



# Hilltop WellNews

September/October 2008

**Hilltop Wellness & Chiropractic 2527 West Broad Street, Columbus, OH 43204**  
**www.hilltopwellness.com hilltopchiro@gmail.com (614) 279-2525**

## Special Interest Articles and Notes:

- Playing sports? Better get your PPE!
- 55+ get massages for an **EXTREMELY** reduced rate
- Sign up for the E-Newsletter & enter the drawing

## Individual Highlights:

Nutrition Classes	1
High School PPEs	1
Keren's Recipe	2
Knee Surgery	2-3
Ear Infections & Chiropractic	3
Placebos	3
Organic Foods	4
Purification & Detox	5
Deals, Newsletter Notes, and More	6



## Nutrition Classes are Coming!

Nowadays it's difficult to go 24 hours without hearing about a "new" fad diet or program. The problem is that every diet seems to have conflicting information to push its own agenda or sell some sort of product. While there are some great diets out there, we believe in unbiased research and information, and we LOVE helping our patients make better decisions based on the information we have

gathered over the years. We received some outstanding feedback on a nutrition-based class that we held back in April of this year. Construction and travels have prohibited us from continuing this popular event, but I am pleased to inform you that we have more on the way! My wife, Keren, and I have scheduled four classes, which will run throughout September and October. The classes are as follows:

### September

**16<sup>th</sup>:** Carbs

**30<sup>th</sup>:** Fats & Oils

### October

**14<sup>th</sup>:** Proteins

**28<sup>th</sup>:** Weight Loss,

Purification, & Detox

You may be wondering what the fourth session is all about, and Keren's article talks about that in this newsletter.

Classes are limited to only 20 people, so call and reserve your spot today!

## Did You Know?

### **We Offer High School Athletic Physicals Every Season**

The Ohio High School Athletic Association requires annual PPEs (Pre-participation Physical Examination) or athletic physicals for every high school student athlete prior to the first day of activity. Mid-summer is typically the busiest season for healthcare professionals conducting these exams, which generally occurs six

weeks before the first practice. With that in mind, now is the perfect time to schedule your son or daughter's physical for the fall season. So, next time you schedule a visit to our office, be sure to make an appointment for the young athlete in your family, as well.

The PPE form is typically available through the school's athletic department or the coach or coordinator of the team. You can also visit [www.ohsaa.org](http://www.ohsaa.org) and find the

form (along with an FAQ section under the Sports Medicine section). And although mid-summer is typically PPE season, our office provides this service year round, for every season of high school athletic eligibility.



*Avoid the bleached white flour and added sugar of other snacks and enjoy this naturally sweet summer treat!*



## Recipe of the Month

Provided by Keren Gosselin

### **Honey Lemon Cake**

2 ½ C Whole wheat flour  
2 tsp Baking powder  
½ tsp Salt  
1 C Butter (softened) or  
Coconut oil  
1 ½ C Honey  
4 Eggs  
2 tsp Vanilla  
1 C Sour cream  
3 T Lemon zest  
Assorted berries  
Lemon Raspberry Glaze  
(recipe follows)

Preheat oven to 350 degrees. Butter and flour Bundt pan. Set aside.

In medium bowl, whisk together flour, baking powder, and salt. Set aside.

In large bowl, combine cream butter or oil and honey. Beat in eggs one at a time. Add the vanilla. Alternate mixing in flour mixture and sour cream - starting and ending with flour. Stir in lemon zest.

Bake at 350 degrees for 60-70 minutes. Cool on a wire rack for 20 minutes. Invert cake on serving platter. Sprinkle berries around base of cake. Pour glaze over top of cake, reserving some to pour over cut pieces.

### **Lemon Raspberry Glaze**

Juice of 2 Lemons  
2 C Raw honey  
1 10 oz Jar raspberry jam

Stir ingredients together until thoroughly combined. Pour over cooled cake and cut pieces.

## Study: Surgery Does Little for Arthritic Knees

*Surgery does not stop the progression of arthritis, and symptoms are likely to return... increasing omega-3 fats, exercising, and eating better are great alternatives!*



Trimming damaged tissue through arthroscopic knee surgery does not relieve pain and swelling in arthritic knees any better than simply flushing loose debris from the joint, according to new research.

