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Time for More Vitamins, Less Drugs

As you age, your immune system weakens, leaving you more vulnerable to infection and disease. This is especially true if you're over the age of 65. Unfortunately, evidence suggests that up to one third of all elderly adults in the U.S. fail to get the amounts and types of food necessary to meet essential nutrient and energy requirements, leaving them open to a wide range of infectious and noninfectious diseases, including heart disease, osteoporosis and various forms of cancer. These findings have prompted some scientists to recommend that all adults, and especially members of the elderly population, take a multivitamin supplement daily to help fight off disease and keep the immune system functioning optimally. A study presented at an October 2003 meeting in Washington, D.C. suggests that daily multivitamin use by older adults is "a relatively inexpensive yet potentially powerful way to improve one's health," and that the health effects from vitamins are particularly important for improving cardiovascular health and immunity. The study also suggests that over a five-year period, taking a multivitamin can lead to considerable savings associated with health care costs - more than \$1.6 billion over the next five years, even after adjusting for the cost of providing vitamins to every elderly person in the U.S. "A Study of the Cost-Effects of Daily Multivitamins for Older Adults," was conducted by The Lewin Group, an internationally known consulting firm, on behalf of Wyeth Consumer Healthcare. The goal of the study was to develop estimates on the impact daily multivitamin use by the elderly could have on the costs of health insurance. To achieve its objective, The Lewin Group reviewed more than 250 published studies on various aspects of diet and nutrition, from case series and reports on single vitamins to randomized, controlled trials that involved tens of thousands of subjects. The group studied the effects of taking vitamins on five specific diseases prevalent in the elderly population: coronary artery disease, diabetes, osteoporosis, prostate cancer and colorectal cancer. It also analyzed

literature discussing the effect multivitamin use might have on improving immune function in older adults, and the potential health care savings that could result from avoiding hospitalizations, nursing home stays and home health services associated with infectious diseases such as pneumonia and septicemia. To estimate the costs and potential savings derived from multivitamin use, The Lewin Group used an analysis of Medicare claims files to treat selected disease conditions, and cost-accounting methods used by the Congressional Budget Office. Estimates included the total costs associated with giving vitamins to the elderly, along with potential savings in health care costs. Any high-quality studies that used cost estimates on multivitamin use and health expenditures were also considered in the cost estimation design.

Results

Providing the entire geriatric population with multivitamins would be no small task: The report estimated that over five years, it would cost \$2.3 billion to provide a daily multivitamin to every elderly person in the United States. The cost would be "incremental," rising from \$149 million in the first year to more than \$900 million in the fifth year, due in part to an increase in the number of elderly Americans. However, analysis of the data found that the cost of providing multivitamins to the elderly would be more than offset by the savings that would result from reduced hospital stays and related services. The savings from costs associated with myocardial infarction-based hospitalizations alone would save more than \$2.4 billion. Another \$924 million would be saved due to a reduction in hospitalizations, nursing home stays and home health care associated with infections, and more than \$580 million would be saved in costs related to insurance premiums. The estimated savings derived from multivitamin use were termed "conservative" based on several potential limitations noted by the authors. For instance, savings from

ambulatory care (health services provided on an outpatient basis, compared to services rendered at home or in a hospital) were not included in the analysis. According to the National Center for Health Statistics, elderly people (65 or older) made more than 231 million ambulatory care visits in 2000, an average of 7.1 per person - nearly twice the national average. Ambulatory care visits also are considered one of the largest components of all medical spending. In 1987, approximately \$90 billion was spent on ambulatory care, most of which was spent on the elderly. In addition, the study assumed that only 50 percent of adults over age 65 would take the vitamins at first (this number would increase to 85 percent after five years), and that only one-third of all elderly people would show any appreciable benefit from daily multivitamin use. If a higher percentage of the elderly population took (and benefited from) multivitamins, and if the savings from reduced ambulatory care were added to the equation, the potential savings would be significantly higher than projected. In spite of this, the report states: "The evidence strongly indicates that daily use of multivitamins by the elderly is nearly risk-free and is potentially associated with significant health improvements. "Based on the available evidence regarding risks and benefits, we concur with other researchers that use of daily multivitamins by the elderly has the potential for conferring substantial benefits to any public health initiative." As recently as the 1960s, the American Medical Association's official stance was that diet did not play any appreciable role in health and disease. While this view has changed in recent years, the chiropractic profession has always emphasized the importance of diet and nutrition in the maintenance of health and well-being. Nevertheless, nutritional counseling remains a somewhat enigmatic component of the chiropractic practice. According to the latest estimates from the National Board of Chiropractic Examiners' *Job Analysis of Chiropractic*, more than 90 percent of chiropractors utilize nutritional counseling, therapy or supplementation in their practices,

