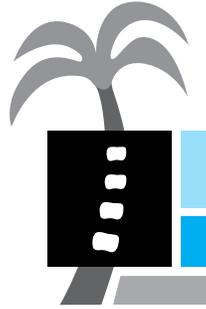


FLORIDA CHIROPRACTOR



Newsletter

May, June & July 2005

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D.C. with O.C.D.

I don't know what came first – me becoming a chiropractor or my moderate case of obsessive compulsive behavior. You see, as a chiropractor I'm forced to be particularly concerned about alignment. I spend all day, every day analyzing the balance and position of my patients' spines. I also spend a lot of time doing everything I can to get those misalignments in the right place and functioning correctly. After a few years of this I started to notice that everything on my desk had to be perfectly aligned. Once in a while, a waiting room chair will get out of place and it will stop me as I'm walking through the lobby. I have to walk over to it and put it right back in its place.

To some degree, I think we all have a bit of obsessive compulsive behavior. Ironically, some of my patients that seem to be the most effected with this condition are the ones who only come to visit when they're in pain. I wonder how concerned they would become if they were able to see how misaligned they are long before the inevitable onset of pain.

You may ask yourself, "Can there really be a perfectly aligned spine?", and that is a good question. You would be amazed in the difference between the end results of a patient that follows a treatment plan and one who does not. After an auto injury we encourage a treatment plan of three times per week for 12-15 weeks. Most patients follow this advice and the majority are released from care with an acceptable level of spinal alignment perfection. Those that do not follow our plan begin to suffer the consequences. We fall behind in our correction and we lose ground in stabilization. These patients often end up needing frequent care for a long, long time.

I only wish I was conveying this message after my retirement. I still have a financial stake in the conformity of my patients' treatment plans. It would be easy for someone reading this to say, "well sure he wants us to follow the treatment

plan, it makes him more money." I encourage the treatment plan in cases of no reimbursement. I encourage the treatment plan for patients that, for certain circumstances, are being treated for no-charge. After a recent accident I even underwent the treatment plan myself (details of my post-accident treatment will be covered in a future newsletter).

It will be closer to the time of my retirement, 20 or so years into the future, when the truth of conformity will really come to light. The paths our patients are choosing today will begin to catch up with them. We will be very busy trying to ease the pain of the irreversible arthritis and degeneration of these patients. But I'll be happy to do it. I have to. I'm a little obsessed with alignment.

Dr. David Sandefur

Inside: On Location with Extreme Makeover



Kelli, Ty, Dr. Dave and Hillary

Orange' you glad you live in Florida???

by Dr. Ruth Sandefur, DC, PhD

What is it about you Floridians? Even my grandchildren seem to have the attitude that everyone should want to live in Florida! I cannot recall the precise context of this conversation, but when I visited in January of this year, my five-year old granddaughter said, "Well, **you** live up north" in response to something I said. She is a sweet little girl and didn't say anything else, however, the look on her face and the tone of her voice told me she had left out the rest of the sentence which was "what is **wrong** with you?"

Perhaps the subject of this article, vitamin C, isn't as important for Floridians as it is for those of us who "live up north", since you live where there is a rich supply of dietary vitamin C in oranges, grapefruit, lemons and other citrus fruits. Even so, it is my belief that everyone benefits from additional vitamin C, even folks who live in Florida.

Vitamin C provides the backbone of all of the supporting tissues of the body. It makes up a critical tissue called collagen that provides substance and strength to every blood vessel in the body. It helps manufacture and repair all connective tissues, including tendons, cartilage and bone. In addition to that important role, it helps rid the body of harmful and toxic metals by attaching to them and eliminating them through the urine. We have been warned about too much mercury in the fish we eat. Vitamin C will help flush it out, as it will flush most toxic metals that get into our bodies. It plays another role as an antioxidant which is important for our general health and well-being.