The findings are based on three randomized studies, one of which found the treatments produced similar results in pain and physical function after two years. The other two studies produced low-quality evidence, according to researchers.

Furthermore, surgery does not stop the progression of osteoarthritis, and symptoms are likely to return over time. Often, what prompts people to receive arthroscopic surgery is osteoarthritis, a

degenerative joint disease in which the cartilage that covers the ends of the bones in your joint deteriorates, causing bone to rub against bone, and leading to pain and loss of movement.

This is the most common form of arthritis in the United States, and usually occurs in the older age group. It is more frequent in women than in men. The disease results from structural changes in the articular cartilage in the joints, usually those that are weight-bearing such as your spine and knees.

Potential contributing factors to this condition include: obesity (research by the American Journal of Preventive Medicine showed people just slightly overweight had a 300% increase in knee cartilage tears, and those grossly

overweight had a 1500-2500% increase), nutritional deficiencies, continuous physical stress, glandular insufficiency, and a shortage of hydrochloric acid.

Now, keep in mind, this is only a review of arthroscopic surgery for osteoarthritis, not other common knee surgeries.

So, you may be thinking, "How does this information affect me and my decision to have surgery?" Well, I agree with the opinion of this research - surgery should be absolutely the LAST option to consider if you're feeling pain and stiffness in your joints due to osteoarthritis. Again, please carefully review the major study that found arthroscopic surgery to work no better than placebo.

## Knee Surgery...

Continued from page 2

The patients truly believed that this expensive, invasive procedure would fix their problem, and superficially it appeared to do just that. But the same thing happened with those who received the placebo -- a placebo unknown to them, of course.

You may be asking, "Well, what am I supposed to do then?" And that is a great question. Here are a few healthy alternatives:

- S** Rely on Safer anti-inflammatory alternatives (see the handout in the clinic)
- H** Eat a Healthier diet (start with cutting out fast food and pop!)
- O** Get plenty of Omega-3 fats by taking a high-quality (and mercury-free) fish oil
- E** Get moving with an Exercise program (try walking, Tai Chi, or Pilates/Yoga to start)

There is no easy solution to this issue, but I guarantee you will thank yourself if you start making these life-changes. Now, use the S.H.O.E. method and get moving!



Source Information:

- [The New England Journal of Medicine](#) July 11, 2002;347:81-88, 132-133
- [American Journal of Preventive Medicine](#) May 2005, Vol. 28, Issue 4: 364-368
- <http://www.Mercola.com>

## Natural Ways to Get Rid of Ear Infections

As a continuation of my last article on ear infections, I want to mention the fact that virtually all ear infections can be easily (and sometimes permanently) remedied with chiropractic care.

When a child's neck becomes misaligned, the muscles become stiff in a guarding reflex. The tight muscles often put pressure on the

lymphatic drainage system, causing the normal flow to be interrupted. Once collected, the fluid stagnates and becomes prime breeding ground for nasty critters.

Adjustments to the cervical spine reduce muscle tension and allow the lymphatic system to drain more efficiently and effectively, thereby eliminating the

chances that an accumulation of fluid and waste products collect in and around the ear canal.

Sure, a few drops of hydrogen peroxide in your child's ears will get rid of the symptoms, but it may not be truly addressing the cause of the matter, which is most likely improperly functioning spinal, muscular, and lymphatic systems. When

these systems are allowed to function properly, the body can correctly dispose of waste products and operate without hindrance.

I also mentioned that it's a weakened immune system hurt by stress, a poor diet or not enough sleep that is the underlying cause of the infection.

*The birthing process is the first trauma to a child's neck!*

## 48% of Doctors Admit to Prescribing Placebos Just to Shut You Up

The next time your medical doctor prescribes you a medication, you have about a 50-50 chance that it's a placebo, according to a new study by University of Chicago researchers.

Their survey of 466 faculty physicians at Chicago-area medical schools found that

45 percent said they had prescribed placebos in regular clinical practice, with just over half having prescribed them in the previous year.

The most common reasons why doctors prescribed placebos were to:

- Calm a patient down

- Respond to demands for medication the doctor thought were unnecessary
- Do something after all other treatment options had failed

Almost all of the doctors -- 96 percent -- believed that the placebos could have a real therapeutic effect.

