

Hilltop WellNews

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Special Interest Articles and Notes:

- Special Topic: KIDS!!
- Refer a friend and get \$10 off a massage!
- Sign up for the Electronic Newsletter to enter the drawing

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The New Room is Coming...

Well, as was mentioned in the previous newsletter, renovations are still under way...but there has been a change in the room layout. We are pleased to announce that the office's center room, formerly where the massage tables were placed, will be transformed into a children's adjusting room!

Those who have been brave enough to open Door #5, or have stolen a glance through the saloon

doors, have had the opportunity to see what a mess we have created as we strip the wallpaper and patch the holes, preparing the plaster for a fresh coat of primer and what will soon be the home to an amazing hand-painted mural, compliments of my wife, Keren, and her sister, Leah.

I know going to any doctor can be intimidating, especially for a youngster. So my goal for this room

is to make any child's office visit a fun and learning-filled experience. I have a true passion for children, in part because most people don't know what chiropractic can do for ear infections, colic, and even children's temperamental digestive systems – they can be positively affected by a specific spinal adjustment. Also, children are great chiropractic candidates because they often respond very quickly.

What is the Healthiest Part of an Apple?

Commentary: Dr. Scott

Traditionally, apple peels have been considered healthy because of their fiber content, as the peel contains about 75 percent of the dietary fiber in an apple.

But a recent study has shown that the peel also contains most of the beneficial phytochemicals responsible for apples' anticarcinogenic effects.

Scientists processed more than 200 pounds of Red Delicious apples, and extracted phytochemicals from about 24 pounds of peel. They screened the

compounds for anti-cancer effects in laboratory cultures of human liver, breast, and colon cancer cells, and identified a group of compounds with potent anti-cancer properties.

Specifically, thirteen triterpenoids from the peels of Red Delicious apples were identified and confirmed to be highly effective against cancer. Exactly how and why these biochemicals seek and destroy cancer cells is still unknown.

Apple consumption has

previously been linked to a reduced risk of lung cancer, heart disease, and stroke.

Other healthy fruits of choice: high-fiber, low-sugar fruits like cranberries, blueberries, and blackberries.

Sources:

-[Journal of Agriculture and Food Chemistry, Vol. 55, No. 11, May 30, 2007: 4366-4370](#)

-[Science Daily May 22, 2007](#)

Dates are high in iron and potassium, have modest amounts of folate, and a small amount of vitamin A, and the B vitamins. Dates are beneficial for anemia, constipation and fatigue.



Recipe of the Month

Provided by Keren Gosselin

Honey Date Bars

¾ C Raw honey
 2 Eggs - beaten
 2 tsp Vanilla
 ¾ C Whole wheat flour – (be generous)
 ½ tsp Baking powder
 ¼ tsp Salt
 1½ C Dates – chopped
 ¼ C Walnuts – chopped (optional)

Grease an 8"x8" pan. Preheat oven to 350*
 Whisk the honey, eggs, and vanilla until smooth.
 In a separate bowl, combine flour, baking powder and salt. Add to the honey mixture.

Stir in the dates and nuts. Pour into prepared pan. Bake for 20 – 30 minutes, or until springs back when touched.

Looking to Make a Summer Resolution?

Upon request, you will receive a ONE WEEK FREE trial membership card to Victory Fitness, which can also be exchanged for \$50 off membership fees.



It has been a long time in the making, but the work has finally paid off!

Let me give you some background information: last year I began exploring options for those interested in losing some extra pounds, firming up unused muscles, and just getting into better overall health. I looked at gym facilities and memberships with a goal of staying close to the area and keeping costs low.

My search led me to Victory Fitness (on the corner of Broad and Wilson), with whom we have now partnered for a trial run. Hilltop Chiropractic has been given permission to allow patients to use Victory Fitness' facility for one full week at NO CHARGE! This includes access to all their equipment, trainers,

exercise and fitness classes, and, of course, the pool. I am a member there myself, and I have been very pleased with the cleanliness, level of service, and availability of equipment.

