

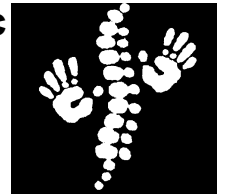
STEWART CHIROPRACTIC NEWS... Taking charge of your health!

DR KEVIN L. STEWART D.C. ♥ ADVANCED BACK & SPORTS INJURY CLINIC

CHIROPRACTIC OFFICE HOURS: Monday, Wednesday, Friday 9 AM – 5 PM

Tuesday & Thursday 9 AM – 1 PM Saturday By Appointment (209) 368-0619

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GADIANTON ROBBERS IN THE MEDICAL WORLD



You would have expected a deafening outcry when the American College of Chest Physicians (ACCP)

released their clinical practice guidelines on the diagnosis and management of "cough" in the January 2006 issue of "Chest". But, oddly enough, there was nothing to hear but an overwhelming silence.

The ACCP determined that over-the-counter cough medicines do little, if anything, to actually relieve coughs. In essence, they are a sham with side-effects. Had such an announcement been made about a particular herb) or chiropractic treatment), consumer activists and political health organizations would have been stumbling over each other in an effort to demand that the public be protected from such products or practices. Instead, we heard nothing. Why is that? Sadly, the answer probably comes down to money. Let's take an example and do some math to better understand.



There are approximately 30 million teenagers in the United States. Approximately 9% of those teens are abusing some kind of over-the-counter drug to get "high". One of the most popular drugs is dextromethorphan or DXM. Its effects are similar to those of

PCP. It is one of the primary ingredients of most cough medicines. Assuming that the average teenage drug abuser gets high as least once per month, that could mean substantial sales to the drug companies.

30,000,000 X 9% X 1 bottle per month = 32.4 bottles sold per year just to teen abusers.

The ACCP has determined that the cough medicines being sold have no value in relieving coughs, the makers of these drugs admit that they do have serious side-effects, and one of their primary ingredients is shown to be a source for drug abuse by an estimated 2.7 million teenagers. The obvious reaction from conscientious health officials, health care providers, consumer advocates and retail establishments would be to immediately release policies demanding that the sale and use of cough medicines be discontinued in the interest of public safety. But, virtually none of these organizations had made a move in that direction.

The irony of it all is that these same organizations are the ones that are the most vocal in trying to convince the public that alternative or holistic care is quackery, or at the very least ineffective. Many studies have shown that there are many holistic treatments for the cough. Our purpose is to find the cause of the cough. Some examples are nerve irritation from Subluxation or muscle spasm. This is where chiropractic care and massage therapy can really help. Other causes may include cold or flu, sinus and post nasal drip, or some



irritant or chemical inhaled or ingested. Many natural products are used quite effectively to help with the symptom of coughs. Caspian or cayenne pepper is used widely in this office and elsewhere for reduction of cough symptoms. Eucalyptus helps to clear up sinus problems and ease breathing. Many treatments are aimed at healing the cause of the cough, while other herbs, like licorice root, valerian root, and skullcap, help reduce the symptom of coughing. Remember, a cough is not a disease. It is a symptom or indication that your body is under stress of some type. Listen to your body and take the time to heal yourself. Don't just cover it up.



DR. KEVIN L. STEWART takes pride in the 12 years he has offered skilled chiropractic care to his clients. His commitment to his patients and their health keeps him



abreast of the latest technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic, and therapeutic equipment are combined to attain optimum patient care.