

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of Ward Beecher DC

“The aim of life is self-development. To realize one's nature perfectly - that is what each of us is here for.” ~ *Oscar Wilde*

A World Without Wrinkles Or Skin Cancer?

...Have Scientists Finally Discovered

How To Reverse Damaging Effects Of The Sun?

- ✓ Researchers discover how a key enzyme repairs sun damaged DNA. (“The two subatomic particles healed the damage in a few billionth of a second.”)
- ✓ Will this lead to cures for premature aging and skin cancer from the sun?
- ✓ Is Acetaminophen* a trigger for teen asthma? (Study shows even once a year use may worsen asthma in teens and children.) *The best-known brand name for acetaminophen is Tylenol.
- ✓ Can Chiropractic care help chronic “whiplash” injuries?
- ✓ How to help your children get a good night’s sleep as they start a new school year. (There is one *technical* problem you must fix!)
- ✓ Find out what UCLA researchers have to say about STRESS and why lessening it may be the most important thing you ever do.
- ✓ Are your children on the internet? Find out what Google’s CEO said about them...



PLUS: The Heart Wrenching Story Of A REAL Winner. How overcoming almost insurmountable obstacles is the true sign of a champion – not wins, losses or even playing time.

Houston – Have you ever gotten a sunburn? If you have, you are not alone. Most people, at one time or another, have played in the sun a little too long and turned a sweet shade of pink or even red. Until recently, the long-term damage done by sunburn was not fully known.

Nowadays, most people know the effects of sunburn come out years later in the form of premature aging– like leathery skin, wrinkles and “sun spots.” Even worse, overzealous sunbathing can cause skin cancer. But, what if there was a way to completely erase all the damage done to your skin by the sun? What if you could wipe out wrinkles, sun spots, rough skin and even skin cancer... and do it in a fraction of the time it takes you to blink an eye?

Wouldn’t That Be Amazing And One Of The Best Scientific Discoveries Ever?

Well, scientists haven’t quite discovered the ultimate cure for skin related aging and cancer yet... but with *this* incredible discovery, it looks like they are very close...

Here’s the discovery: Researchers have long known

humans lack an enzyme that most other animals and plants have that reverses damage done by the sun.

Now, for the first time, researchers have actually seen how this enzyme works... on the atomic level... to repair sun damage. According to an article published in *physorg.com*, “*The discovery holds promise for future sunburn remedies and skin cancer prevention. In the early online edition of the journal Nature, Ohio State University physicist and chemist, Dongping Zhong, and his colleagues describe how they were able to observe the enzyme called photolyase inject a single electron and proton into an injured strand of DNA. The two subatomic particles healed the damage in a few billionths of a second.*”

According to the article, Ultraviolet (UV) light damages cells by causing bonds in the DNA to form in the wrong places. Photolyase seems to break up the “wrong” bonds and “reset” them so atoms in the DNA can move back to their original positions.

Photolyase is present in all plants and most animals... even insects and bacteria. Only mammals are missing this enzyme. According to the article, "Now that researchers know the mechanism by which photolyase works, they might use that information to design drugs or lotions that heal sun damage, Zhong said. Normal sunscreen lotions convert UV light to heat or reflect it away from our skin. A sunscreen containing photolyase could potentially heal some of the damage from UV rays that get through." But until modern science actually comes up with the solution – the best thing to do is not get a sunburn.

Does Acetaminophen (Tylenol) Cause Asthma In Teenagers?

According to research reported in *WebMD Health News* August 13, 2010... "Even once-a-month use of acetaminophen -- the best-known brand name is Tylenol -- may trigger asthma in teens. Teens using acetaminophen at least monthly had 2.5 times the asthma risk of non-users. Once-a-year users had a 43% increase in asthma risk. The findings come from a study of some 323,000 13- and 14-year-olds from 50 nations by Richard W. Beasley, MD, Professor of Medicine at the Medical Research Institute of New Zealand in Wellington, and colleagues."

This is the first study to link acetaminophen use to asthma. However, researchers say this study does not prove acetaminophen causes asthma because it may just be that teenagers and pregnant women who are predisposed to getting asthma are more likely to take the drug.

How Your Brain Responds To Social Stress Can Influence Your Health!