Also included with your trial membership is an analysis of your fitness needs, and for those who want to utilize them, trainers will be made available to assist you for the entire week (you must schedule appointments for them, though).

So, upon request, you will receive a ONE WEEK FREE trial membership card. If, on the first day, you know you would like to continue to receive the benefits of a gym membership, you can exchange the trial membership card for \$50 off the membership fees.

I'm very excited about this...and, in case anyone is wondering, I am not receiving anything in return for sending people to Victory Fitness, other than the satisfaction of know people are obtaining better health.

Here is some more info for those that are self-conscious or nervous because of never being in a gym:

- Separate guys' and gals' areas
- Trainers are willing to show you each and every piece of equipment and how to use it
- You will increase energy
- IT'S FREE !!

I welcome you to use this and get into shape for the summer – you won't regret it!

Simple Spray Cures Kids' Colds

A nasal spray made from Atlantic Ocean seawater eased children's cold symptoms, and slowed their return, according to European researchers.

The 12-week study involved nearly 400 children between the ages of 6 and 10 who had uncomplicated cold or flu symptoms. Some children received nasal decongestants or other standard treatments, while

others received a saline nasal wash similar to seawater.

Children who were given the nasal spray had less stuffy and runny noses, along with fewer severe sore throats, coughs, nasal obstructions and secretions, than those given standard treatments.

Further, those who used the nasal spray missed fewer school days, were

sick less often and used less fever-reducing drugs, decongestants and antibiotics.

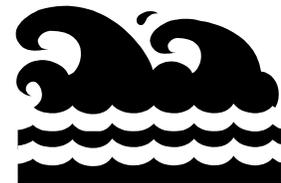
The researchers are not sure why the saline solution was effective, but suggested it could be due to a mechanical clearing of mucus, or could have something to do with the trace elements in the water.

Saline nasal washes are

nothing new, and are quite effective at alleviating sinus infections and other nasal problems. Google search "neti pot" for more info.

Sources:

- [Archives of Otolaryngology January 2008; 134\(1\): 67-74](#)



Drugs are Not the Answer to ADHD!

Research has shown that treating children who have Attention Deficit Hyperactivity Disorder (ADHD) with drugs is not effective in the long-term. After three years of treatment, drugs such as Ritalin and Concerta work no better than therapy.

Long-term use of the drugs can also stunt children's growth, and the benefits of the drugs have been exaggerated.

An influential 1999 study seemed to find that medication worked better than behavioral therapy for ADHD after one year of use. This finding caused a vast increase in prescriptions.

But now, after longer-term analysis, the

report's co-author, Professor William Pelham of the University of Buffalo, has stated, "I think that we exaggerated the beneficial impact of medication in the first study. We had thought that children medicated longer would have better outcomes. That didn't happen to be the case. There's no indication that medication is better than nothing in the long run."

Pelham said that medication had "no beneficial effects" and that in fact, the drugs had a negative impact in terms of growth rate.

Actually, fish oil improves the symptoms of (ADHD) without any of the side effects of drugs like Ritalin and Concerta - and more effectively, as found in a

study by the University of Adelaide in Australia. When 130 3-7 year olds with ADHD were given fish oil capsules daily, behavior dramatically improved within three months. Further:

- After seven months, the children were not as restless and showed improvements at school
- Improvements in concentration and attention improved by one-third
- After 15 weeks, 30-40 percent of the children taking fish oil had improvements
- After 30 weeks, 40-50 percent improved
- Children taking placebo capsules were later switched to fish oil and subsequently also experienced improved behavior

Improvements were still being seen after the study ended, suggesting the fish oils may have long-term effects. When the researchers compared their results to studies of Ritalin and Concerta for ADHD, they found that fish oils were more effective.

ADHD drugs are known to carry serious side effects, including insomnia, changes in personality, cardiotoxicity, heart attack, stroke and even sudden death. In the UK, nine children died after taking the drugs in 2006.

