

Backbone Chiropractic Newsletter

SPRING

2008

The "Double Dip"

A scientific report has some new findings that may cause you to take another look at that communal bowl of dip. The study, to be published in the *Journal of Food Safety*, is the only one that claims to be inspired by an episode of "Seinfeld." Professor Paul Dawson, a food microbiologist at Clemson University, proposed the study after watching a rerun of a 1993 "Seinfeld" show in which George is confronted at a funeral reception by Timmy, his girlfriend's brother, after dipping the same chip twice. Timmy describes dipping a chip twice as "double dipping" and likens it to "putting your whole mouth right in the dip!"

Professor Dawson said that he expected little or no microbial transfer from mouth to chip to dip, which would support George's nonchalance. However, the result surprised him.

Volunteers were instructed to take a bite of a wheat cracker and dip the cracker for three seconds into about a tablespoon of a test dip. They then repeated the process with new

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Never Drink Hot Water from the Tap

This claim has the ring of a myth, but environmental scientists say it is real (I also confirmed with a patient who is in the construction trade).

The reason is that hot water dissolves contaminants more quickly than cold water, and many pipes in homes contain lead that can leach into water. Lead can damage the brain and nervous system, especially in young children.

Lead is rarely found in source water, but can enter it through corroded plumbing. The Environmental Protection Agency says that older homes are more likely to have lead pipes and fixtures, but that

even newer plumbing advertised as "lead free" can still contain as much as 8 percent lead. A study published in the *Journal of Environmental Health* in 2002 found that tap water represented 14-20 percent of total lead exposure.

Scientists emphasize that the risk is small. But to minimize exposure to lead, the EPA says cold tap water should always be used for preparing baby formula, cooking and drinking. It also warns that boiling water does not remove lead but can actually increase its concentration. More info is at www.epa.gov/lead.

Thank you for you referrals. My business is based on them and they are your greatest compliment to my office. To show my appreciation share this newsletter with a friend who needs chiropractic and they will receive a **free consult and exam.**

Backbone Chiropractic, LLC and Massage Therapy

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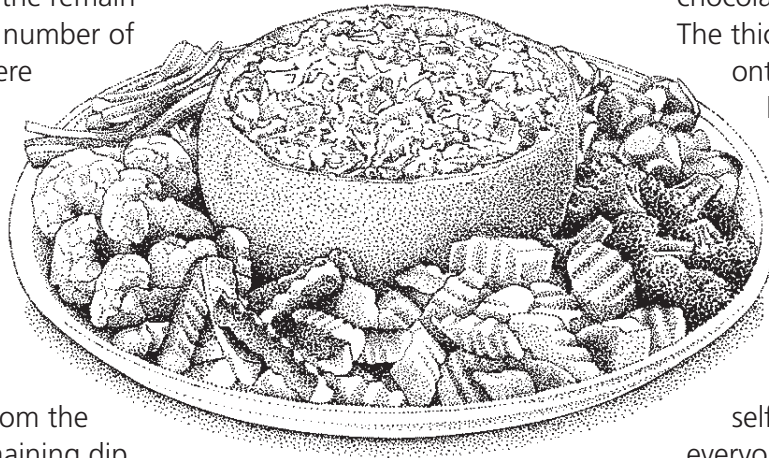
Office hours: Mon. – Fri. 11:00 am – 6:00 pm ■ Saturday by appointment only

DOUBLE DIP CONTINUED FROM FRONT

crackers for a total of either three or six double dips per dip sample. The team then analyzed the remaining dip and counted the number of aerobic bacteria in it. There were six test dips: sterile water with three different degrees of acidity, a commercial salsa, a cheese dip and chocolate dip.

On average about 3-6 double dips transferred about 10,000 bacteria from the eater's mouth to the remaining dip. That means that sporadic double dipping in a cup of dip would transfer at least 50 to 100 bacteria from

one mouth to another unsuspecting mouth with every bite. The type of dip made a difference.



The more acidic water samples had somewhat fewer bacteria, and the numbers of bacteria decreased with

time. They also found that the acidic salsa picked up higher initial numbers of bacteria than the cheese or chocolate, because it was runny. The thicker the dip, the more stuck onto the chip, and so the fewer bacteria were left behind in the bowl.

Professor Dawson said that Timmy was essentially correct. "The way I would put it is, before you have some dip at a party, look around and ask yourself, would I be willing to kiss everyone here? Because you don't know who might be double dipping, and those who do are sharing their saliva with you."

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