Some specific conditions that vitamin C will help tremendously are varicose veins, broken capillaries, easy bruising, bleeding gums, nosebleeds and hemorrhoids. For all of these conditions, its role



Dr. Jaime, Eduardo & Dr. Dave

Florida Chiropractor & Extreme Makeover

Florida Chiropractor was fortunate to be selected by ABC and Extreme Makeover: Home Edition to offer complimentary chiropractic care and massage therapy to the cast and crew while they were on location in Seminole, Florida. We spent four days during the week of March 6-13, 2005, behind the scenes adjusting the cast and crew and allowing them a little relaxation time with some massage as well. "We wanted to offer something to the Dolan family, too, so we came out and offered our services. The cast and crew were very gracious and grateful. It was nice to see so many people with a built-in awareness of the importance of chiropractic to their well-being." Ty, Paul, Connie, Eduardo, Preston and the gang were so



in collagen formation is the basis for the help. It has been shown that the initial lesion when a blood clot or blockage in an artery occurs is caused by a “free-radical” attack to the blood vessel wall. Vitamin C prevents build-up of free radicals in the blood by attaching to them and eliminating them. Thus, vitamin C could help prevent the plaques that occur in heart disease and in other blood vessel diseases. Although, it is clear that vitamin C is NOT the whole answer to diseases of heart vessels, it does play a protective role. By providing good support to the blood vessels of the brain, it should also retard tendencies for cerebral hemorrhages, or strokes. Again, not the entire answer – but an important **part** of the answer.

Many scientists also believe that by taking extra vitamin C in amounts too high for absorption the remaining vitamin C will pass through the digestive tract and serve to protect the intestinal walls. By this mechanism, it is believed to help prevent colon cancer. Further, extra vitamin C in quantities sufficient to necessitate the elimination of the excess through the urine is believed to help prevent bladder infections.

Last, but certainly not least, is the connection between vitamin C intake and prevention of and recovery from viral in-

fections. The precise role is not clear, however, it might be related to the fact that vitamin C increases the production of a biochemical called interferon. Interferon is the first line of defense we have against viruses. On more occasions than I can recall – I have realized just as I was getting ready for bed that it felt like I was “catching” a cold – or a sore throat. When that happens I grab a handful --- you heard me – a handful -- of vitamin C supplements and take them **all** before going to bed. Almost always, I wake up the next day feeling absolutely fine. I, of course, have colds and sore throats on occasion, but tremendously less often than others I know. I’m totally convinced that the 500. mg. tablet of vitamin C with bioflavonoids that I take each day in the winter, every other day the rest of the year – and by the handful if I think I’m catching something – is one of the very best gifts I give myself. Look for an exceptional Vitamin C product at your next visit to the office. It’s time to add this amazing supplement to your diet, even if you already live in Florida.

Yours in health,

Dr. Ruth



supportive and fun to hang out with. All of them told us how nice it was that we were there to help. Look for this episode of Extreme Home on Sunday, May 1st, on ABC at 8:00 pm.



Adjusting Eduardo

Recent Events



Congrats to Patricia Beard for correctly guessing the number of Jelly Beans in our Easter Contest. She guessed 318 which was very close to the actual number of 320 without going over. She has already enjoyed her free massage therapy session. Look for our next give-aways for Mother's Day and Father's Day.

X-Rays 50% off

X-rays are a great diagnostic tool for chiropractors, but their expense can sometimes be a hindrance to new and active patients. Florida Chiropractor's already reasonable fee for x-rays will be reduced to half-off with this coupon **during the months of June and July**. We not only hope this will entice some new patients, but we will also be encouraging our active patients, whose last x-rays are over two years old, to update their films. Remember that many insurance plans, such as Medicare, require x-rays to continue reimbursement, but often will not cover the expense. This is a great opportunity to update those films!

Office Hours

Monday - Wednesday - Friday:

St Pete: 9:00am - 7:00pm. Closed for lunch from 1pm to 3pm.

Seminole: 8:00am - 6:00pm. Closed for lunch from noon to 2pm.

Saturday:

St Pete: Closed

Seminole: 9:00am - 1:00pm.

Tuesday and Thursday hours are available by appointment. If you or a friend/family member is involved in an accident, call the office @ **345-4242** (in St Pete) or **391-0715** (in Seminole) for immediate care. Calls are answered after hours by the doctor.

Calendar of Events

Fri, May 6: Both offices will have a drawing for a FREE massage in honor of Mother's Day

Sat, May 28 - Both offices will be closed for the

Mon, May 30: Memorial Day weekend

Fri, June 17: Both offices will have a drawing for a Home Depot gift card to honor Fathers

Sat, July 2 - Both offices will be closed to celebrate

Mon, July 4: Independence Day



- Current resident or -

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