



# Back Column

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## Afraid of the sun? Why? Get your facts here!

Most of us have been bombarded about the dangers of the sun by experts and the media. However, because it is one of the most pervasive and inaccurate myths persisting in most of the patients I see, I can only assume you are under the same misunderstanding. Unfortunately, this myth has contributed to massive amounts of disease and illness in our society. Can sun exposure cause skin cancer? Absolutely. However, appropriate sunlight actually prevents cancer. Exposure to the sun provides many benefits such as promoting the formulation of Vitamin D. We also have strong evidence that sunlight is protective against MS. The key is to never burn.

Although the American Academy of Dermatology will have you bathing in sunscreen, it is one of the LAST things you want to put on your body. It is a toxic chemical that can cause problems in your system. Even if it didn't contribute to disease, the central issue is that it doesn't even work. British dermatologists published an article last year which showed no clear indication that sunscreens worked. Another study in the Journal of

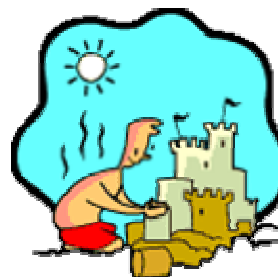
Photochemistry and Photobiology last year found the same thing. A far more logical solution would be to use clothing to protect you against the sun. So what is the cause of skin cancer and the deadly melanoma? It is the omega 6:3 oil ratio.

Quote from Cancer Res. 2000 Aug 1; 60 (15):4139-45," Epidemiological, experimental, and mechanistic data implicate omega-6 fat as stimulators and long-chain omega-3 fats as inhibitors of development and progression of a range of human cancers, including melanoma". In 2002, the prestigious National Academy of Sciences published a comprehensive review showing that the omega 6:3 ratio was the key to preventing skin cancer development. An Australian study done eleven years ago showed a 40% reduction in melanoma for those who were eating fish. And this was without any attention to lowering omega-6 fats.

So, do I recommend you pop some fish oil pills and go out and get as much sun as you would like? Absolutely not. You must exercise caution. At the

beginning of the season go out gradually, perhaps as little as ten minutes a day. Progressively, increase your time in the sun so that in a few weeks, you will be able to have normal sun exposure with little risk of skin cancer. Remember never to get burned. That is the key. Remember also never to use sunscreen, another key. You can creatively use your clothing to block the sun's rays during your build-up time.

The bottom line is, please avoid getting sucked into the hype that sunlight is dangerous. It is only dangerous if you are clueless about fat nutrition, as most medical doctors are. If you choose to ignore your omega 6:3 ratio and stay out of the sun, you could limit your risk of skin cancer, but is that worth the risk of getting MS, rickets, breast or prostate cancer? Your choice.



### SUNSCREEN FACTS

- Sunscreen does not protect against melanoma, the deadliest form of skin cancer
- Researchers say that the titanium dioxide found in sunscreen can be absorbed through the skin. This chemical is a "potential occupational carcinogen" according to the United States government.
- Sunscreens with a sun protection factor of 8 or greater will block the UV rays that help the body produce Vitamin D. Vitamin D deficiency is associated with weakened bones, obesity, PMS, fatigue, depression, and auto-immune disorders

### Remember this...

Avoid the burn, which clearly causes skin cancer, by using clothing and hats and limiting exposure to off peak hours. Work yourself up to exposing your skin slowly. Speak with Dr. Showalter for other recommendations.

Source: [www.mercola.com](http://www.mercola.com) & [www.BK2Health.com](http://www.BK2Health.com)



## Welcome New Patients

*Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!*

**Jill Barsoumian** (referred by Ginger...Thanks!)

**Demcie Lohorn** (referred by Chris Wolfe...Thanks!)

**Amy McLellan** (referred by Frances Ledford....Thanks!)

**Sulicia Morrison** (referred by Brenda Parlier...Thanks!)

**Joan Jones** (referred by Christy Showalter...Thanks)

**Sandi Vangorder** (referred by Frances Ledford)

**Tim Lane** (referred by Donna Petree)

**Jeff Teeter** (referred by Pat Fredrickson)

**Melissa Williams** (referred by Donna Petree)

**Terry Williams** (referred by Jane Williams)

*Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Lauren how you can receive an extra bonus for sharing the good news about chiropractic.*

**Erin Lambert**

**Tim Hobbs**

**Andy Blansett**

**Amanda Roll**

**Mauricio Ramirez**

**Dora Wierbicki**

## The Wonders of Water

Most of us know that we're supposed to drink several glasses of water each day, but we seldom do. That's too bad, because there are many benefits to the body when water is consumed regularly. For instance:

- Drinking 64-128 ounces of water a day can reduce your risk of certain cancers, including those that affect the bladder, colon and breast.
- Drinking water can help dieters to effectively lose weight. A single glass of water oftentimes is enough to quell food cravings.
- Drinking plenty of water can help to eliminate fatigue and keep short-term memory and focus sharp.

In addition to these benefits, water is essential for carrying oxygen to the body's cells, for eliminating wastes, for digestion, and for regulating internal temperature. It's also relatively inexpensive. We need about 8-10 glasses a day to make up for the water we lose through perspiration and elimination.

Meeting the body's needs for water can be aided by consuming certain foods. Vegetables and fruits, for instance, may be as much as three quarters water. However, you can't make up for a lack of water by drinking sodas, tea, coffee, or alcoholic beverages. These liquids are often counterproductive, because they act as diuretics and cause your kidneys to eliminate even more water than normal. In addition, it's best not to drink ice water with a meal, since it can interfere with proper digestion.

