

# Backbone Chiropractic Newsletter

SPRING

2006

## Another reason to eat more fish or take fish supplements

For years, scientists have known that omega-3 fatty acids are good for your heart; in fact, the American Heart Association recommends eating at least two servings of fatty fish per week to help reduce the risk of cardiovascular disease. New research is showing that omega-3s do more than protect the heart; they may also put you in a better mood.

In a paper delivered at a recent meeting of the American Psychosomatic Society, scientists took blood samples of 106 people who had no history of depression or any other diagnosed mood disorder. Overall,

subjects with low blood levels of omega-3s scored worse on tests designed to assess mood, personal-



ity and behavior than those with high levels of omega-3s. People with low levels of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) were more likely to

report symptoms of mild to moderate depression or be in a negative mood, while low levels of alpha-linolenic acid (ALA) were associated with higher levels of impulsive behavior.

High levels of EPA and DHA are found in fatty fish such as salmon, mackerel and sardines, while ALA is found in plant foods such as flaxseed, soybean oil and canola oil. Omega-3s are also sold as dietary supplements. Backbone Chiropractic sells EPA/DHA capsules from a reputable company that screens for toxins in the oils. Ask Dr. Batdorf for more details.

Conklin S, Harris JI, Manuck SB, et al. Plasma fatty acids are associated with normative variation in mood, personality and behavior. Abstract #1411. Presented at the 64th Annual Scientific Meeting of the American Psychosomatic Society, Denver, CO, March 1-4, 2006.

## From Dr. Batdorf:

Currently the laws regarding chiropractic in the state of Michigan are the *most restrictive in the country*. I am urging you to visit this website to restore patient services ([\[alignmichigan.com\]\(http://alignmichigan.com\)\) and to support the Patient Services Restoration Act \(Michigan Senate Bill 483\). This would simply be returning the chiropractic scope to what it was in](http://www.</a></p></div><div data-bbox=)

the 1980s and making our scope more similar to the other great lakes states. It will *not* become an additional mandate for employers of insurance companies.

**Thank you for your 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**

## **Stressed Out? Try a Mantra**

A mantra is a word or phrase that carries spiritual meaning to the person who repeats it. Originating in India centuries ago, the practice is now used by people the world over. A recent study indicates that learning mantras can prove useful in helping people cope with a wide range of conditions, and is particularly helpful in reducing stress and anxiety.

Researchers studied 66 people who participated in a five-week program, during which the subjects chose a mantra and learned how to use it to manage stress. Participants chose their own mantra, then were taught how to repeat it silently during the day or evening to interrupt unwanted thoughts or create a state of relaxation. Approximately three months after the program ended, they were interviewed and asked whether the mantra was helpful; if so, they were asked to provide examples of when they used the mantra to reduce stress.

Fifty-five people (83.3 percent) reported using mantras to help

them cope with difficult situations. A majority of the participants said they practiced mantras to deal with anxiety. Other situations where mantras proved useful were managing stress from work or traffic, insomnia, and unwanted thoughts.

While practicing a mantra is often associated with certain faiths or traditions, the technique itself is non-partisan. In addition, mantra use is inexpensive, portable, and produces no negative side-effects, making it an excellent form of stress relief for people with busy lifestyles. To learn more about mantras and other ways to reduce stress, visit [www.chiroweb.com/find/archives/general/wellness/index.html](http://www.chiroweb.com/find/archives/general/wellness/index.html).

# \$5 OFF

**any supplement or Biofreeze product in the office.**

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

## **Increase your activity level and decrease your TV time**

April 24-30 is national TV-turnoff Week. See more details at [www.tvturnoff.org](http://www.tvturnoff.org) Spread the word! Increase your activity level and decrease your TV time.

