

Hilltop WellNews

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Special Interest Articles:

- Happy First Anniversary!
(March 7, 2007-
March 7, 2008)
- Save the date!
Wednesday,
March 26 is the
Nutrition Basics
Class
- We're BBB
certified!

Individual Highlights:

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Thanks for Your Patience, Patients

Those of you who have been in our office over the last few weeks have noticed there are some interesting changes taking place. Although progress has been slower than anticipated, we are excited to have been able to begin repainting the interior. From the looks of things, the walls have not been thoroughly cleaned or refreshed in about 16 years...basically, since the addition was added!

Over the next month or so, I would like to thank you for your continued patience with the occasional smell of paint, blue tape on the walls, debris on the floor, and grey hairs on my head as we continue to renovate the office to give our patients the most relaxing and enjoyable atmosphere possible. As we are able, our goal is to give a great new feel to the place with new paint, carpet, table

refurbishing, and much more...

As usual, our ultimate goal is to give patients a warm and positive healing environment, so I'll be doing my absolute best to keep the chaos as contained as possible. Feel free to give your opinion of our work and color choices!

What Happens an Hour After Drinking a Coke?

Commentary: Dr. Scott

Do you want to be healthy? Drinking soda is bad for your health in so many ways; science can't even state all the consequences. Here's what happens in your body when you assault it with a Coke:

Within the first 10 minutes: 10 teaspoons of sugar hit your system. This is 100 percent of your recommended daily intake, and the only reason you don't vomit as a result of the overwhelming sweetness is because phosphoric acid cuts the flavor.

Within 20 minutes: your blood sugar spikes, and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat.

Within 40 minutes: caffeine absorption is complete; your pupils dilate, your blood pressure rises, and your liver dumps more sugar into your bloodstream.

Around 45 minutes: your body increases dopamine production, which stimulates the pleasure centers of your brain – a physically identical response to that of heroin.

After 60 minutes: the phosphoric acid binds to calcium, magnesium and zinc in your lower intestine, which is compounded by high doses of sugar and artificial sweeteners also increasing the urinary excretion of calcium.

After 60 minutes: The caffeine's diuretic properties come into play (it makes you have to pee). It is now assured that you'll evacuate the bonded calcium, magnesium, and zinc that were headed to your bones, as well as any

Please see *After a Coke* on page 2

Recipe of the Month

Provided by Keren Gosselin



These treats contain no sugar! See page 3 for the benefits of carob over chocolate!

CAROB OATIES

3/4 C Honey
 3/4 C Peanut butter
 (smooth or crunchy)
 1 1/2 - 2 C Carob chips
 2 tsp Vanilla extract
 3 C Rolled oats

heat, melt honey, peanut butter, and carob chips. Stir in vanilla. Remove from heat and stir in oats. Caution: Do not overheat.

TIP: Carob chips can be found in health food stores. I buy them at Wild Oats in the bulk food section.

In a large sauce pan over medium low

Drop by rounded-tsp onto wax paper. Let cool. Enjoy!

After a Coke continued from page 1

*"...just **one** extra can of pop per day can add as much as 15 pounds to your weight over the course of a single year and increase your risk of diabetes by 85%!"*



electrolytes and water. **After 60 minutes:** The sugar spike becomes unstable and you'll start to have a sugar crash, which may result in irritability and/or sluggishness. You've also now urinated away all the water that was in the Coke, but not before infusing it with valuable nutrients your body could have used for things like hydrating your system or building strong bones and teeth.

As of 2005, white bread was dethroned as the number one source of calories in the American diet, being replaced by soft drinks, which makes sense when you consider that the average American drinks more than 60 gallons of soft drinks each year.

Here's another sobering fact if you're struggling

with weight issues: just one extra can of pop per day can add as much as 15 pounds to your weight over the course of a single year!

