

Backbone Chiropractic Newsletter

WINTER

2005

From Dr. Batdorf:

I chose the articles this season because of the bird flu scare going around. These may be timely tips. Have a wonderful holiday season!
Kristin Batdorf, D.C.

Harriet's Apple Cake

This is a recipe that my mom makes in the fall and wintertime. It is easy to make, smells wonderful, and tastes so good.

Stir together:

- 1 cup oil (canola preferably)
- 1½ cup sugar
- 2 beaten eggs

Add to mix:

- 2 cups flour
- 2 tsp cinnamon
- 2 level tsp soda
- 1 tsp salt

Stir well

Then add 4–6 sliced and peeled apples and 1 cup walnuts. Mix well.

Bake in a 9x12 inch greased pan at 350° for 45 mins to one hour.

Good Bugs

Nov. 7, 2005 – “Eat your bacteria,” is not something you hear every day, but it could prove to be good advice for people who want to stay healthy.

During the past few years, interest in the health benefits of probiotics or so-called “good” bacteria has grown. Found in certain yogurts and in supplement form, probiotics are increasingly used to treat diarrhea and other gastrointestinal ailments.

Now a new study suggests that they may also help prevent respiratory infections like the common cold.

Researchers in Sweden compared workers who took the probiotic bacteria *Lactobacillus reuteri* every day with those who didn't. The workers who took the probiotic had less than half the sick leave of workers who didn't.

The study was paid for by BioGaia AB, the Swedish biotechnology company that markets a line of *L. reuteri* products.

There are more than 400 species

of bacteria in the human digestive tract, and it is commonly believed that at least some of these help prevent illness by keeping sickness-causing bacteria from flourishing.

The “good bug” theory has been bolstered by research showing that the immune systems of animals brought up in completely germ-free environments do not fully develop, and that such a protected environment promotes, rather than prevents, illness.

The newly published study from Sweden included 181 factory workers who consumed a drink containing *L. reuteri* or a drink without the probiotic for 80 days.

Twenty-three of the 87 workers in the placebo group reported taking sick days during the study, compared with only 10 of the 94 workers who took the *L. reuteri*.

The difference was most dramatic among 53 shift workers: none of the 26 shift workers in the *L. reuteri* group reported taking any sick leave, compared with nine out of 27 shift workers in the placebo group.

Source: WebMD.com

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.**

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Give Your Hygiene Habits a Hand

While the origin of the term “the great unwashed” is not entirely clear, it is believed to have been first used to describe the working-class people of France in the period leading up to the French Revolution. The results of a survey sponsored by the American Society of Microbiology suggest that a surprising number of Americans can also be considered among the “great unwashed,” and emphasizes the importance of personal hygiene and its impact on health.

In this telephone survey, researchers questioned a nationally representative sample of 1,013 American adults about their hand-hygiene habits after a variety of activities, including using public restrooms, along with hand-washing habits in the home. Among the survey’s findings:

- 9 percent of the respondents did not wash their hands after using a public restroom.
- 17 percent did not wash their hands after using the bathroom at home.
- 27 percent did not wash after changing a dirty diaper.

- 58 percent did not wash after petting a dog or cat.
- 68 percent did not wash after coughing or sneezing.

The survey’s authors were especially concerned about the low number of people who washed their hands after sneezing or coughing, which could increase the spread of cold and influenza viruses. “We unconsciously touch our mouths, noses, and eyes many, many times each day,” one researcher explained. “These mucous membranes are welcome mats for cold and flu viruses, which are readily transferred from unclean hands.”

As the results of this survey suggest, one of the easiest ways you can help prevent the spread of infection is quite literally at your fingertips. A few seconds of water, soap, and rubbing is a quick but extremely effective way of protecting yourself from a wide range of infectious diseases.

Hand Washing Survey Fact Sheet. Part II: Telephone Survey. Published by the American Society of Microbiology, Washington, D.C., Sep. 21, 2005.

Backbone Chiropractic and Massage Therapy supported these organizations and events in 2005.

EVE, Inc. Silent and Live Auction

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Twilight in the Garden

WKAR East Lansing
corporate sponsor

Cooley Law School 5K

Sparrow W3 5K/0K

Nokomis 5K

MDA Lockup

Cristo Rey Health Clinic

Sistrum Women’s Chorus

Jaycee’s

If you belong to an organization that is looking for public speakers or donations, call us. We are interested in supporting our community.