Interested in finding a pure source of fish oil? On your next visit ask what we recommend.

Sources:

-[BBC News, 11.12.07](#)
-[ABC News Online, 6.21.06](#)

The Natural Life

"It was something I had known I needed to do for several years, but until now, had not been ready to commit to such a lifestyle change."

"I was shocked to find [sugar] was in absolutely everything – bread, cereal, jelly, oyster crackers – you name it..."

"...if our daily food consumption does not contain sugar, the few times we do have it, our bodies will be able to deal with it."

As some of you may have noticed, the Wednesday treats have been lacking lately – in sugar, that is. Since this past Christmas, our family has been sugar-free. I have stopped baking, cooking, and serving foods that contain any amount of corn syrup, sugar cane, sugar beat, raw sugar, brown sugar – you get the idea. My reasons for taking such drastic measures are for my family's health and well-being. It was something I had known I needed to do for several years, but until now, had not been ready to commit to such a lifestyle change.

Along with most people, I was addicted to sugar. When 3 p.m. hit, I was scrounging around the kitchen to find something containing sugar to "get my fix". I had to have it and my sweet-tooth wouldn't be satisfied until I got it. I didn't want that for me or my family. Not to mention the negative health effects ranging from obesity to immune

system suppression. I wanted Jack to be used to eating foods in their natural state and for our diets to be completely free of "sugar-saturation." Prior to our recent anti-sugar diet, we had eaten relatively healthy. I regularly prepared meals containing fresh, non-processed ingredients, and when I did purchase pre-made foods (i.e. cereals, crackers, cookies, etc.) they would be all-organic with no hydrogenated oils, corn syrup, food dyes, and such. I thought I was doing a good job providing Scott and Jack with a healthy variety of food with minimal processing, which I was, but until I recently re-learned the destructive properties of sugar, we were not as healthy as I knew we could be.

Once I set out to eliminate all sugars, I was shocked to find it was in absolutely everything – bread, cereal, jelly, oyster crackers – you name it and it probably contains

some sort of sugar. However, I have come to realize that the items I could not find without sugar should not have been eaten anyway. I have found quick and tasty ways to substitute for sugary products like: buying plain yogurt and stirring in honey or jam, adding bananas and honey to oatmeal instead of brown sugar, and making my own granola, honey-sweetened desserts, and breads. It's been challenging, but also fun, to revamp my pantry and recipe collection.

I know it is unrealistic to expect to never eat sugar again, but I feel that if our daily food consumption does not contain sugar, the few times we do have it, our bodies will be able to deal with it. By doing the best I can in my own home I know we will be healthier in the long run for the changes we've made and I hope I've inspired you to take a step in a healthier direction.

Naturally Yours,
Keren Gosselin

(Note from Dr. Scott: Some of you may wonder "Isn't honey a form of sugar?" The answer is yes and no. Honey, in its natural form (see the January-February newsletter article *Healthful Honey Comes Straight from the Hive*), is full of naturally occurring nutrients and has a low glycemic index, meaning it does not cause 'sugar-spikes' and 'sugar-lows' like processed cane sugar. Processed honey, which is unfortunately much more common and much less expensive, does not contain these nutrients and is more or less created by force-feeding bees corn syrup, resulting in a product that can cause the same highs and lows that cane sugar can cause. As beneficial as unprocessed honey is, it should still be used in moderation as a sweetener.)

The Vaccine Controversy – Are they Safe?

Since Jack was born, I believe he has been to the medical doctor three (3) times – for his 3, 6, and 9 month check-ups. He has not been back since.

And at each of those appointments, without a doubt, the most common question I have been asked, “Is he up to date on his vaccinations?” To that question, I smile and respond, “No, thankfully.”

Now, I realize this is a controversial topic – most people are either all for it or vehemently against it. My goal is not to persuade anyone to believe what I believe about vaccines, but just to inform people about the potential risk they expose their children to when allowing vaccinations.

