

Backbone Chiropractic Newsletter

WINTER

2009

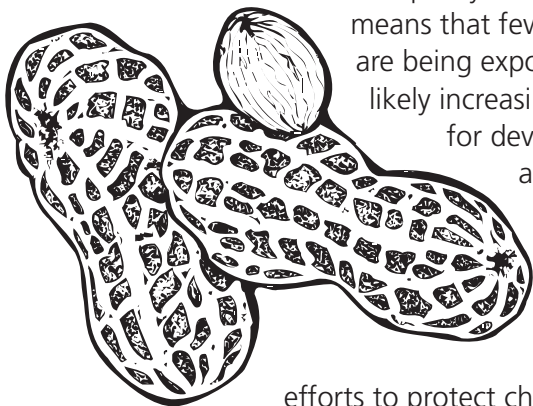
From Dr. Batdorf

In this newsletter I have included two things to not get hysterical about and one new thing to get hysterical about. We hope you have all enjoyed, or at least survived the holidays. In the new year, know that we here at Backbone Chiropractic care about your health, now and in the future.



Nut Ban Hysteria?

Any parent with a school-age child has certainly heard warnings about nut allergies. Some schools totally ban nuts, while others set aside "nut-free" areas. Nut allergies can clearly be a risk to some children, but there seems to be a gross overreaction to the magnitude of the threat. To put it in perspective, of the 30 million hospitalizations each year just 2,000 are due to food allergies and about 150 people die from serious food allergies. About 10,000 children are hospitalized annually due to traumatic brain injuries from sports, 2,000 children drown each year and about 1,300 die from gun accidents. Dr. Nicholas A. Christakis, an internal medicine doctor and professor at Harvard Medical School, believes that limiting widespread exposure to nuts actually can make things worse. A 2008 study of 10,000 British children, as reported in *The Journal of Allergy and Clinical Immunology*, found early exposure to nuts lowers the risk of allergy, rather than increasing

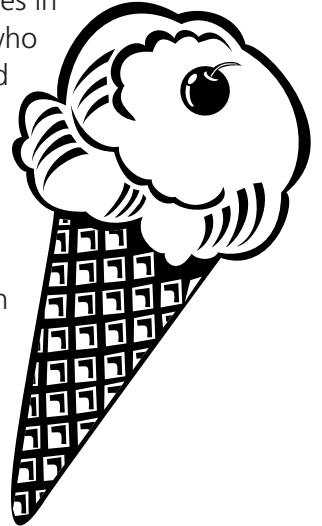


it. The "policy of avoidance" means that fewer children are being exposed to nuts, likely increasing their risk for developing an allergy. Dr. Christakis also argues that the current practice of extensive efforts to protect children from nuts has created a culture of anxiety.

Five (Belated) Medical Myths for the Holidays

1. Sugar makes kids hyperactive.

The researchers cite twelve controlled studies that couldn't detect any differences in behavior between children who had sugar and those who did not. Even when kids had a diagnosis of hyperactivity problems or were said to be more sensitive to sugar, they did not behave differently whether they ate sugar-laden or sugar-free diets. In fact, the biggest effect of sugar may be on parents. Parents rate their children as being more hyperactive if they are told the child has consumed sugar — even when the child hasn't really had any sweets.



2. Suicides increase over the holidays.

Suicides are more common during warm and sunny times of the year, studies show. There is no evidence of a holiday peak in suicides.

3. Poinsettias are toxic.

Among 22,793 poinsettia exposures reported to the American Association of Poison Control Centers, there were no deaths or significant poisonings. A study of poinsettia ingestion found that when rats were given doses equal to a person consuming 500-600 poinsettia leaves, the plant wasn't toxic.

4. You lose most of your body heat through your head.

This belief likely originated with an old military study where subjects wearing arctic survival suits lost most of their body heat through their heads. But that was because the head was the only bare part of their bodies. Typically we don't lose more than 10% of body heat through our heads. The bottom line is that any uncovered part of the body will lose heat, which is why wearing a hat, even when you're bundled up everywhere else is important.

CONTINUED ON BACK

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

A New Cigarette Hazard: "Third-Hand Smoke"

"Third-hand smoke" is a new term being used to describe the invisible, toxic combination of gases and particles that cling to smokers' hair, clothing, cushions, carpeting, etc., lingering long after second-hand smoke has cleared from the air. This residue, described as "third-hand smoke" includes heavy metals, carcinogens and even radioactive materials that younger children can ingest, especially when they are crawling or playing on the floor. Dr. Jonathan P. Winickoff, the author of a new study identifying these chemicals as "third-hand smoke" said, "Everyone knows that second-hand smoke is bad, but they don't know about this." When a smoker walks through a room and you smell the residue in the air, "your nose isn't lying," Dr. Win-



ickoff said, "the stuff is so toxic that your brain is telling you: 'Get away.'" There are carcinogens in third-hand smoke, and they are a cancer risk for anybody of any age who comes into contact with them, whether the smoke is visible in the air or not. 95% of nonsmokers and 84% of smokers agree that inhaling smoke from a parent's cigarette can harm the health of infants and children, but far fewer people surveyed were aware of the risks of third-hand smoke. The central message from Dr. Winickoff is that simply closing a door to have a smoke in another room is not protecting your kids. Further, there are carcinogens in third-hand smoke and they are a cancer risk for anybody of any age who comes into contact with it.

CONTINUED FROM FRONT

5. Night eating makes you fat.

Studies show an association between obesity and eating more meals late in the day; but that doesn't

mean eating at night causes obesity, the doctors point out. Eating more at any time of day will cause weight gain if it results in ingesting more calories than you need.

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