

Tid Bits

"Achieving maximum output"



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Thank you for your patience.

In the past two months, late appointment times have become the rule, not the exception. Believe me, this is the number one topic at our monthly office meetings. We are striving to be the best in attending to your needs both on and off the table. We value not only your time but the fact that you have chosen CSI as your health care facility.

The CSI staff try very hard to coordinate your schedule with the Doctors. Your health is our priority: We hear your concerns and the following are a few examples of why appointments go over scheduled times.

- Patients are late for their scheduled time. This is the number 1 reason.
- Emergency walk ins. Even though we discourage this, accidents happen and we need to take care of those who are hurt. If you are one that does "show up" please have patience, we will get you in as soon as we can.
- I was seeing you for my neck but I really hurt my lower back over the weekend, can you look at that too?
- "Can you look at my child while she/he is here". I love kids and have a hard time saying no.
- You want to tell me all about your week and weekend. This is what makes our office a family, a place to tell your good and bad stories.
- Why is the waiting room so full, does this mean a long wait?
 - There are 3 Doctors, the EB, rehab and massage that share the same waiting room. Don't let the crowd deceive you.

We also have a relatively new staff that is trying to learn the routines, your names and your needs. We do make mistakes, but we are trying to learn from them. We want to see you, your friends and family members, but don't want to rush you through like a cattle mill. We are trying to find balance, efficiency, and professionalism without losing our heart and compassion. Please bear with us as we grow. ☺

New faces at CSI

Dr. Ed Green-

Born in Goleta Ca, Dr. Green attended California Lutheran University after graduation from HS and received a degree in Biology in 2001. During his stay at CLU Dr. Green met Dr. Terry Weyman where he was introduced to Chiropractic. After graduating from CLU Dr. Green attended Palmer College of Chiropractic West up in San Jose. During his education at PCCW Dr. Green became interested in the Scottish Heavy Athletics. He and his wife have been competing in these games for the past 2 years. Dr. Ed Green has just completed his sports chiropractic residency here at CSI and will be staying on as a new Doctor. He has trained under Dr. Terry and is familiar with all of his protocols and laser techniques. Dr. Green wishes to help CSI achieve new heights and is looking forward to living once again in southern California along with his wife Michelle.

Ty Twine S.A.Q-

Ty Twine, is our new Rehab Specialist. Ty comes to CSI from California Lutheran University where he studied Business and Coaching.

Ty has been working with clients/athletes in his own sports specific training business for over 2 years. He specializes in strength, conditioning, speed work, rehabilitation and sports specific training. He is also proficient at designing a specific weight loss program to each individual's needs.

Ty loves to play and coach sports. He currently coaches football, basketball and track and field locally at Moorpark High School. While at CLU he was on the Football, Basketball and Baseball Team. A California native, he currently lives in Newbury Park with his wife Melissa. ☺

Review of the Literature

Over the counter medication

Are the dangers of taking non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen new issues in the news? No, I came across a commentary about NSAIDs published in a 2001 issue of the journal *Clinical Cornerstone*. And here's the statistic I found surprising: Well over 100,000 hospitalizations per year are attributed to upper gastrointestinal adverse events associated with long-term NSAIDs use. But this statistic is positively shocking: About 15 percent of those patients die as a result of their adverse reaction, an estimated 16,500 deaths are directly linked to long-term NSAIDs use every year

The frequency and severity of small intestine lesions caused by NSAIDs use is unclear. In the January 2005 issue of the journal *Clinical Gastroenterology and Hepatology*, researchers at Baylor College of Medicine report on a study that assessed how much damage may be caused by persistent use of these drugs.

The researchers recruited 21 men and women (their average age was about 50) who had different types of arthritis. All of these subjects had used NSAIDs daily for at least three months. A control group of 20 subjects who didn't use NSAIDs was also recruited.

All of the subjects underwent video capsule endoscopy. This is a unique internal imaging system that requires the patient to swallow a capsule that contains a miniature camera. As the capsule passes through the small intestine, the video reveals polyps, lesions, erosions and ulcers that other tests usually miss. Each video was reviewed by two investigators who were not aware of any subject's NSAIDs use.

The results were conclusive. More than 70 percent of the NSAIDs users had some type of bowel injury (ranging from minor erosions to significant ulcers), while only 10 percent in the control group showed injury. Five subjects in the NSAIDs group had major damage. No major damage was reported in the control group.