making it the third most common form of passive adjunctive care among practicing doctors of chiropractic. Chiropractors also consider knowledge of nutrition and diet "very important" - on the same level with physiotherapy and ergonomics. Yet surprisingly, nutritional counseling appears to be underutilized: According to the *Job Analysis*, only 36.6 percent of chiropractic patients receive nutritional counseling or supplementation. As leaders of the natural healing and wellness movement, doctors of chiropractic are in a position to provide their patients with safe, natural options that will not only allow them to lead healthier, drug-free lives, but will help reduce hundreds of millions of dollars in health care costs down the road. The Lewin Group's analysis reinforces this fact, and encourages health care providers from all disciplines to talk to their patients about the benefits of a balanced diet and proper nutrition - and to recognize that in many instances, the benefits of drugs espoused by the pharmaceutical industry simply do not outweigh the risks, especially when natural alternatives exist.

This is why we offer the nutritional blood analysis at our office. We want to help people know through blood work if they are healthy or not. Blood work is the only way to know if you are healthy. How you feel or the fact that you exercise regularly is not a good indicator of health. From this blood work we can tell you exactly what vitamins, mineral and lifestyle changes to make without guessing what your body needs in order to be healthy. For those that have any type of addiction (i.e. smoking, drinking, drugs, food, gambling, sex and also ADD/ADHD) and are unable to break the habit we use Auriculotherapy which is highly effective in taking the cravings away from someone who is addicted. Call our office today if you truly want to know if you're healthy or want to get healthy and need direction.

Resources: *Dynamic Chiropractic* vol. 22, number 2.



Coming in February

Cox® Decompression Adjustment & Manipulation is a gentle, non-force adjusting procedure which works with the body's natural design to aid it in healing properly. We will be using this revolutionary adjustment starting in February. It utilizes a special table with movable segments to allow the body to move in a natural motion with up and down, side to side, and circular movements. Some of the conditions that are helped include: Failed Back Surgical Syndromes, Disc Herniation / Ruptured Disc / Bulging Disc / Herniated Disc, Sciatica / Leg Pain, Stenosis, Arm Pain, Neck Pain, Failed course of Steroid Injections, Chemical Radiculitis, Spondylolisthesis, Synovial Cyst, Headache, "Hip Pain" due to sciatic nerve irritation, and Transitional segment.



February is Heart Awareness Month. Nuts are Heart Healthy

There's More Good News about Nuts

By Judi Sheppard Missett

If you're crazy for cashews, wild about walnuts or partial to peanuts and pecans, eat up. Nuts are getting good press these days when it comes to your health. Nuts are a terrific source of vitamins, minerals and fiber. They contain magnesium, calcium, zinc and folate, not mention cholesterol-lowering phytochemicals. In fact, eating a couple of handfuls of almonds can actually reduce your LDL cholesterol enough to significantly decrease your risk of heart disease, according to a study reported in the medical journal *Circulation*.

Another study indicates that nuts also may reduce the risk of diabetes when eaten in moderation. According to a report in the *Journal of the American Medical Association*, women whose diets included nuts and peanut butter appeared to have a lower risk of developing type 2 diabetes. The researchers reported that women who ate five or more 1-ounce servings of nuts per week were 27 percent less likely to get diabetes than those who ate nuts less than once a week. Likewise, women who ate a tablespoon of peanut butter five or more times a week had a 21 percent lower risk than women who almost never ate peanut butter.

A perfect snack food, nuts travel well, are a good source of protein and satisfy your hunger for longer periods of time. While high in fat, they contain the "right" kind—unsaturated. Still, nuts do pack a caloric punch. Yet studies show that people who eat nuts tend to reduce the size and /or frequency of other meals and often weigh less than people who don't eat nuts.