Everyone experiences social stress on some level. Yes, even the person who seems so cool, calm and collected gets nervous about things like job interviews, new social settings, giving a speech, etc. Heck, performers have been known to actually get physically ill and vomit before going on stage. The more researchers discover about stress, the more we understand how bad it actually is. For example, it has been reported in an

August 9, 2010 press release that UCLA researchers have discovered how your brain reacts to social stress can influence your body's immune system and affect your health. According to the press release, "individuals who exhibit greater neural sensitivity to social rejection also exhibit greater increases in inflammatory activity to social stress. And although such increases can be adaptive, chronic inflammation can increase the risk of a variety of disorders, including asthma, rheumatoid arthritis, cardiovascular disease, certain types of cancer, and depression."

Two things are very important here: (1) It is not the situation or event that causes the problem... it is your reaction to it. Some people look at certain situations as a challenge – while other see the same situation as a stressful nightmare. And (2), this is just more proof of how closely your mind and body are connected. Self-help guru, Napoleon Hill, said decades ago that we all become our dominant thoughts. It looks like science is proving him correct. Bottom line: if you are not thinking healthy – you cannot be physically healthy.

And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.

Can Chiropractic Care Help Chronic "Whiplash" Injuries?

With over 10 million car accidents each year – chances are, at some point in your life, you will be involved in one. And many car accidents result in whiplash injuries. Whiplash is a term used to describe an injury that occurs when your head is suddenly moved. This can occur when you either stop too fast – or accelerate too fast. Either way, your head "jerks" and can injure the soft tissue (muscles, tendons, ligaments) and/or spinal joints of your neck.

Some people suffer whiplash symptoms such as pain, stiffness, reduced motion and headaches immediately after a car crash. But for many, these symptoms come on days or weeks later. According to research published in the November 1996 issue of *Injury*, "Forty-three percent of patients will suffer long-term symptoms following 'whiplash' injury, for which no conventional treatment has proven to be effective."

The research went on to say, "A retrospective study was undertaken to determine the effects of chiropractic in a group of 28 patients who had been referred with chronic 'whiplash' syndrome... Twenty-six (93 percent) patients improved following chiropractic treatment."

The publication also said more research is needed.

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We are now on Facebook. Just go on Facebook to Beecher Chiropractic Clinic and get links to our newsletter and blog postings.

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

A REAL Winner

How Overcoming Almost Insurmountable Obstacles Is The True Sign Of A Champion – Not Wins, Losses Or Even Playing Time

Are you a winner? I guess it depends on how you define the term... In today's society, winners are defined in many ways. Of course, if we are talking about sports, the team with the most points... or an individual whose hand is raised... is clearly thought of as the 'winner' (at least for that brief, fleeting moment).

But life is not only about brief, fleeting moments. It is also about how that moment was achieved and what happened before and what will happen after that moment. And there are many "winners" who never score the most points... get their hands raised... or even...

Get Much Playing Time, If Any...

For example, Stafon Johnson immediately comes to mind. Stafon was a star running back for the University of Southern California and is now with the Tennessee Titans in the NFL. Last September, Stafon suffered a horrific accident. While lifting weights at USC, the barbell slipped and 275 pounds came crashing down on his throat. His larynx was crushed and he was rushed into emergency surgery. He had a breathing tube until the end of October and doctors said he is very lucky to be alive. If not for his strong neck muscles – the accident probably would have killed him.

It was unknown how Johnson would be able to recover and what he would be able to do. Most completely discounted the prospect of Johnson ever playing in the NFL.

The Doubters Did Not Convince Stafon Johnson

Johnson started working with a strength and conditioning coach and due to his big heart and work ethic, he made tremendous gains. He was able to gain his strength back and was signed by the Titans as an un-drafted free agent. But, that's just the beginning of this story...

In his first pre-season game this year against the Seattle Seahawks, Johnson was off to a wonderful start. His first 3 carries totaled 23 yards. And then it happened... Johnson's leg was trapped underneath him during a play and he went down, and stayed down. He was carried off the field and his leg was placed in an air cast.

Coaches and players prayed for Johnson as they shared in his pain – knowing what he had gone through to get there. Surviving near death and countless, grueling hours of rehabilitation – all gone in the blink of an eye.

At the time of this writing– it is reported that Johnson suffered a dislocated ankle and will miss the entire 2010 season. But this time, few have any doubts if he will be back.