In their conclusions, the Baylor team wrote, "Small-intestinal mucosal injury is very common among chronic NSAID users."

As your Sports Chiropractor, I can't emphasize enough, to think before you put something in your mouth. You will research the type of fertilizer to put on your lawn to allow your lawn to grow strong and healthy. Do the same for your body. Think organic when it comes to food. The food will be better for you and have less pesticides and heavy metal poisoning. Also, research the vitamins you take. Are they pharmaceutical grade? Are they bulk sold or made with high quality ingredients? You only get one body (unlike a car in which you can trade in). Make sure you take care of it from the inside out and the outside in. For the best vitamins around, go to our online store and have them shipped to your house. <http://www.gotcsi.com/online-store/index.htm>

Great tip for all computer users and students with stiff necks!!

If you suffer from Headaches, neck pain and stiffness and you have been told that you have a reversed curve or an anterior carriage of your head,(ie. Forward head posture, where the head protrudes forward over your body), then this tip is for you. I have begun to suggest it to patients with tremendous success.

It may sound funny but it works. . Since your head is forward you tend to see things by viewing them through the top of your ocular orbits (your eyes). Meaning your nose is pointing downward and your eyes are looking forward. Correct this by wearing glasses and putting no see through tape or a post-it on the upper half of your glasses. This will force you to tilt your head up to see, thus putting your neck in perfect neutrality. This will pull the tension from your neck, upper spine, and vertebral arteries and begin to retrain your neck to have perfect alignment. If you don't wear glasses get clear lenses and use them while working at a computer, extended studying or reading. You will be amazed. Its worth the laughs you may get.

This tip comes from an article I read in the "American Chiropractor" February 2005 by Dr. Dennis Woggon.

Fish oils, a must for everyone Why fish oil?

- Proven nutritional support for a host of conditions from cardiovascular disease and autism to chronic pain/inflammation.
- Aid in brain function
- Increases immune system strength

Why we use Nutri-West at CSI for our fish oil supplements?

- High quality top Manufacturer of Doctor-formulated product
- FDA blue ribbon award for facility
- Molecular distilled pharmaceutical grade fish oil from cold water wild fish
- Independently tested to the strictest standards to screen toxins

Check out the line of Fish Oils for adults and Children on our website online store. <http://www.gotcsi.com/online-store/index.htm>

If you have not tried the EB-305, then take advantage of this.

If you have not tried the Energy Balancer you need to try it, plain and simple. If you're an athlete, then it's a must to increase the cell communication in your system which will enhance your athletic performance. If you're an executive, it will reduce your stress by eliminating toxins from your system and if you're suffering from allergies or a cold it will speed up your healing time by up to 60%.

We're taught as children the importance of hygiene, constantly washing our hands and bathing daily, all to keep our body clean and prevent illness from outside germs. What about the inside and the interior toxins that cleaning can't reach?

People are constantly being exposed to unhealthy levels of pollution including dangerous toxins and heavy metals. Consider our regular contact with:

- Air pollution (increased consumption with aerobic activity)
- Acid rain
- Fertilizers
- Contaminated water
- Rancid food from restaurants and grocery stores
- Over chlorinated and fluoridated water
- Growth hormones present in many foods
- Heavy metals in fish, foods, and vaccines
- Antibiotics from direct and indirect sources
- Byproducts of medications
- Unhealthy food additives
- Re-circulated air in airplanes and hotels
- Cigarettes both first hand and second hand smoke

The body's capacity to cleanse itself internally simply becomes overloaded and toxic residues build up. As a result, the body's cells can't work at peak efficiency, setting off a domino effect for physical ailments and potential health problems that can include:

- Allergies
- Arthritis
- Immune deficiencies
- Migraines
- Fatigue
- Decreased muscle function
- Loss of flexibility
- Cancer
- Heart disease
- Circulatory problems
- Memory impairments

It's ok to do a food detoxification, but don't forget to do a cellular detoxification to increase the cellular communication in your system. Due to the cost increase of the arrays, the price of the EB Detox will be

going up on the first of June to \$50 per treatment or \$450 for the full detox of 10. Take advantage of the last few months of the 2004 prices and call Morgan today to book your sessions. 805-371-0737

Hear what CSI patients are saying about the EB-305!

