



# New Hope Family Chiropractic Health News

Hours:  
Mon, Wed, Thur 8:00 – 6:00  
Tues 2pm – 6, Fri 8:00 – 12:00

May 09  
Vol 1 Issue 1

Dr. Rodger Lincoln

## Back Sprain or Strain

You wake up in the morning and bend over to get your slippers and you feel an **electrical shock** run across your low back and you can't straighten up. The pain is frightening and your first thought is "What happened?"



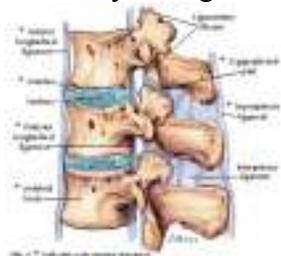
You do what 90% of the population does; you call your medical doctor and hope you can get an appointment ASAP. You get your appointment and

struggle to get ready. You gingerly head out the door and struggle to get into your car. You get to the MDs office and wait and wait to see the doctor. Finally you get moved from the waiting room to the exam room and sit or stand for another half hour.



The doctor enters the room and asks you what is wrong. You explain to him that you bent over to put on your slippers and could not straighten up again. He asks you how heavy they

are. He now asks you to bend over and try to touch your toes. You wonder why in puzzlement why he is asking you to do what caused you the pain you are experiencing. You bend to touch your toes and the pain radiating across your back halts you. He tells you, you must have pulled a muscle. The diagnosis is a sprain or strain. He prescribes the usual 2 weeks of 800mg anti inflammatory medication and the mind numbing muscle relaxants. He tells you to go home and rest for 2 or 3 days.



A **sprain** is a tear of the ligament. Ligaments attach bone to bone. A **strain** is a tear of the muscle. Ninety nine percent of the time **the average**

**Joe or Jane will never sprain a ligament or strain a muscle in the back.** What typically occurs is a **subluxation** of a spinal bone in your spine. A **subluxation** is a misalignment of a spinal bone that results in inflammation around the nerve. A subluxation can be caused by damage to the disc and if it is not corrected it will reoccur and result in degenerative changes. A bulging disc can result in inflammation and swelling of the soft tissue around the nerve that causes the pain in your back. **No pill is going to correct a misalignment in your spine. Only a chiropractor is trained to find and correct a subluxation in your spine.** Studies have proven time and time again that chiropractic care for a back condition is more effective and less costly in getting someone out of pain and back to work.

## Federal Medical Study Endorses Chiropractic For Back Pain – US Agency For Health Care Federal Medical Study Policy and Research

December 8, 1994 – A panel of 23 doctors headed by Dr. Stanley Bigos, M.D., professor of Orthopedic Surgery, studied 3900 medical articles on low back pain. Their conclusions were that "chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine, back corsets and ultrasound." Surgery was beneficial in only 1 out of 100 cases!

## Before you Get Back Surgery

I am Dr. Rodger Lincoln from New Hope Family Chiropractic Riverside R.I. The saddest cases I deal with are patients who are left suffering from failed neck or low back surgeries. A little known fact is that 85% of spinal surgeries will fail after 5 yrs.



The worst of these cases are the patients who have had spinal fusion or a plate put into their spine. If the surgery fails patients can be left with chronic numbness, tingling,



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severe pain into the hands, arms, legs, feet and spine. As a result of the surgical damage, the patient is disabled and put on a steady diet of heavy painkillers and neuropathy drugs. I have had success in helping these people getting their life and health back again. If you or someone you know is thinking of having spinal surgery, have your spine evaluated by a chiropractor before having surgery. Good chiropractic care has been successful where other forms of treatments have fail. Once you have surgery you cannot undo what was done. It is permanent and the results are permanent. If you have questions about chiropractic care and wonder if it can benefit you or someone you know call for a **FREE Consultation** today. I will let you know if I can help you. Experience the difference an optimal functioning spine and nervous system makes at the New Hope Family Chiropractic Clinic

### From The American Table

The first week of April a new study made headline news. “Twenty percent of pre-school American children are obese. The study found that Almost 13 percent of Asian children were obese, along with 16 percent of whites, almost 21 percent of blacks, 22 percent of Hispanics, and 31 percent of American Indians. Children were considered obese if their body-mass index, a height-weight ratio, was in the 95th percentile or higher based on government BMI growth charts. For 4-year-olds, that would be a BMI of about 18. For example, a girl who is 4 1/2 years old, 40 inches tall and 42 pounds would have a BMI of about 18, weighing 4 pounds more than the government's upper limit for that age, height and gender.”