Some of you may be thinking, “I don’t understand the issue...I

didn’t know there was an option to avoid being vaccinated.” And that is why I am writing this. At this point in time there are vaccine exemption forms for every state (go to <http://www.vaclib.org/exemption.htm> for more info). Keren and I looked into the issue thoroughly before making our decision, and here are a few of the reasons:

- Mercury is used as a preservative in flu vaccines; when a pregnant woman receives the vaccine, the fetus receives several hundred times more mercury than federal agencies say is safe for **adults!**
- Children have not yet formed the Blood-Brain Barrier, which protects the brain from chemicals in the blood.

- The human body was not designed to have toxins and foreign matter injected directly into the bloodstream – all invaders are first weakened by the skin and immune system before being allowed exposure to the sensitive tissues the blood stream travels to – vaccines bypass these natural routes and gain immediate access to our most vital systems

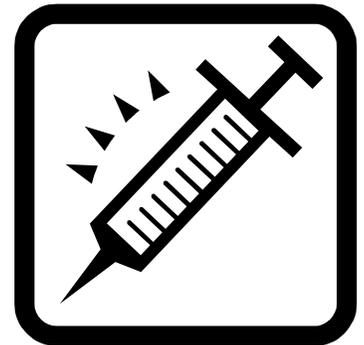
These issues are compounded when it is revealed that most pro-vaccine studies are supported by money from pharmaceutical companies!

If you are still unsure whether or not vaccinations are right for you and your family, I urge you to visit some of the

following website sources:

- [The Mercury Calculator](#)
- Dr. Mercola’s articles: [Why Vaccines Aren’t Safe](#)
- [The Risks of Mercury Poisoning](#)
- [Alternatives to the Flu Vaccine](#)

For those who would like to further investigate the topic, please ask me about the list of reference books I have compiled. There is an enormous amount of information out there, and it is in your best interest to acquire as much as you can.



More Simple and Natural Ways to Get Rid of Colds and Ear Infections

Now that the FDA has recently moved to ban many children’s cold medications due to their ineffectiveness coupled with dangerous side effects, many parents are looking for natural remedies for their children’s colds.

One of the best tools I know of for treating colds and flus is simply putting a few drops of hydrogen peroxide in your child’s

ears. It’s safe, very effective and inexpensive - simply use the common 3% hydrogen peroxide that you can find in any drug store. We use an eyedropper with Jack and it clears up earaches extremely quickly.

Remember also that colds are triggered by viruses, and using antibiotics to treat a viral infection is useless -- it will not work. So you should definitely

avoid giving your child antibiotics for a common cold.

Also, although a virus may be a contributing factor in catching a cold, it’s a weakened immune system hurt by stress, a poor diet and not enough sleep that is the underlying reason your child has the infection.

So make sure your child is eating well - and not

consuming a lot of sugary foods and drinks, like soda - getting plenty of sleep each night and not under a lot of stress. This will help him or her to stay healthy and avoid catching a cold in the future.

“...avoid giving your child antibiotics for a common cold.”

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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!

Congratulations to Ms. Bachus!

She signed up to receive this newsletter via email and won herself a shiny new gift card!

Jealous? You don't have to be, just sign your name and email address on the clipboard at the front desk and you'll be entered for the next drawing. You can only enter once, but more contests are on the way!

Thank you for the referrals!!

Sending your loved ones to see me is the greatest compliment I could ask for!

...M. Cole...G. Dalton...C. Carver...R. Lash...K. Gosselin...C. Lanning...

Newsletter Notes

- **ATTENTION:** Bring or refer a friend during the month of May to show what we can do for them and you will receive \$10 off a 30-minute massage!
- **Spring/Summer:** The parking lot is tentatively scheduled to be repaved in late spring. A top-to-bottom cleaning and a fresh coat of paint will give the building a crisp look.
- **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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