

Live the

ADVANCED LIFE

#13

Your health & wellness newsletter

DID YOU KNOW...?

According to Dr. Daniel Zagst, recent research has been examining the cost-effectiveness of chiropractic care among other natural alternatives (physiotherapy, acupuncture, massage) versus conventional medicine.

A 2012 systemic review which spanned over a 7 year period and included over 70,000 patients, found spinal adjustment therapy to be more cost-effective for neck and low back pain when compared with general practitioner care, physiotherapy or exercise. This study compared care costs of a patient under the direction of a chiropractor as their primary care physician (PCP) vs. a medical doctor. **Amazingly, during the 7 year period...**

- Hospital admission costs were decreased by 60.2%
- Cost of days spent in the hospital were decreased by 59%
- Outpatient surgeries and procedures were down by 62%
- Costs associated with pharmaceuticals decreased by 85% when compared to conventional medically driven care.

Whether alone or combined with another type of care, chiropractic care can lower your costs: the cost to your health, the cost of your recovery time, and the monetary cost.

Source: http://www.naturalnews.com/036129_chiropractic_medical_care_-_cost_effectiveness.html#ixzz3lJE2lsKP



MYTH:

"Once you go to a chiropractor, you have to keep going back..."

The truth is, many patients willingly choose stabilization/wellness care just like they would go to a dentist periodically. Similar to keeping your teeth cavity-free, your adjustments keep your spine subluxation-free! This helps your body function at it's optimal level, without nerve interference. It's part of a healthy lifestyle!

Vertebral SUBLUXATION: When physical, chemical, or emotional stresses and toxins occurring in a person's life create nerve imbalances and uneven pressure in the spinal column. This makes alignment imbalances and spinal cord compression. Symptoms may, or may not be present, depending on the spinal area affected. **A loss of health will always result in rapid aging, joint degeneration, and a weakened immunity.**

ADVANCEDHEALTHCARE
& PHYSICAL MEDICINE

October & November 2015

Meet Dr. Stacy!

By now, most of you are familiar with Dr. Stacy and we are proud to introduce our newest Associate Doctor. Dr. Michael O'Connor hand selected her out of a slew of candidates. She is a 2010 graduate of Palmer College of Chiropractic. She graduated Magna Cum Laude and has extensive studies in Sports Medicine, in fact she is working towards her CCSP, which stands for Certified Chiropractic Sports Physician. She has been practicing for 5 years and is excited to be a new Associate here at Advanced Healthcare & Physical Medicine.

On a personal note, although she has lived in Ormond since 1986, both she and her husband, Tom are huge Pittsburgh Steelers and Penguins fans. They both enjoy spending time going to the beach, doing things outdoors, and hanging out with their two dogs Luigi (Italian Greyhound) and Jake (Jack Russell Terrier).



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There's No Wellness In Health Insurance

By: Susan Davidson



"I'll have someone come in and prep you for the bill."

Many of us think of our health insurance company as a partner in our health, but the truth is **YOUR INSURANCE COMPANY DOESN'T CARE ABOUT YOUR HEALTH**. Of course we tend to want to use it - we are paying more than ever now, why not utilize what you're already paying for? However, insurance is designed for sickness care. For example, instead of paying for preventative chiropractic care, they would rather collect your monthly payments and pay for a \$150,000 back surgery later in life! Sadly, they only care about saving **THEMSELVES** money, not you being at your healthiest.

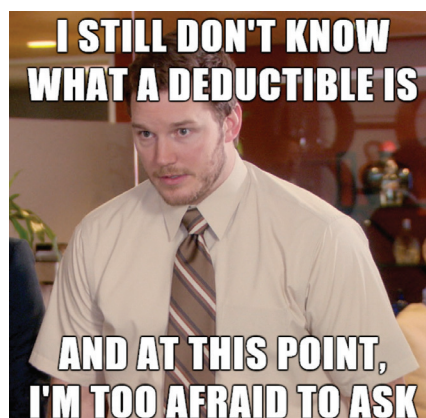


You see, insurance only covers what they consider "medically necessary" treatment. This means if you're in pain, they'll consider covering your chiropractic adjustments for maybe 5 visits. (Right off the bat, this is a contradiction, because Chiropractic is not medicine and does not function within the medical paradigm). **THEY'VE** determined that you should be "better" after only 5 visits! Imagine a spine that is subluxated for 20 years and the "experts" say you should be better in 5 visits. Most medications won't work after even 5 tablets!!

Large companies like Cigna and Blue Cross/Blue Shield are now using Managed Care companies to monitor patients

after their 5th visit. They require a comprehensive evaluation and medical review in order to determine whether or not you can have more visits. So, even though your insurance company says you can have 20 chiropractic visits per year, that decision is really up to the Managed Care physicians. If they see you coming on a regular weekly or bi-weekly basis, they assume you are on a Wellness or Maintenance plan which is not covered by insurance.