"The results I have experienced after only a few sessions are just shy of profound. My results so far include shorter recovery times between hard interval workouts, greater power on the bike, better quality sleep and fewer allergy symptoms. I have not reached for my allergy medicine once in the past four weeks. As an athlete I am looking for that extra 3-5 percent which means the difference between standing on the podium and just finishing with the pack."

Julie Kaplan, (10) x National Road Cycling Champion, (5) x National Time Trial Record Holder, Current state TT champion

"I have had 6 EB sessions and cannot believe the differences! I handle stressful situations much better. My overall mood no longer has the dark cloud lingering. I've got more energy during the day as well as the weekends. I've noticed my body isn't as tight and I'm able to exercise longer."

Nancy Dillingham-Marks

"I have been treated by Dr. Terry for neck and back pain much of which was stress related. Recently he suggested the EB-305 to help address allergy symptoms and low energy and fatigue that I have struggled with for many years since I turned forty. The results have been amazing. I have more energy and patience to deal with both my professional and personal life, and an overall sense of well being. An incredible side benefit, which certainly contributes to the above, is that my libido has greatly increased!! I feel like I have the energy and desire of an adolescent and the ability to now enjoy it!!! I highly recommend the EB-305 for everyone."

Anne age 51

Hi Dr Terry...

Hope all is well... I am feeling great! and it's all thanks to you and your EB305.... I must admit, I was kinda skeptical when you explained the process to me, but I was willing to try anything you would suggest... My stress levels are WAY down. I am feeling much better these days...

When the flu bug was recently going around, it skipped me which is a huge phenomena... I scheduled an EB right when I felt a little sluggish and made sure I stayed healthy...

I have also experienced increased energy levels during my trip to the frosty east coast. I scheduled an EB before and after my trip. My energy, health and attitude levels were and still are well above average...

*Thanks Doc...
Denise DuZan*

Infants and Chiropractic Care at CSI

I had a patient ask me the other day, why there was a small child in my office. When I told her that this baby was being adjusted her comment was “how do you know if they have back pain?” Another parent asked “Why would a child need to get adjusted, they don’t have back pain”. I guess this is my fault for not educating all of you on the importance of Chiropractic health care from the womb to the tomb. Think about it, you take care of your car from “birth to death”, why not your body. There are two rules in physics, a small amount of force over a long time equals an action, as well as a large amount of force over a short time.

Beginning with pregnancy, the position of the fetus in-utero may have significant implications on his or her developing spine. If the mother’s pelvis is out of alignment throughout pregnancy and there is intra-uterine constraint, the developing fetus may occupy an abnormally constricted space, which could complicate normal postural development. These structural

abnormalities will have significant effects on the infant’s nerve system.

Modern birthing procedures create numerous opportunities for injury to the baby. Standard birth procedures today include awkward positions for the mother, which lead to more difficult deliveries. This adds to an increased potential of trauma and injury to the birthing baby. Lying on her back, the mother is not free to move into positions that allow her pelvis to open to its fullest capacity, and the delivery process may become slowed or require unnecessary force to birth the baby. The rising use of pain medication during delivery also affects the natural birthing process and the mother’s ability to participate in this process. It is well documented that the use of pain medication leads to further operative intervention in labor, which then increases the risk of injury to the infant’s spine and nerve system.

The infant’s ear tubes are not slanted downwards until sometime around 3 years of age. With the young ear tubes parallel to the ground, there is more of a

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The Ultimate Big Brain Shake for Adults and Kids

For those of you who do not like to take supplements or want another boost in the morning instead of coffee this shake is for you. It will not only stimulate brain function but it will enhance the immune system. This is for one person.

Put in a blender:

1. **6 oz** of Trader Joe’s or Whole Foods **organic, low fat, lemon twist yogurt**.
2. **6 oz** of Trader Joe’s or Whole Foods **organic 2% milk** (use the yogurt container to measure) The Key to the Big Brain Shake is the milk globules found in the 2% milk. These are preformed emulsions into which the added EPA and DHA will immediately incorporate. These fat emulsions are an ideal delivery system to maximize the fish oil absorption with virtually no taste. (Sears, 2005, p. 84)
3. **6 oz** of **frozen mixed berries** (fresh blueberries are loaded with anti-oxidants) (use the yogurt container to measure)
4. **one Tablespoons of fish oil.** *
5. **Drop in 5 anti-oxidant co-factors** *
6. **One teaspoon of acidophilus** (powder form found in whole foods or trader joe’s)
7. **Drop in 2 Deeper Green tablets** *
8. Blend Thoroughly

If you want to make it sweeter add a teaspoon of apple cider vinegar.

