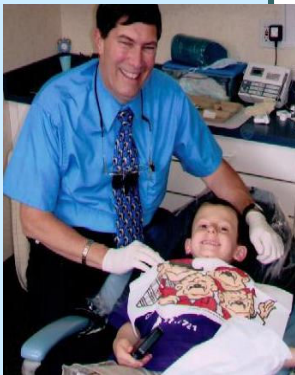




**Experience  
the Gonstead  
Difference!**

### Fun Facts:

- Low back pain is the second leading cause of lost work days, second only to the common cold.
- Whiplash can happen at only 5 MPH, so get your spine checked after every accident.
- Chiropractic care during pregnancy will help to shorten labor and can prevent breech positioning.



Heck & Heck Dentistry

# Vanderbilt Family Chiropractic

40 Landover Pkwy, Suite 2  
Hawthorn Woods  
(847) 719-BACK  
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## Do You Have Spinal Decay?

Most of us know what to do to avoid tooth decay – we brush after meals, floss, and make regular dental appointments to make sure our teeth and gums stay healthy.

But what do you know about spinal decay? Did you know that some signs of spinal decay can be just as silent as those related to tooth decay? By the time you feel or notice something the condition may be fairly well advanced.

The main “job” of the spine is to protect the spinal cord and all the nerves that travel from the brain, through the spinal cord, to communicate with and control every function of your body. When the spine is misaligned in any way, this puts pressure on your nervous system, which can affect your health in many ways. As a result, the spine may actually start to decay. Many think this is just the effect of growing older. But just as tooth decay doesn’t result from aging, neither does spinal decay – it results from neglect and poor spinal hygiene.

Spinal decay usually starts with some type of trauma – a car accident, a fall, even the birth process itself can initiate it!

In the **first phase**, spinal decay results in a loss of proper spinal curves or a reduced ability to turn and bend. If left untreated, your body responds by depositing calcium onto the affected joint surfaces, ligaments and connective tissues, in an effort to “splint” the affected spinal joint. At this point, you may still have no noticeable symptoms; this allows the decay to continue.

In the **second phase**, spinal decay has resulted in bone spurs that begin to fuse your misaligned spine. If left untreated, this results in nerve irritation and disc degeneration (bulging discs).

In its **third phase**, spinal decay has permanently damaged the spine, causing neurological changes that result in chronic health problems – usually just the kind we see in an aging population.

Regular chiropractic checkups, just like regular dental exams, are designed to locate areas of the spine that are not functioning properly before they become major areas of concern. At our office, we check your spine to determine where it may be compromised in some way. Then, through a series of corrective adjustments, we provide the intervention you need to help you avoid the crippling effects of spinal decay. We encourage you to share chiropractic experiences with others so that they may prevent further spinal decay.

Our office exclusively utilizes the *Gonstead* method of chiropractic care. Each person who chooses our office from newborn to senior will be provided with a *thorough* evaluation each visit and *specific* adjustments to keep your spine healthy.



**Vanderbilt Family Chiropractic**  
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**847-719-BACK**  
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## Heat *or* Ice

When should you apply heat or use ice? Confusion abounds about these simple, yet helpful, procedures. Use heat in the wrong circumstances and you can make the problem worse. Here's what to do and when to do it:

Think back to high school chemistry. How do you slow down a reaction? You make it cool. So, if you are trying to reduce the inflammation resulting from a new injury use ice. Ice constricts blood vessels, helping to avoid muscle spasms and reduce swelling. Ice, when used properly, becomes a natural local anesthetic. Apply an ice pack for short periods of time (20 minutes). Allow an equal amount of time between applications to avoid frost bite.

Ice is always advised for anything around the spine or joints as you would not want to bring more swelling or inflammation to an already sore area. On the other hand, heat is only advised in rare instances such as to soothe a stomach ache or muscle cramping.



### Who are you leaving at home?

Dr. Brian evaluates and adjusts, if needed, patients of all ages from newborn to the elderly. Back problems and degeneration in adulthood frequently begin years prior to the symptoms. If you are interested in how chiropractic supports wellness and prevents degeneration in children please ask our office for more information.



Zoe, 1 month old, receives her first adjustment

**The best compliment you can give to our office is to refer your family and friends.**

# How Safe are Artificial Sweeteners?



For the past few decades, the safety of artificial sweeteners has been hotly debated. Being able to eat and drink without worrying about the calories or the cavities was advertised as a great thing. But what else happens when we consume artificial sweeteners? To find out, let's take a look at aspartame, saccharin, and sucralose, three of the major artificial sweeteners.

Aspartame is branded as Nutra-sweet and Equal and an ingredient in most diet pops, gum, candy, and some condiments totaling over 9,000 products found in the grocery store. Aspartame is by far the most dangerous of all artificial sweeteners as it breaks down into methanol (wood alcohol), formic acid, and formaldehyde. It is a known excitotoxin causing neuron and brain cell death. Aspartame carries carcinogenic properties linked to an increase in brain and liver tumors which were known at the time of FDA approval. The use of aspartame is linked to headaches/migraines, dizziness, nausea, weight gain, muscle spasms, depression, fatigue, insomnia, heart palpitations, vision and hearing problems, anxiety attacks, vertigo, memory loss and joint pain, Emotional Disorders, Multiple Sclerosis, Lupus, Chronic Fatigue Syndrome, Brain Tumors, Brain Cancer, Diabetes, Parkinson's Disease, Alzheimer's Disease, Epilepsy, Birth Defects, Mental Retardation and Diabetes. Aspartame remains the number one complained about product to the FDA.

Saccharin also known as Sweet N Low has been around for more than 100 years. Studies indicate that saccharin causes cancer in the urinary bladder, lungs, ovaries, uterus, and other organs in animals and also increases the potency of other cancer-causing chemicals.

Sucralose, branded as Splenda advertises it tastes like sugar because it's made from sugar. However the chemical composition more closely resembles Chlorine pesticides such as DDT than sugar or sucrose. These chemicals have been known to accumulate over decades causing severe toxicity. Research has shown the following side effects from sucralose: chest pains, irritability, confusion, fatigue, shrunken thymus gland (up to 40%), enlarged liver and kidneys, reduced growth rate, decreased red blood cell count, hyperplasia of pelvis, miscarriage, decreased fetal body weights, changes in mood, and diarrhea.

The bottom line is that there are no safe artificial sweeteners. While we should all limit the amount of sugar in our diets to a minimum, you can't do so by replacing it with artificial chemicals without consequences. One safe no calorie alternative to sugar is stevia. This is a natural sweetener derived from the leaves of the stevia plant that is then dried and available at most grocery and vitamin stores in the dietary supplement area, not the sweetener aisle. If you must choose between artificial sweeteners and sugar, choose sugar. Sugar only contains 15 calories per teaspoon or 4 calories per gram. Most products stating diet or sugar free contain artificial sweeteners and are best left on the grocery store shelf. A wise consumer will have to do some label reading to ensure they are getting a product absent of harmful chemicals.

