teens have dental fluorosis, a condition that refers to changes in the appearance of tooth enamel that are caused by long-term ingestion of fluoride during the time teeth are forming.

6. For Infants, Fluoridated Water Provides No Benefits, Only Risks

Infants who consume formula made with fluoridated tap water may consume up to 1,200 micrograms of fluoride, or about 100 times more than the recommended amounts.

Babies given fluoridated water in their formula are not only more likely to develop dental fluorosis, but may also have reduced IQ scores.

7. Fluoride Supplements Have Never Been Approved by the FDA

The fluoride supplements sometimes prescribed to those who are not drinking fluoridated water have not been approved by the US Food and Drug Administration (FDA) for the prevention of tooth decay.

Photo: <https://www.flickr.com/photos/ma1974/357503988/>

Source: <http://articles.mercola.com/>

DID YOU KNOW?

- Many people in parts of China eat insects. Some common insects are bean worms, scorpions, and locusts.
- The ancient Egyptians bought jewelry for their pet crocodiles.
- Even Antarctica has an area code. It's 672.
- Mexican Jumping Beans jump because of moth larvae inside them.

Photo Credit: <https://www.flickr.com/photos/franciscodaum/6070846239/>



Corn Syrup Is More Toxic Than Refined Sugar

Excessive amounts of sugar in your diet has toxic effects, and processed fructose is far worse, from a metabolic standpoint, than refined sugar.



Female mice fed a diet that contained 25 percent of calories from corn syrup had nearly twice the death rate compared to those fed a diet in which 25 percent of calories came from table sugar.

Mice fed corn syrup also had 26 percent fewer offspring than their sugar-fed counterparts.

source: mercola.com

Photo Credit: <https://www.flickr.com/photos/jamesbondsv/4765711705/>

Silly Quotes

"I owe a lot to my parents, especially my mother and father."

Greg Norman, Golfer

"For most people, death comes at the end of their lives."

GLR broadcaster, UK

"I can't think of a comparable level of cultural excitement about something since Neil Armstrong landed on the moon in the 1960s."

Gil Schwartz, CBS publicist, on the "Survivor" finale.

"I cannot tell you how grateful I am -- I am filled with humidity."

Gib Lewis, speaker of the Texas House



Photo Credit: <https://www.flickr.com/photos/11561957@N06/8301035256/>

THIS MONTHS NEW PATIENTS

Rick G. from Los Alamitos referred by Jodi C.
 Cindy D. from Cerritos referred by Judy W.
 Jody A. from Anaheim referred by WWW.Roger-SmithDC.com
 Matt C. from Torrance referred by Megan C.
 Kitty L. from Los Alamitos referred by Amy P.
 Ron B. from Rossmoor referred by Amy P.
 Sandy L. from Huntington Beach referred by WW.RogerSmithDC.com
 KY C. from Anaheim referred by Lavonne G.
 Sue W. from Irvine referred by WWW.RogerSmithDC.com
 Constance C. from Anaheim referred by Lavonne G.

Rachel T. from Tustin referred by Lavonne G.
 Frank T. from Tustin referred by Agnes D.
 Kara G. from Long Beach referred by Greg G.
 Jo H. from Newport Beach referred by WWW.Roger-SmithDC.com
 Betty R.S. from Downey referred by WWW.Roger-SmithDC.com

We love recognizing our new patients and those that referred them in. There is no greater compliment than when one of our patients trusts us enough to refer their friends and family.

Never too Old to Start Weight Training

Without weight training, your muscles will atrophy and lose mass. Age-related loss of muscle mass is known as *sarcopenia*, and if you don't do anything to stop it you can expect to lose about 15 percent of your muscle mass between your 30s and your 80s.

Older adults can gain a two- to three-fold increase in strength after just three or four months of weight training.

Seniors improved strength and endurance, decreased risk of falls, lowered their risk of chronic disease and were able to walk nearly 40 percent farther after weight training.

Even seniors with an average age of 90 improved their strength up to 180 percent after just eight weeks of weight training.

Source: mercola.com

Helpful Hints

- Place an opened box of baking soda OR an open container of activated charcoal behind the toilet to absorb bathroom odors.
- Baby wipes are miracle-workers on carpet stains, from motor oil to blood, they remove almost anything!
- To prevent the wax from melting and sticking to the inside of a votive candle holder, pour a bit of water in the holder, then place the candle on top. If you're reading this tip too late, and there's already wax stuck inside your candle holder, pop it in the freezer for an hour. The wax will chip right off.
- To remove rust from chrome, wipe it with aluminum foil dipped in Coke®. To polish chrome, use a crumbled up piece of aluminum foil and rub.

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Inside This Months Issue

- ♣ Facts About Fluoride
- ♣ Helpful Hints
- ♣ Never Too Old to Start
Weight Training
- ♣ What's Really Causing That
Wrist Pain?

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Back Page Facts

What's Really Causing That Wrist Pain?

Carpal tunnel syndrome (CTS) is a condition in which the bones of the wrist irritate the nerves that supply the hand.

But did you know that some estimates state that a diagnosis of CTS is actually incorrect in up to 90% of all CTS cases?

What is really going on is what is called "Double Crush Syndrome" (DCS).

DCS is a condition where the nerves that supply the hand and wrist are first

"A CTS diagnosis can be incorrect 90% of the time"

irritated by the misalignment of the bones of the neck, and then irritated by the muscles of the forearm causing symptoms very similar to those associated with CTS.

The point is, if you are suffering from carpal tunnel syndrome, before you try drugs, therapies or surgery, you should be checked for misalignments of the bones of your neck, particularly the atlas bone.

Every nerve in your body passes through the level of the atlas, including the nerves that supply your hand and wrist.

If you or someone you has Carpal Tunnel Syndrome, call the office today to see if the atlas is the problem.