

Backbone Chiropractic Newsletter

FALL

2005

From Dr. Batdorf:

It is fall again and East Lansing heaves another sigh as the town fills to capacity once again. This is a busy time of year for my office as people turn over new leaves in the fall with the start of the new school year. In addition there is a new massage therapist in my office: Mary Ann LeFevre.

Mary Ann has been doing massage for 4 years and is also a doula (a massage therapist that

assists with pregnancy and child birth). She fits in well with the office and is getting business smoothed out.

Mary Ann is hosting an open house on September 25th from 1-3PM at Backbone Chiropractic. There will be food, music and of course Mary Ann. All are invited. Please drop by and say hello if you are able.

Kristin Batdorf, DC

Calendar

SEPTEMBER 25TH

Open House at Backbone Chiropractic 1-3PM

Food, Music, and Introduction to Massage by Mary Ann

NOVEMBER 17TH

Thanksgiving Canned Food Drive

Bring in a bag of non-perishable food and get a free adjustment.

Call and make an appointment early while there is still space available.

Can a Raisin a Day Keep the Dentist Away?

Researchers at the University of Illinois at Chicago college of Dentistry recently found that raisins contain chemicals that may prevent cavities and gum disease. Although raisins may seem like a sugary treat, their sweet taste and sticky texture are misleading. Raisins contain 5 phytochemicals or

plant antioxidants that have been shown to fight oral bacteria. One particular chemical in raisins, oleonic acid, slowed the growth of bacteria and stopped it from sticking to the surface of teeth which can help to protect mouths from cavities, plaque and periodontal disease.

NEWSLETTER DESIGN BY POINT & CLICK GRAPHICS, OKEMOS, MI

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
1770 East Grand River, East Lansing, MI 48823 ■ 517-316-1277

Office hours:

Mon. – Fri. 1:00 pm – 6:30 pm ■ Saturday by appointment only

**\$5
OFF**

any supplement or
Biofreeze product
in the office.

Not valid in combination with other offers.
Must present coupon at time of purchase.

Call in the Leeches for Your Knees!

Leeches remind us of an earlier time when medical treatments were considerably more painful and bloody. However the leech appears to be making a comeback as modern surgical techniques have used the lowly leech to relieve venous swelling and congestion. The benefits of the leech are thought to be due to chemicals in the saliva of the leech that decreases blood coagulation or clumping of blood cells. There is another application for the leech now... osteoarthritis pain.

A German hospital studied 51 patients average age of 64 years with osteoarthritis of the knee. Half of the group received a single leech treatment of 4-6 medicinal leeches applied to the most painful places. The other half received 28 days of daily application of an anti-inflammatory gel. The patients returned for reassessment at 3, 7, 28, and 91 days after the first treatment.

The leech group experienced significant pain reduction at the 3 and 7 day assessment. The leech group

also experienced increased range of motion and stiffness reduction that persisted for 3 months. Only mild side effects were noted with the leech treatments, mainly itching that lasted up to 4 days. What does this mean? Leeches may also secrete an anti-inflammatory substance in their saliva which is responsible for the pain relief. This substance may be isolated to identify a new type of anti-inflammatory that could be used for osteoarthritis sufferers in the future.

Effectiveness of leech therapy in osteoarthritis of the knee. A. Michalson, S. Klotz, R. Luedtke, et al., Ann Intern Med, 2003, vol 139, pp. 724-730.