As with most things in life, moderation is the key. A 100-calorie serving is equal to the following:

- 12 almonds
- 10 pecan halves, walnut halves or whole hazelnuts
- 6 macadamias
- 20 peanuts
- 1 ounce of pine nuts
- 20 small pistachios

So enjoy your snacks in single-serving portions, or try mixing nuts into other dishes, such as salads, cereals and oatmeal, yogurt, fruit preserves, pastas and rice, casseroles, soups, vegetables and breads, muffins and pancakes.

Source: *Chattanooga Times Free Press*; Jan. 15, 2004

Lauren's Healthy Recipe's

Mexican Fresh Fruit Smoothie (not suitable for Diabetics)

Ingredients: 4 cups silken or soft tofu, drained
1 cup watermelon, diced and seeded
1/2 cup cantaloupe, cubed
1/2 cup pineapple, diced
1 mango, peeled, pitted and sliced
1/2 cup strawberries, halved



Place all of the ingredients in a blender and blend until smooth.

Serves 8

Source: www.foodfit.com

The five most essential words for a healthy, vital relationship are "I apologize" and "You are right."

Learn to pick your battles. Ask yourself, "Will this matter one year from now? How about one month? One week? One day?"

You may be only one person in the world, but you may also be the world to one person.

Question of the Month:

- Q. What percent of chiropractic patients receive nutritional counseling or supplementation?
- A. 80.2%
B. 36.6%
C. 12.8%
D. 60.5%

The first patient to call with the correct answer will win a FREE massage and T-shirt. (once per patient, please). The answer to last months question was: B. 2-3 visits.

Noreen Gawron answered the question right. Good job! Our **Patient of the Month** for February is **Teresa Johnson**. Congratulations! Teresa will receive a \$40 gift certificate to the Hamilton

Place Mall area.

A random number is picked each month so everyone has a chance to win!

Be sure and tune in to 102.3 FM every Wednesday night from 7-8 PM for Optimum Health Hour. Dr. Showalter will be discussing health and chiropractic topics. Call in your questions at 267-1023.

B vitamins: All you need to know

Niacin—Vitamin B3

Vitamin B3, also called niacin, is one of eight water-soluble B vitamins. All B vitamins help the body to convert carbohydrates into glucose (sugar), which is "burned" to produce energy. Niacin plays an important role in ridding the body of toxic and harmful chemicals. It also helps the body make various sex and stress-related hormones in the adrenal glands and other parts of the body. Niacin is effective in improving circulation and reducing cholesterol levels in the blood. Niacin needs can be partially met by eating foods containing protein because the human body is able to convert tryptophan, an amino acid, into niacin.

Dietary deficiency of niacin tends to only occur in areas of the world where people eat corn as a staple and don't use lime in fertilization. Corn is the only grain that is low in niacin. Lime releases tryptophan which, again, can be converted to niacin in the body. Symptoms of mild deficiency include indigestion, fatigue, canker sores, vomiting, and depression. Severe deficiency of both niacin and tryptophan can cause a condition known as pellagra. Pellagra is characterized by cracked, scaly skin, dementia, and diarrhea. It is generally treated with a nutritionally balanced diet and niacin supplements. Niacin deficiency also results in burning in the mouth and a swollen, bright red tongue. In the United States alcoholism is the prime cause of Vitamin B3 deficiency.

The best dietary sources of vitamin B3 are found in beets, brewer's yeast, beef liver, beef kidney, pork, turkey, chicken, veal, fish, salmon, swordfish, tuna, sunflower seeds, and peanuts.

Source: www.parentsplace.com

Next month....B5

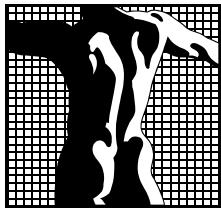


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February is sweetheart month
Share this with your loved one
And your friends...or just treat
Yourself to one of our new services



Optimum Health

This coupon is good for one **Free** consultation worth \$60 for one of the following services:

- **Chiropractic care**
- **Nutritional blood analysis**
- **Auriculotherapy**

This coupon expires 2/20/2004

*Excludes PI or Worker's Comp.