A separate study by the University of Michigan, for instance, found that patients given placebos, but told they were receiving painkillers, had increased production of endorphins -- your brain's natural pain relievers.

Source:

[Journal of General Internal Medicine](#) January 2008, Volume 23, Number 1

## The Natural Life - Organic: To Eat or Not to Eat

---

**90% of the money Americans spend on food is spent on processed foods, and 70% of processed foods have genetically modified foods in them.**

---

*Buying organic meat is vital to your health: Last year genetically modified corn was approved for animal consumption, but NOT human consumption because of a concern that it could cause allergies in humans. However, that corn wound up directly in the human food supply, despite FDA precautions.*

The most recent change in our family diet has been the switch from mostly organic to organic *everything*. We've had to readjust our budget, but the benefits have been well worth it. Thankfully, organic produce and products have been gracing our grocery store shelves in growing numbers over the past few years. This increase may have left you wondering what the difference is (besides the price).

One difference between conventional and organic crops is that organics are grown under tighter regulations regarding what types of chemicals are used, what type of soil they are grown in, and the location of land. If a label claims "no pesticides", for instance, the chemicals that are used may not be up to FDA Certified Organic standards, and may be potentially harmful. The land may have been previously owned by a farmer who did use pesticides or the soil may be overused and void of nutrients. The location of the land is also important - it may be too close to an airport and therefore

subject to soot and oil residue, or next to a factory or processing plant with dangerous runoff, pollution, or sewage and animal byproduct contamination.

Another difference is the GMO (genetically modified) factor, which means the seeds have been bred to resist chemicals (in order to survive being sprayed to kill bugs and weeds), to be bigger, sweeter (containing more fructose i.e. sugar), and/or seedless. This all sounds good, but GMO products have never been tested in humans for long-term effects, and the tests done in animals did not turn out so great. In one study, rats fed GMO potatoes had an increased thickening in the lining of their stomach and intestines and a weakening of their immune system. Although scientists assume that GMO plants are equivalent to the original plants, they have no real knowledge of what effects this unnatural process will have on human health, or the health of our planet. And judging by the health of Americans today, I'd say that there is evidence of a problem with what the

masses eat. The worst part is that there is no way to prevent GMO crops from pollinating other non-genetically modified plants. There will come a time when our grandchildren will not have access to any unaltered food.

Organic foods also have considerably more vitamins and nutrients than non-organic foods –research has shown up to 1000 times more in some cases. Since only purchasing organic foods, we have found that we get fuller faster and for longer periods of time. I believe it is because our bodies are getting the nutrients it requires and is more easily satisfied. Any changes you can make towards eating organic foods (and more of them) are going to be positive ones. Becoming aware is the first step. I hope I have inspired you to take a closer look at the foods you are eating and feeding your family – your health depends on it.

Naturally Yours, Keren

*(Note from Dr. Scott: Keren is dead-on in this issue. There is amazing research out there measuring nutrient content of commercial vs. organic produce and there really isn't a comparison. The scales are heavily biased toward organic foods. Choosing organic is not easy, though, seeing how all seedless fruits are GMO – that's right, any seedless grape, watermelon, etc... has been genetically modified! FDA Certified Organics cannot be/use GMO products, meaning they are free from these modifications. Skip that cup of coffee and donut each morning and put that money toward organic food – your body will thank you for it!*

---

# Purification, Detox & Weight Management

Provided by Keren Gosselin

Scott and I recently completed a twenty-one day systemic whole body cleanse. Although we eat healthy, non-processed, all-organic foods on a daily basis now, we did not always eat this way, and once in a while, we are in settings where we are served meals which aren't the highest quality. In these modern times, we are also exposed to more and more toxins in the air we breathe, the water we drink, and the synthetic materials we are constantly in contact with. Your liver, lymphatic system, gastrointestinal tract, kidneys, lungs, intestines, blood and skin all work together to filter these toxins from your body. But when overloaded with pesticides, heavy metals, chemicals, caffeine, pollution, preservatives and other substances God never intended your body to ingest or inhale, your body becomes inefficient. It collects these toxins and become like a furnace with a clogged filter. Your body also creates waste by simply living and operating. The workings of each cell are constantly making ammonia and carbon dioxide and

other poisons, which the body could handle without problem if its "filters" weren't already clogged with an overabundance of unnatural toxins it was not designed to handle. Results of your body's natural filters being bogged down result in any or all of the following: weight gain, fatigue, poor digestion, difficult sleeping, food cravings, mental fog, moodiness, low libido, skin and hair issues, and many other problems that are all too common in our society.