During the cold season or at times of a strain to the immune system, add Immunocal. After the shake is blended, add on pack of Immunocal. Turn the blender on very briefly, just enough to get the Immunocal to disappear from the top, 1-3 seconds. Do not over blend in the Immunocal or it denatures.

Immunocal * is an un-denatured whey protein that significantly elevates glutathione levels. Glutathione is our body’s most important antioxidant. Glutathione also attaches (chelates) to toxic metal ions and eliminates (detoxifies) them.

** Fish oils, anti-oxidant co-factors, deeper greens and Immunocal can be ordered from our online store <http://www.gotcsi.com/online-store/index.htm> or contact Michele directly and let her know what you want, she can have the items drop shipped to your residence. We only order the highest quality supplements that can be found. These are the products I use in my house.*

Heading for Turkey in the Summer

Several weeks ago, I received a letter from the US Olympic Committee. I have been selected to be a member of the USA Medical Staff for the 2005 Summer World University Games in Izmir, Turkey! I will embark on this journey the first half of August to work with the US Athletes.

This is a great honor, This is the second tier in the Olympic selection process. First, you are selected to the OTC for sports medicine internship. I completed my two week internship in July of 2003. All interns are evaluated for continuation by the Olympic medical staff. I received the letter stating I would continue in Dec of 2003. Well, today the news came that I will go to Turkey, thus making the second tier. My name will be embossed on a bronze plaque at the entrance of the Medical/Training room at the OTC in Colorado Springs and added to all the other Medical staff of the past World games, Pam Am games and Olympic Games since the OTC began. Kind of nice to leave something that Tyler and Lance can go and visit in years to come.

The word "Universiade" comes from "university" and "Olympiad", and means Olympic games for students.

The Universiade is an international sporting and cultural festival, which is, staged every two years in a different city and which is second in importance only to the Olympic Games.

The Summer Universiade consists of 10 compulsory sports and up to three optional sports chosen by the host country. The ten compulsory sports are;

Athletics	Basketball	Fencing
Football	Gymnastics	Swimming
Diving	Water Polo	Tennis
Volleyball		

I will find out the full time commitment within a few weeks. I do know that I will be in Turkey for at least 10 days form August 10-21. I maybe called early to help prepare the athletes for their events. I am looking forward to the challenge and learning experience but will miss my family as they are unable to join me. Dr. Ed Green and Dr. Mike Bateman will be watching over my patients in my absence. ❧

Quote of
the Month
"Laugh at yourself
First, before
anyone else can

Infants ...continued from Page 4

chance that a muscle spasm can restrict the drainage process allowing for inflammation to set in causing ear infections.

Understanding today's standard birth procedures from a biomechanical standpoint, will give you important knowledge about trauma and the causes of spinal stress in your infants. It will allow you to realize that birth may have caused injury to your baby and validates the necessity of chiropractic spinal check ups right from birth. The techniques used are designed for infants and children. They are different than those used on adults. I firmly believe that Chiropractic care is essential for the well being and health of children. My kids are Chiropractic babies and are extremely healthy. Give your kids the gift of health and have them checked regularly, get proactive instead of reactive. ❧

LiTTle BiTs

If any of you are interested in going to Lake Nacimiento for some fun in the sun, or going to Lake San Antonio for some triathlon fun and you need a place to stay, let us know. We rent our house in Oak shores to those we know. If your interested, log onto our website or contact Michele. Our website is, www.lakenacimientorental.com or itsmchl@aol.com.

Sign up today for your Internet newsletter and research tidbits by going to our website, www.chiropractic-sports.com. I write TIDBITS four times a year but send out several updates to those who have signed up for them. This list will never be sold or used for anything other than updates at CSI or research news that I feel is important for your health.

Thanks again for your continued support and comments. Remember that the biggest compliment you can ever give us is by referring a friend to our office.

Love and Peace to All,
Dr. Terry