Other statistics on the health dangers of soft drinks include:

- One soda per day increases your risk of diabetes by 85 percent
- Soda drinkers have higher cancer risk. While the federal limit for benzene in drinking water is 5 parts per billion (ppb), researchers have found benzene levels as high as 79 ppb in some soft drinks
- Soda has been shown to cause DNA damage – courtesy of sodium benzoate, a common preservative found in many soft drinks, which has the

ability to switch off vital parts of your DNA. This could eventually lead to diseases such as cirrhosis of the liver and Parkinson's

Now, I'm not much of a sensationalist, but these statistics speak volumes. If you are still drinking soda, stopping the habit is an easy way to improve your health. Pure water is a much better choice. There is absolutely NO REASON your kids should ever drink soda. None, nada, zip, zero. No excuses. The elimination of soft drinks is one of the most crucial factors to deal with many of the health problems you or your children suffer.

Excerpts taken from: [Nutrition Research Center October 24, 2007](#)

What is Carob and Why is it in the Wednesday Treats?

Information compiled by Keren Gosselin

WHAT IS CAROB?

The Carob tree is a leguminous evergreen shrub native to the Mediterranean region. It is cultivated for its edible seed pods. The pod is light- to dark-brown, flattened, tough and fibrous. It is filled with soft, semi-translucent, pale-brown pulp.

Some history: carob pods were the most important source of sugar before sugarcane and sugar beets became widely available. Carob was eaten in Ancient Egypt. It was also a common sweetener and was used

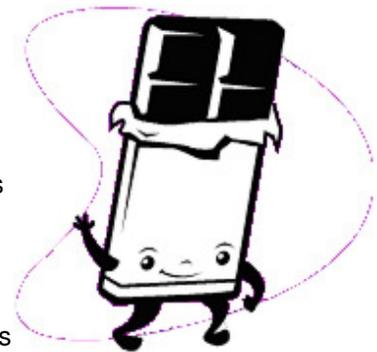
in the hieroglyph for "sweet" (nedjem). Carobs are also known as 'St. John's bread'. According to Christian tradition, St. John the Baptist subsisted on them in the wilderness.

Carob powder and carob chips are sometimes used as an ingredient in cakes and cookies instead of chocolate. Carob pods are about four percent protein and 76% carbohydrates. **Although carob is very sweet, it contains 60% less calories than chocolate.** Since carob is naturally sweet, it needs no added sweetener and contains no caffeine (as

opposed to chocolate, which has caffeine and added sugar). Carob is an incredibly rich food source, and it perhaps the ideal "survival food" since it lasts a long time, requires no special storage conditions, and can be eaten with no preparations. It is rich in calcium, containing 352 mg. per 100 grams. By comparison, milk -- often regarded as an excellent calcium source -- contains only 120 to 130 mg. of calcium per 100 grams. Furthermore, unlike chocolate, carob contains no oxalic acid, which tends to interfere with the body's

ability to assimilate calcium.

We've made the switch from chocolate to carob...will you?



Care to Learn Some Nutrition Basics?

At the end of March, we are pleased to be able to offer our first "Nutrition Basics" class at the office.

Don't miss this opportunity to learn about some of the amazing improvements that can take place by making a few small lifestyle changes.

The class is scheduled to begin at 6:05pm Wednesday, March 26th, and should last about 45 minutes, with 10 minutes at the end for questions and answers. A light

snack will be provided.

Not only will it will be at no cost to those who attend, but there will be some fantastic door prizes and exclusive event-only sales available. Space is limited to the first 30 registrants and will fill up quickly, so reserve your spot today. We will be keeping 10 names on an overflow list and notify those individuals on a first-call basis.

Current patients and their friends or relatives

interested in nutrition are encouraged to attend. Unfortunately, because of limited space, we respectfully request only those 18 and over reserve seats.

Space is limited to the first 30 registrants, so call now to save a spot for you and one for a friend!

Type 2 Diabetes Explosion Predicted

[In the next 15 years,] “researchers found that type 2 diabetes would more than double.”