So what is purification? Think of it as spring cleaning for your insides-the internal cleansing and detoxification of your body. *Standard Process* (a whole foods supplement company) has an entire Purification and Weight Management Program formulated to assist the body in removing toxins. The key word is assist. The program simply aids the body to perform the functions it was designed to do. The all-natural whole food supplements taken during the cleanse are made up of ingredients like juniper berries, which contain essential oils that help the

body excrete uric acid and other waste materials while maintaining electrolyte balance. Barley grass helps breakdown toxic substances while contributing important nutrients. Chlorophyll assists in the natural cleansing of impurities from the blood. These are just a few of the ingredients - there are many more with many health benefits.

The program includes a shake mix for nutritional support and three other supplements for purification and to provide fiber and phytonutrients. Taking the supplements is the easy part. The difficult part is the diet - the very restricted diet. I would not recommend this cleanse as a quick-fix for weight loss. Although weight loss is probable and common, the program is not a fad diet and is not for long term use. It is designed to purify and help rebuild the body from the inside out. It is to help you jumpstart a new and healthy lifestyle and, in the process, you will learn about your body and its needs. You will find yourself eating new foods, enjoying new tastes, new

textures, and a whole new you. I personally lost five pounds of toxic build up and accumulated sludge and I feel great. I kicked my caffeine addiction (just in time before pregnancy), my stomach requires less, and I feel fuller for longer because my digestion has improved and my body is able to absorb nutrients and process energy. It took a lot of work and dedication, but it was well worth the time and effort.

The program requires you to make new healthier choices for yourself. So if you are willing to say goodbye to processed, sugar-laden, convenience foods - which place an unnecessary load on your body - and ready to say hello to whole, unprocessed, preservative-free foods, then ask for more information on the Standard Process Purification and Weight Management Program next time you are in for an adjustment.

Naturally Yours, Keren

*(Note from Dr. Scott: I had an unexpected and frankly quite unusual benefit after doing the cleanse - I have experienced complete freedom from a bizarre allergy where I would get nose bleeds after eating turkey! I believe my body was unable to process some of the compounds in turkey - like tryptophan - and all it took was a good "filter cleanse" of the liver to allow it to function correctly again. Since the detox, I have enjoyed turkey many times, with no ill effects.*

## Hilltop Wellness & Chiropractic

2527 West Broad Street  
Columbus, OH 43204

Phone:  
(614) 279-2525

E-Mail:  
hilltopchiro@gmail.com

### HOURS:

Mon: 9-12, 2-6

Tues: 2-6

Wed: 9-12, 2-6

Thurs: Closed

Fri: 9-12, 2-5

Sat: 9-12, 1<sup>st</sup> & 3<sup>rd</sup> of the month



*We're on the Web!*

*Visit us at:*

[www.hilltopwellness.com](http://www.hilltopwellness.com)

# What a Deal!

## Congratulations to Mr. McDougal & Mr. VanHorn!

They signed up to receive this newsletter via email and won shiny new gift cards!

**Jealous?** You don't have to be, just sign your name and email address on the clip-board 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!

## Congratulations to Ms. Sharrock!! Thank you for the referrals!!

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

...M. Cole...T. Theado...G. Harper...S. Allison...K. Sharrock...

...P. Gaber...R. VanHorn...

# Newsletter Notes

- **ATTENTION:** Anyone 55+ years will get an AMAZING discount on 30 or 60 minute Massage Therapy sessions until October 31st – schedule one for yourself and one for a friend!
- **Fall Construction:** Beginning in August, the city will be prohibiting anyone from parking on Broad Street from 9am to 4pm – please keep note of this when choosing your parking spot.
- **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 Maalox, 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.

Hilltop Wellness & Chiropractic  
2527 West Broad Street  
Columbus, OH 43204

