



HEALTH MATTERS

THE GRANNIS CHIROPRACTIC CLINIC PATIENT NEWSLETTER

Who's the leader of the pack?

A Guide to Dog Walking

Spring is approaching and more of us will be out with Fido. Make sure you don't become one of our patients being seen for lower back, neck, shoulder, and arm injuries from over-enthusiastic dogs.

Dogs are pack animals. They expect there to be a leader and followers. You'd better be the lead dog or you will always have an out of control dog. Here are some gems on walking your dog from Cesar Millan, the Dog Whisperer, and his book Cesar's Way.

The Leash

- Keep it short and use a constant slight tension
- Place the collar at the very top of the neck and base of the skull for better control
- Don't put the leash on until your dog is calm and submissive
- Stand at the door before opening it until your dog is calm and submissive
- You be the first out of the door. Leaders lead, not followers

The Walk

- Keep Fido at or behind your side
- After 5 to 10 minutes of your dog "following" you, it can "lead" for a while
- Let your dog lead and explore for about 5 minutes, then take the lead again

Of course, you could also just consider a smaller dog...

...just kidding.

Website Upgrade!

Our website got a makeover. Check it out at grannischiropractic.com!

Yet Another Shameless Plug!

My daughter Kina will be releasing her album this spring, but in the meantime she's playing an all ages show at The Coach House in San Juan Capistrano on February 20 at 7 pm. Visit her site to buy tickets online or buy them from Trish at the office. Maybe we'll see you there!

Vitamins and Supplements

Read on for some useful new research finds on common vitamins and supplements!

600 Mg Of Calcium Is Not Enough

To maintain or improve bone density, a recent study shows no benefit to taking only 600 mg of **calcium** per day. However, 1200 mg per day was shown to increase bone density by 1.5%.

(Reid 2008)

Depression and St. John's Wort

Yet another study has shown **St. John's Wort** to work as well as prescription medications with fewer side effects, and better than placebos. Be careful, though, as it can interact with several kinds of prescription medications. Ask your pharmacist or doctor before starting.

(Linde 2008)

Generics Are As Good As Brand Name Medicines

96% of studies on clinical effectiveness show **generic medications** to be just as effective as brand name pharmaceuticals. You wouldn't guess that from popular opinion though. Editorial comments were 53% negative about generic medications, despite evidence to the contrary.

(Kesselheim JAMA 2008)



HEALTH MATTERS

THE GRANNIS CHIROPRACTIC CLINIC PATIENT NEWSLETTER

Research Tidbits

There's lots and lots of information being uncovered these days by relevant research studies. I like to base my practice on the best evidence-based studies. Below are some of the good tidbits I've found recently.

Treating Neck Pain

Chiropractic, traction, or physical therapy? In three recent studies, chiropractic treatment had better outcomes for mechanical neck pain, even with arm involvement. Traction was actually ineffective. (*Hoving 2002, Hoving 2008, Korthals-de 2003, Vernon 2007, Gross 2004, Hurwitz 2008*)

Want To Live 14 Years Longer?!

Positive lifestyle changes (stopping smoking, keeping proper weight, doing moderate physical activity, keeping to light alcohol intake, and eating a good diet) increases average lifespan by 14 years! There is also a large reduction in cancer and heart disease risks. (*Van Dam BMJ 2008*)

Caffeine And Pregnancy

Bad combination! Several studies now have confirmed that caffeine consumption during pregnancy can cause fetal growth restriction. The lowest safe dose has not yet been determined, so it might be safest to quit caffeine for the duration of pregnancy (*Care Study Group, BMJ 2008*)



As always, please let me know what you think of the newsletters. I want to make them as helpful and informative as possible. The more we know, the better our decisions. If you have any specific areas you would like covered in future issues, please let me know.

Yours in health,

Gordon H. Grannis, D.C.

This newsletter is a production of Gordon H. Grannis Chiropractic Clinic, Inc.
24541 Pacific Park Drive #290
Aliso Viejo CA 92656
To schedule an appointment, call the office at (949)448-8599
Visit the office's website at <http://www.grannischiropractic.com/>

Vitamin D And Kids

The RDA of **Vitamin D** has been doubled to 400 IU per day, and is now recommended within the first few days of a child's life, rather than waiting for two months as was previously recommended. It can not only prevent, but can treat Ricketts as well.

(*Wagner 2008*)

.....

Acetaminophen (Tylenol) And Liver Failure

Not only is **acetaminophen** associated with acute liver failure, cardiovascular events and stomach bleeding, but it proved no more effective for control of low back pain than a placebo. The most effective and safe treatment for low back pain continues to be chiropractic care.

(*Davies 2008, Antman 2007*)

.....

Dementia and Alzheimers

- **Ginkgo Biloba** has failed to show any benefit (*DeKosty et al 2008*)
- High dose **Vitamin B** is also not helpful. (*Aisen JAMA 2008*)
- **Aspirin** also failed to show any improvement. (*Price et al BMJ 2008*)

Exercise, however, is very helpful in increasing cognitive function. Only twenty minutes a day of moderate exercise for six months gave improvement for 18 months. (*Lautenschlager et al JAMA 2008*)