

Keller Chiropractic Newsletter Fall 2007

It seems that children carry an awful lot of stuff home from school every night. The American Chiropractic Association recommends that a child's backpack, when full, should weigh no more than 15% of their body weight. Any more than that raises the possibility of long term physical damage to a young spine. To protect your child's spine make sure that the backpack fits your child. Don't settle for a cute but flimsy back pack just because it has your child's favorite cartoon character on it. Buy a high quality backpack with hip straps and padded shoulder straps. If your child consistently brings home a too-heavy load discuss with the teacher ways to reduce the load.

CLA-The next big thing in nutrition supplements. CLA stands for Conjugated Linoleic Acid. This is a fatty acid that we used to get by eating meat and eggs from grass fed animals. Most commercially raised livestock today never see a blade of grass and are fed a total grain diet. Food from grain fed animals contains 2/3 less CLA than from grass fed animals. CLA is important because it is converted by the body into hormone like substances that control fat deposition. People with a deficiency of CLA tend to store more fat, especially around the abdomen. Abdominal fat is known to be associated with a higher risk of heart disease. Animal studies, in fact, have linked lower CLA intake with obesity, heart disease, tumors and fatigue. Typical recommended doses of CLA range from 2.5 to 5 grams per day, about the same as for Omega 3 fatty acids which you are probably already taking. CLA does not replace Omega 3 fatty acids, it complements them, and aids in their heart protective effects.

Heat or Ice? The age old question of whether to put heat or ice on an injury comes up daily in the office. The rule of thumb answer in most text books is to use ice for the first 72 hours of an injury and heat after that. That is usually a good answer but I still see cases daily of someone who has overdone the heat and created a chronic pain syndrome from what should have been a temporary injury. If you can poke the injured area and produce pain then there is probably some inflammation. If there is inflammation then ice is better than heat. Heat is a trickster. Heat feels good even when it is doing harm because there are five times as many heat sensing nerves as pain sensing nerves. When you put heat on the injury you mostly feel heat. But heat makes swelling worse and when the area cools off it is more painful than before.

Beginning January 1st we will be withdrawing from all insurance networks and will no longer bill insurance due to falling re-imburement rates and the increased difficulty of dealing with managed care. Many insurance companies now pay us less than it costs us to do the billing. Some of them pay less than they did when I started in practice 20 years ago and many co-pays are approaching or exceeding the cost of an office visit. **We will be restructuring our fee schedule to make it affordable for patients to pay cash and will provide a receipt that patients can send to the insurance company if they want to be reimbursed.** A letter with complete details of our new pricing policy will be sent out before the beginning of the year. We appreciate your patience and understanding as we go through this transition.