After his first injury, Johnson said, ***"I knew I had to do it to get to where I wanted to get to ... I wasn't 100 percent, but I will compete against anyone and everyone because that's how I am... That's how desperate I am to be great."***

Stafon Johnson won't be putting on a Super Bowl ring this year. He won't be basking in the glory of being a big NFL star. He won't even be playing on the field.

Instead, he will be doing what he does best – and that is whatever it takes to succeed and be great.

Most others would have quit a long time ago. But that's why Stafon was a star and headed for the NFL in the first place – because he is not a quitter. I'm sure he has had more obstacles in life than have been reported.

Stafon Johnson is a winner because of his attitude and what he is willing to sacrifice in order to achieve his goals and dreams. Even if Stafon was injured to the point that he could never play football again – no one would ever have to worry about him because he will be super-successful in whatever else he chooses to do because Stafon Johnson is a REAL winner.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better. Give us a call to see if we can help you.

Did You Know?... The Human body is comprised of various body organs, cells and tissues which are functioning in a synchronized and cooperative manner. Each organ has its own very specialized function. Following are the significant facts about the different organs and their functioning: ● The purpose of eyebrows is to keep sweat from running into the eyes ● Hair is the second fastest growing tissue on the body. Bone marrow is the first. ● Hair is made out of the same substance as fingernails ● Around 20% of the oxygen you breathe goes to your brain ● You cannot properly tickle yourself as your brain knows that you are touching yourself and will not react in the same way as if something foreign were touching you ● An adult human body requires around 90 pounds of oxygen per day ● The heart produces enough pressure that it can squirt blood at a distance of over 35 feet ● The human heart beats an average of 35,000,000 times per year – thus, the average human heart beats around 100,000 times per day ● The volume of tears on the surface of our eyes is 7 micro liters (seven one thousands of a milliliter) when resting ● Most common solid tissue to be transplanted in the world is the cornea.

Tip Of The Month – The “Technical” solution to kids getting a good night's sleep...and... why Google's CEO thinks your children may have to change their name.



Everyone wants the best for their children. And that's exactly why you will find this information so important...So let's jump right in with the “technical” solution to kids getting a good night's sleep. Studies have recently shown kids are using forms of technology – such as cell phones, gaming systems and computers – late into the night. This not only keeps them up late, it can excite the brain so even when they try to sleep, it can be difficult. One of the worst things you can do right before bedtime is to surf the internet or play a video game. Your brain gets all “charged up” and it takes some time for it to relax so you can sleep soundly. “Any factor that deteriorates the quality or quantity of sleep will lead to difficulty with school performance and behavior problems,” said

William Kohler, MD, Medical Director at Florida Sleep Institute. “When children stay up late at night texting in bed or playing computer games, they are increasing their risk for neuro cognitive problems.” According to an article published August 11, 2010 in *Science Daily*, “having a regular bedtime was the most consistent predictor of positive developmental outcomes in four-year olds. In this 8,000-person sample, language, reading and math scores were higher in children whose parents reported enforcing regular bedtimes.” It is important to keep the same bedtime and wake time seven days a week. Staying up late and sleeping in on weekends can make it difficult to re-adapt during the week. Constantly shifting sleep patterns is not a good idea. Maintaining a regular bedtime routine is important; doing the same thing every night like changing clothes, washing up and brushing teeth will signal the brain that it's time for sleep. Exercise, caffeine, and sugary foods should be avoided. The room for sleeping should be quiet, dark and kept cool... below 75 degrees. Technology should not be used for at least an hour before bedtime. According to the *Science Daily* article, “Insufficient sleep and poor sleep habits have been linked to health problems such as obesity, cardiovascular disease, diabetes, depression, moodiness or irritability, reduced memory functioning, and delayed reaction time.” **What Google CEO Says About The Internet And Your Children** – Google's CEO, Eric Schmidt, recently told the Wall Street Journal that young people should be entitled to change their names to escape their misspent youth that is documented on the internet through sites such as Facebook. According to an article in the *telegraph*, Mr. Schmidt said, "I don't believe society understands what happens when everything is available, knowable and recorded by everyone all the time.” The article went on to say that Schmidt believes that one day, young people will be able to change their names to “distance themselves from embarrassing photographs and material stored on their friends' social media sites.” Maybe a good rule for everyone – not just children - is to never say, do, or post anything on the internet you would not want to run as the lead story on the nightly news.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 281-286-1300.