*“The New England Journal of Medicine has acknowledged the fact that **diet and exercise can cure type 2 diabetes.**”*

A recent study conducted by a university in Australia found that 75 percent of health loss in Australia is caused by cancer, cardiovascular disease, neurological and sense disorders, chronic respiratory disease, and injuries.

While many of these factors are predicted to decrease by 2023, the researchers found that type 2 diabetes would more than double.

The rise is predicted largely based on expected increases in body mass. The researchers believe

campaigns to encourage people to maintain a healthy body weight could help reduce the rising diabetes rates.

Diabetes is not a disease to ignore, as it can rob you of many years of healthy living. Yet, it is one of the easiest diseases to overcome using two, very straightforward strategies:

Diet and exercise.

Even [The New England Journal of Medicine](#) has acknowledged the fact that diet and exercise can cure type 2 diabetes.

Putting it simply, you need to replace grain carbohydrates with vegetable greens. The first step to preventing obesity is through insulin production. By limiting grains and avoiding sugar you can keep insulin levels low and correspondingly also minimize your risk for diabetes. Grains and sugars are often an overlooked addiction. The way to manage any addiction is though complete abstinence.

Source: [The Medical Journal of Australia January 7, 2008: 188 \(1\): 36-40](#)

Unsure of Your Diabetes Status, or Looking for Help?

By Leslee Barbary, diabetes lifestyle coach

“You do not have to suffer from the effects of diabetes.”

Do you, or a family member, have type 2 diabetes? If you are living with diabetes, you are at high risk for hypertension, kidney problems, eye problems, stroke and heart disease. You may have diabetes and not even know it. If you have a family history, your chances are greatly increased.

You do not have to suffer from the effects of diabetes. You can live a full life by just changing a few things. You can learn the skills you need to live well with it. You are not alone if you are living with diabetes.

You are invited to become a part of the Lifestyle Center. At the Near Eastside Healthy Lifestyle Center (NEHLC) you can get, *at no cost to you:*

- Blood sugar screenings
- Medical & nutritional education
- Walking in the neighborhood
- Support group meetings
- Blood-glucose meter training
- Lifestyle coaching

We are located at 1530 Mt Vernon Ave.; our hours of operation are Tuesday & Thursday, 1-5PM. The telephone number is 614

252-6452.

Give us a call, let us help. Wellness Wednesday is on the 3rd Wednesday monthly. Watch this newsletter for tips on living well with diabetes.

Until next time, this is your diabetes lifestyle coach signing off with “I will live well with diabetes!”

-Leslee Barbary

Attention: All Golfers Looking for an Advantage!

Although it doesn't feel like it now, can you believe golf season is almost upon us again? Most die-hards don't let the weather spoil their practice, but novices like me know we need all the help we can get. I'll be the first to admit, I'm only a mediocre golfer, so when I heard that there was a new product out there that could increase my stats by helping me keep better posture, my interest was piqued.

Before I go any further, let me tell you I'm a statistics person, so I was impressed when I read that research has shown the ParFlex Plus:

- Increases club head velocity 3-5 mph*
- Helps wearer hit the golf ball 9-15 yards farther*
- Improves body alignment*
- Reduces fatigue*

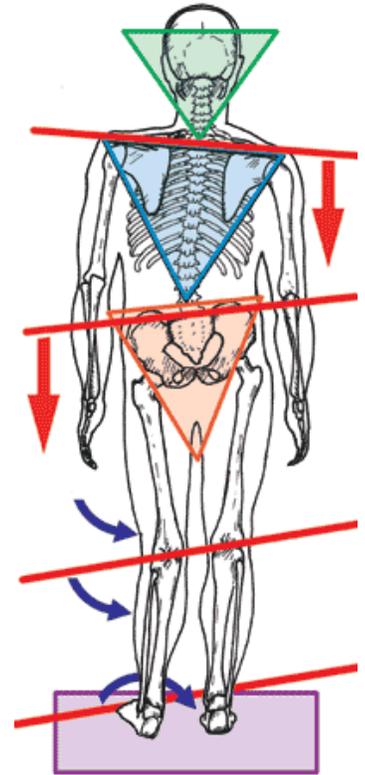
Some of you may have already heard of the ParFlex Plus Pelvic Stabilizer, most of you probably have not.

