

# Backbone Chiropractic Newsletter

SUMMER

2006

## From Dr. Batdorf:

I am hoping that you are having a wonderful summer as I am.

Stay healthy. Included are some suggestions in this newsletter.

Let us know if you hear of anything about improving health that you think others could benefit from knowing.

## Olive Oil a real Pain Killer

A Pennsylvania scientist recognized a taste in fresh pressed olive oil — a stinging sensation and slight acid burning taste on the tongue—that tasted just like ibuprofen pills (motrin) he had taken numerous times before. This prompted the scientist to do more studies on olive oil and ultimately he found that there is a compound in olive oil that is strikingly similar to the ibuprofen chemical and functions similarly in the human body as well. They named the compound in olive oil oleocanthal. It was already well known that olive oil is a good choice for cooking since it has less inflammatory properties than other oils however now they can attribute olive oils health-goodness to this specific molecule. There are supplements

**CONTINUED ON BACK**

## Antioxidants for Your Migraines

Everyone knows that antioxidants like vitamin C, beta-carotene and lycopene are good for you, and that they can neutralize the effects of free radicals, which may cause cancer. But can they prevent migraines? To answer this question, people who suffered from chronic migraines were given a combination of three antioxidants (pine bark extract, vitamin C and vitamin E), which they consumed each day for three months. At the beginning and end of the study, each person completed a questionnaire that measured the number of days they suffered from migraines, along with the severity of their headaches.

The antioxidant combination appeared to be effective in reducing both the frequency and the severity of migraines. In the three months prior to the study, the study group suffered from migraines an

average of 44.4 days per patient. At the end of the study period, the number of headache days had decreased to 26.0. When migraines did occur, they seemed less severe while patients were taking antioxidants. Before the study, patients rated the severity of their migraines at an average of 7.5 (out of 10); after treatment, average headache severity fell to 5.5.

While pine bark extract is available only as a supplement, vitamins C and E can be found in dozens of foods. Good sources of vitamin C include citrus fruits, green vegetables (mainly asparagus, broccoli and spinach) and tomatoes. Vitamin E, meanwhile, can be found in vegetable oils, sweet potatoes, avocados, nuts and sunflower seeds. Diet awareness in conjunction with regular chiropractic care helps to control migraine headaches.

Chayasirisobhon S. Use of a pine bark extract and antioxidant vitamin combination product as therapy for migraine in patients refractory to pharmacologic medication. *Headache: The Journal of Head and Face Pain* May 2006;46:788-793.

**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**

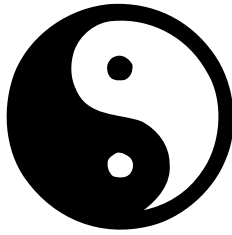
**Office hours: Mon. – Fri. 1:00 pm – 6:30 pm ■ Saturday by appointment only**

## Yoga Offers Benefits for Breast Cancer Patients

Research has shown that yoga increases strength and flexibility, and helps to promote both physical and mental well-being. New evidence of yoga's benefits was recently put on display at the American Society of Clinical Oncology's annual meeting, where a study found that yoga could significantly improve the quality of life of breast cancer patients.

In this study, 61 women with breast cancer undergoing six weeks of radiation therapy were randomized to participate in a twice-weekly yoga program during or around the time of their radiation treatments, or to be put on a waiting list. (The control group also practiced yoga, but upon completion of radiation therapy). The yoga pro-

gram emphasized loosening and breathing exercises, deep relaxation, meditation and postures, and excluded some positions that would be difficult for people with decreased range of motion.



Women who participated in the yoga sessions reported "significantly better" physical functioning scores in activities such as walking long distances, climbing stairs and lifting groceries. They also reported "significantly higher" overall health scores, and had lower levels of fatigue and less difficulty sleeping, than women in the waiting list group. To learn more about the physical and mental benefits associated with yoga and other forms of exercise, visit [www.chiroweb.com/find/tellmeabout/sports.html](http://www.chiroweb.com/find/tellmeabout/sports.html).

Cohen L, Chandwani K, Thornton B, et al. Randomized trial of yoga in women with breast cancer undergoing radiation treatment. Abstract #8505. Presented at the 42nd annual meeting of the American Society of Clinical Oncology, Atlanta, Ga., June 4, 2006.

## Summer Black Bean Salad

One can black beans (rinsed)

One can corn

One red pepper chopped

¼ cup red onion chopped

¼ cup cilantro chopped

Mix together in a bowl

Add to bowl:

¼ cup olive oil

⅓ cup lime juice

Stir again. Add salt and pepper to taste. Enjoy.

### OLIVE OIL CONTINUED FROM FRONT

that take advantage of this chemical by concentrating it in pill form that is not harmful to the stomach like other non-steroidal anti-inflammatories. One product made by Metagenics is called Kaprex and is sold at Backbone Chiropractic.

Ask Dr. Batdorf for more information.

Beauchamp, Gary. Ibuprofen-like activity in extra-virgin olive oil Nature 437, 45-46 (September 2005).