### Ways to Make Water More Appealing:

1. Add a splash of fruit juice for color or flavor
2. Freeze strawberries in water
3. Add a slice of lemon or orange
4. Wean off regular juice by diluting the drink until it's half and half
5. Eat fluid rich snacks such as gelatin or freezer pops

Serve fruit and vegetables that are full of water such as lettuce, watermelon, broccoli and grapefruit.

Did you know that water is a simple and free cure for such common ailments such as: lower back pain, chronic fatigue syndrome, diabetes, headaches, asthma, allergies, colitis, depression, high blood pressure, high cholesterol....and more? That's right folks, plain and simple water is one of the best cures and prevention for many of our body's ailments! Begin by drinking 8-10 glasses a day. Most people find that once they start drinking water, they enjoy the taste and wonder why they didn't start sooner.

Source: [www.mercola.com](http://www.mercola.com) & [www.BK2Health.com](http://www.BK2Health.com)

### Concerned About the Quality?

Links between micro-organisms and illness are long-standing and well established. However chlorine and substances linked to the presence of chlorine in drinking water, are only now being evaluated by the medical and scientific community.

Recently, studies have proven links between chlorine by-products found in chlorinated tap water, miscarriages and cancer. There are several ways to avoid drinking water with un-wanted contaminants.

At -the-tap filtration units offer the most cost-effective and convenient method of water treatment in the home. Some health conscious individuals who aren't near their kitchen choose bottled water (which can come from questionable sources). Many of the water filtration systems on the market do an adequate job of removing unwanted contaminants, but reverse osmosis is the best system that we know of for getting the most impurities out of water.

## Lauren's Recipe Corner

### BBQ Chicken Salad

2 skinless, boneless chicken breast halves  
 4 stalks celery, chopped  
 1 large red bell pepper, diced  
 1/2 red onion, diced  
 1 (8.75 oz) can sweet corn, drained  
 1/4 cup barbeque sauce  
 2 Tbs. Hain Safflower mayonnaise

1. Preheat a grill for high heat.
2. Lightly oil grate, and grill chicken 10 minutes on each side, until juices run clear. Remove from heat, cool, and cube.
3. In a large bowl, toss together chicken, celery, red bell pepper, onion and corn.
4. In a small bowl, mix the barbeque sauce and mayonnaise. Pour over the chicken and veggies. Stir, and chill until ready to serve.

Source: [www.Allrecipes.com](http://www.Allrecipes.com)



A truly happy person is one who can enjoy the scenery on a detour.

Sorrow looks back, worry looks around and faith looks up.

Great beauty, great strength and great riches are really and truly of no great use; a right heart exceeds all.

### Question of the Month:

What is the cause of skin cancer and the deadly melanoma?

- A. Sunscreen
- B. UV Rays
- C. Vitamin D
- D. Omega 6:3 ratio

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 month's question was: A. Omega 3, Vit. D & Vit. A. **Kathy Dagnan** answered the question right Good job! Our **Patient of the Month** for June is **Sulicia Morrison**. Congratulations! **Sulicia** 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

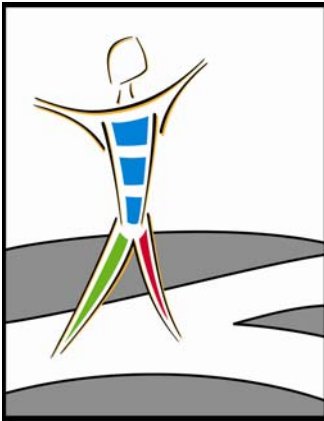
### Vitamin B12– Cobalamin

The last of the B Vitamins, Vitamin B12, 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. Vitamin B12 is an especially important vitamin for maintaining healthy nerve cells and it aids in the production of DNA and RNA, the body's genetic material. Vitamin B12 also works closely together with vitamin B9 (folate) to regulate the formation of red blood cells and to help iron function better in the body. The synthesis of S-adenosylmethionine (SAME), a compound involved in immune function and mood, depends on the participation of folate and vitamin B12.

Deficiencies of vitamin B12 are usually caused by a lack of intrinsic factor, a substance that allows the body to absorb vitamin B12 from the digestive system. Such a deficiency can cause a range of symptoms including fatigue, shortness of breath, diarrhea, nervousness, numbness or tingling sensation in the fingers and toes., People with the blood disorder pernicious anemia do not produce sufficient intrinsic factor and must take high doses of vitamin B12 to maintain their health. Similarly, people who have had stomach surgery (for example, for a severe ulcer) are at risk for vitamin B12 deficiency and pernicious anemia. They require lifetime B12 injections after the surgery.

Good dietary sources of vitamin B12 include fish, dairy products, organ meats (particularly liver and kidney), eggs, beef, and pork.

Source: [www.parentsplace.com](http://www.parentsplace.com)



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*Contact us today to subscribe to our free monthly  
newsletter! Listen every Wednesday 7-8pm on  
talk radio 102.3FM for Optimum Health Hour*

# Thank You

Dr. Showalter and his staff wish to thank all of our patients who made our annual appreciation day a success.

We hate to see you go but if you no longer wish to receive our monthly newsletter "The Back Column" please either call our office at 423-855-5053 or e-mail us at [chirodcs@yahoo.com](mailto:chirodcs@yahoo.com)