These benefits are achieved by taking digital scans of a person's feet, and turning that scan into a custom-made orthotic. An orthotic is a general term for a device used to support or treat a muscle or joint; in this case, the orthotic is used to stabilize the three arches of the

foot in a manner that creates better balance and a more stable base for the rest of the body. It makes sense that if the foundation of a building is crooked, everything built on top of that foundation will be crooked, too.

If you, or a friend, are interested to find out whether the ParFlex Plus could help your game, please let us know and we can schedule a free digital foot scan to see if they would benefit you. In some cases, your health insurance may even help to cover the cost of these amazing supports!

*Published in the Journal of Manipulative and Physiological Therapeutics, 1997-2001



Visit <http://www.footlevelers.com> for more information.

Have You Been Diagnosed with Degenerative Arthritis?

"Glucosamine and chondroitin, two food supplements, do appear to help relieve symptoms of osteoarthritis. The authors analyzed 15 previously published studies of the effects of glucosamine and chondroitin on osteoarthritis. The combined results of the studies, adjusted for quality and variability in the supplements, indicated a moderate benefit from glucosamine treatment and a large benefit from chondroitin treatment."

*The Journal of the American Medical Association, March 15, 2000; 283:1469-1475, 1483-1484

The reason why the excerpt to the left is so important is that it was published in the biggest medical journal in the world, JAMA. When JAMA reports that an alternative therapy works, you had better believe that it works, as they only reluctantly publish findings which promote natural therapies. Glucosamine and chondroitin do work. However, it is important that one uses high quality products. There is no question that these cartilage precursors do work for osteoarthritis (although there is no evidence for the benefit of

rheumatoid arthritis, it is very common to find osteoarthritis in an individual with rheumatoid arthritis).

As is true with all supplements, the quality of the glucosamine and chondroitin that are used play an incredible role in the results that can be obtained. The old adage "You get what you pay for" holds exceptionally true; that is why Hilltop Chiropractic will never sell any supplements with artificial colors, flavors, preservatives, or sweeteners.

"...it is important that one uses high quality products."

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HOURS:
Mon: 9-12, 2-6
Tues: 2-6
Wed: 9-12, 2-6
Thurs: Closed
Fri: 9-12, 2-5
Sat: 9-12, 1st & 3rd of the month

We're on the Web!

Visit us at:

www.hilltopwellness.com

What a Deal!

Warning: The following deals expire on Monday April 30, 2008

- **Multi-Use Cold/Hot Packs:**
 - Retail price: \$10.00-15.00
 - **Sale Price: \$5.00-10.00**
- **Water-based Pillow (while supplies last):**
 - Retail price: \$99.99
 - **Sale Price: \$49.99**
- Amazing sales available exclusively at the nutrition seminar (**Wednesday March 26th @ 6-7pm!!**)

Newsletter Notes

- **BBB Certified!!**
After an extensive evaluation process, we are proud to announce that we are now Better Business Bureau certified!
- **Medicare update:**
You may notice an increase in the amount billed to Medicare on your next statement. This is to follow Billing Equality Guidelines and will not affect your cost responsibility.
- **Save Resources:**
We are dedicated to conserving natural resources...please consider leaving your email with us on your next visit to save paper and stamps for these newsletters.

About Our Organization..

Here at Hilltop Wellness & Chiropractic, we believe that your body was given the amazing power to heal itself, if given the right tools. We do not believe that you were created with

a shortage of aspirin, or a deficiency in Malox, so you will never hear recommendations of drugs to cover up the real source of the problem. Rather, as a chiropractor,

I promote addressing the heart of the matter so your body can do what it was designed to do – heal naturally, from the inside, out.

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