How can this be when we are told that inner city kids are going to school without being fed and that the government that we all trust to do the right thing for the American people, is providing them food? The FDA gives us the food pyramid and we have all been educated by the school system about what we should eat and what health is. **State and local governments** set the example for our children when they provide the daily school lunch. They teach the

children about health and what is healthy to eat in the classroom. It is the job of the **Surgeon General** to ensure that the American people are safe and healthy. The **FDA**'s job is to ensure that the food Americans consume is good and healthy both in short term and long term. With the FDA and Surgeon General in charge, Americas' diet and health is going down the toilet.

If you or your children are over-weight and are struggling to get it under control and need help, I provide nutritional counseling to my patients who desire to change their health for the better. I provide proven long term solutions that are simple and straightforward. Forget the diet fads and weight loss pills. These are band-aids that work for a short period of time and fail after you are tired of starving yourself. If you are looking to change



to a healthy life style and want to get more out of your life then schedule an appointment today to

get your diet evaluated and then learn how to eat well to be well.

### From The Adjusting Table



The following are important points you should know and understand about your spine and nervous system:

- Adjusting the spine removes nerve interference.
- Adjustments keep your body working better.
- Under regular chiropractic care you have less pain, more energy and reduced stress in your spine.
- Your spine is designed to last you a lifetime.
- The best time to get your children checked for subluxations is before they become a full-blown problem.
- You may not always feel subluxations, but sooner or later you will feel the effects.
- Subluxations rob the body of energy.



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- Make time to stay healthy and take time to enjoy it.
- A referral is an act of kindness. Be kind and you will be rewarded with kindness.
- If health came in a bottle, we would have been born with a bottle in our hands.

## Supplements Today

Today the pharmacy is loaded with supplements. The radio and TV is filling empty time with infomercials about this supplement and that supplement. One expert states this product will do this and that product will do that. The whole business becomes convoluted and you just don't know whom to believe. Let me help you out. Lets start with vitamins. What is a vitamin? A vitamin is an organic compound essential in small quantities for normal physiological and metabolic functioning of the body. Vitamins are obtained from your diet. In 1905, William Fletcher was the first scientist to determine that if special factors (vitamins) were removed from food, disease occurred. Doctor Fletcher was researching the causes of Beriberi disease when he discovered that eating unpolished rice prevented Beriberi and eating polished rice (white rice) did not. William Fletcher believed that there were special nutrients contained in the husk of the rice.

In 1906, biochemist Sir Frederick Gowland Hopkins discovered that certain food factors were important to health. In 1912, scientist Cashmir Funk named the special nutritional parts of food as a "vitamine" after "vita" meaning life and "amine" from compounds found in the thiamine he isolated from rice husks. Vitamine was later shortened to vitamin. Together, Hopkins and Funk formulated the vitamin hypothesis of deficiency disease - "A lack of vitamins could make you sick". If you notice one thing from this history of vitamins, you will notice that the vitamins are found in natural whole foods. Today there are many vitamins in fruits and vegetables that are still unknown to man as well as phytonutrients and enzymes. We are still finding out how they interact with each other.

Phytonutrients (pronounced "fight-o-nutrients"), also called phytochemicals, are natural bioactive compounds found in fruits and vegetables that work together with vitamins, minerals and fiber to promote good health. Phytonutrients include carotenoids, coumarins, flavonoids, indoles, lignans, isoflavones (including genistein and daidzen) organosulfurs and phytosterols. Hundreds of other phytonutrients have been discovered and relate to the color of fruits and vegetables — green, yellow-orange, red, blue-purple, and white. We are not consuming the necessary dosage of vitamins and minerals that our bodies need to stay healthy due in part to our lousy dietary habits. Cooked and processed foods are designed so that they can sit on the shelves of a grocery store. In the processing of these foods many of the vitamins, minerals and phytonutrients essential to health have been destroyed and removed. Traditional synthetic vitamin supplements you purchase at your local store **do not** provide phytonutrients and the unknown vitamins, minerals and enzymes found in fruits and vegetables. To make matters worse these man made synthetic vitamins contain higher mega dosages of vitamins that the body cannot handle. You know this when you urinate a couple of hours after taking the vitamin. Sometimes you will notice your stomach getting upset or just not feeling well for a few hours.

We all should eat a variety of raw fruits and vegetables of varied color each day and take a whole food supplement. A whole food supplement is made from fruits and vegetables in a process that retains all the natural minerals, vitamins and phytonutrients know and unknown to science.



**Catalyn** by Standard Process is the gold standard in whole food vitamins. Whenever a new nutrient is discovered, Standard Process chemists

will check their whole food vitamin, Catalyn, to see if it already exists in it. **Every new discovered nutrient has been found in Catalyn.**



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## New Hope Family Chiropractic

Denise and I want to thank all of you who continue to refer friends and family members. Most of our patients come from referrals. We are growing each month but we have much more room for growth and there are **so many people in our community that need chiropractic care**. If you know someone who needs chiropractic care please refer them. A referral is an act of kindness. You can be sure of one thing; we will treat everyone you refer as well as you have been treated.

## Massage Care is Coming Soon

In an effort to increase your quality of life and add to the health services we provide, I have asked Judy Antonelli to join our health team. Judy will be making herself available 2 days a week by appointment at New Hope Family Chiropractic.



### *A Touch of Health Massage*

Take Time Out for yourself to recoup and regenerate. Swedish, Therapeutic and Deep Tissue are just some

types of massages that will be available. This arrangement allows us to offer our patients more holistic health care services in house. Judy has over 20 years of massage experience and offers classes and workshops in massage and stress management. She will be a welcome addition to our practice and Denise and I look forward to having Judy on board. If you wish to schedule time with Judy for a massage, let Denise know and she can schedule an appointment for you.

## New Website

New Hope Family Chiropractic has entered the information super highway age. You can now visit our website at

[WWW.NewHopeFamilyChiropractic.Com](http://WWW.NewHopeFamilyChiropractic.Com). The website will be updated on a regular basis with health related information. This newsletter will be posted to the website each month. If you know

someone that is seeking chiropractic care tell them about our new website so that they can discover the benefits of chiropractic care.

## **On The Lecture Circuit:**

Doctor Lincoln provides free of charge lectures on the latest healthcare topics. Many community groups are looking for healthcare professionals to lecture on topics they have interest in. Last month Dr. Lincoln gave two lectures to local senior groups. He gave a lecture on Osteoporosis Prevention to a group of 50 seniors. Later in the day he gave a lecture on Anti Aging to a group of 75 seniors. If you know a group or belong to a group or organization that is looking for a healthcare professional to speak on a health topic, contact Denise or Dr. Lincoln.

## **Family Plan:**

All of you who have come to New Hope Family Chiropractic came in for one reason: **you were hurting and could not take it anymore**. Most people will wait and wait and hope that the pain will go away. This approach is detrimental to your health. Waiting until the pain gets too bad leads to more damage which now requires more time (and money) to correct the problem. During your report of findings I show you what waiting (spinal neglect) has done to your disc, vertebra and spine. Degenerative disc disease (DDD) and degenerative joint disease (DJD) is ugly, painful and **preventable**. Now that you have experienced how chiropractic care has helped you and how it can prevent many unwanted health conditions, isn't it time to have your spouse and children checked? I provide affordable family care plans that allow you and the whole family to get the preventative care they need to stay healthy.

Call for an Appointment today 401-433-3600  
**We accept most health insurances and medicare and offer affordable cash care plans. Your health is worth it.**