In addition to hiring Managed Care, many insurance companies have also hired Auditing companies whose sole purpose is to determine if physicians were overpaid for services dating back up to 3 years. They compare your medical records with claims paid and request a refund of what they decide was not "medically necessary".



Gone are the days of low deductibles and little out of pocket for care. These days, the real purpose of health insurance is to protect you from the big stuff like a catastrophic hospitalization. Can you imagine how much your car insurance

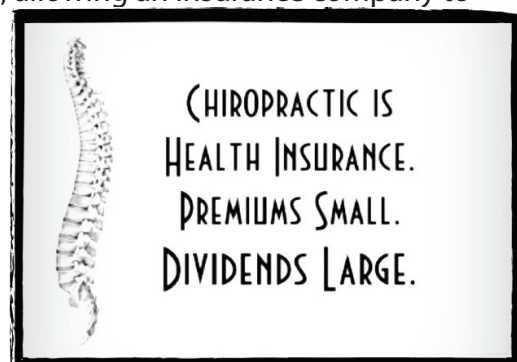
would cost if it covered repairs and tune-ups?

So, what can we do to increase the chances of getting our insurance to cover visits and still abide by the rules?

- If you're currently on a wellness plan, **please let the front desk staff know if you've had any new injuries or pain**. In some cases, we can file your claim to the insurance company.

-**Keep your appointments!** The docs work very hard putting together a Rehab Plan of Care for you and if you're not following their recommended Rehab Plan of Care, your insurance company may not pay at all.

Most importantly, allowing an insurance company to dictate your treatment is simply not going to get your body to function properly. **Your good health is ultimately your responsibility.**



Dr. Michael O'Connor and Dr. Tah are practicing Chiropractic physicians with extensive experience in the fields of physical and functional medicine. The recommendations and materials in this newsletter represent our opinions based on our experiences in caring for our clientele and our own health. The information and material presented here is for educational purposes only and any recommendations are not intended to replace personal advice from a licensed physician. You are encouraged to seek advice from competent medical and chiropractic professionals regarding the applicability of any recommendations with regard to your symptoms or condition. It is vitally important that you do not reduce, change or discontinue any medicines or treatment without directly consulting your personal physician first. The personal stories and testimonials shared on this newsletter and on our website are personal to the clients themselves and will not necessarily be typical of the results you will have if you follow the advice provided in this newsletter. The information and recommendations provided on this newsletter have not been evaluated by the Food and Drug Administration and are provided for educational purposes only.

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Hi Chloé!

Most of you have met Chloe, our newest addition at the front desk. This picture is of her and her family. Her husband, Marcus and her have an adorable daughter, Olive. They are also expecting a 2nd daughter, Coco, who is due late December! Next time you make your appointment - be sure to welcome her to the family!

Essential Oil

SPOTLIGHT



Clove's main chemical component, eugenol, makes it a very stimulating and energizing essential oil that can promote blood circulation and benefit cardiovascular health. Clove is a powerful antioxidant that can help ward off free radicals and maintain a healthy immune system. Due to its high phenol content, caution should be taken when inhaling Clove directly and it should be diluted when applied to the skin. As a cooking spice, Clove adds a spicy flavor to any dish or dessert while providing internal health benefits. One drop of Clove can soothe teeth and gums while maintaining overall oral health.

- Powerful antioxidant properties
- Promotes circulation
- Supports cardiovascular health
- Helps soothe teeth and gums
- Promotes oral health
- Supports a healthy immune system

**Want to save 25% on doTERRA CPTG Essential Oils and all their other awesome products?
Become a Wellness Advocate! Ask Natasha for more details and other promotions going on this month!**



*Rob, caught in action by
Google Maps in Port Orange.*

TESTIMONIAL OF THE MONTH!

I'm big on preventative maintenance instead of waiting for something to go wrong. That's why I stick to regular chiro care! I sit a lot because of my job and I don't want that to hold me back from doing the things I love! The welcome feeling and Christian atmosphere at Advanced Healthcare & Physical Medicine makes driving from Port Orange well worth it. Keeping myself tuned up is an important part of my schedule and chiropractic care has brought me a long way from my debilitated self of a couple years ago!

ROCK ON, *Rob U.*

HAVE SOME FUN DOWN AT THE FARM!



8185 W Highway 100, Bunnell, FL 32110

- Corn Maze
- Hayride
- Animals
- Tractor Train
- Corn Pit
- Farm Slide
- Cornhole
- Horseshoes
- Sack Races
- Bon Fire
- Corn Cannon
- Mechanical Bull Ride (not incl. in admission)
- Straw Crawl
- Local Vendors and more....!

EVERY WEEKEND : OCTOBER 2 - NOVEMBER 1

FRIDAY: 5pm-10pm

SATURDAY: 10am-9pm

SUNDAY: 11am-7pm

Admission: \$10, Three and under are free. Cash only. LAST TICKET SOLD ONE HOUR BEFORE CLOSING TIME

FOR MORE DETAILS GO TO WWW.MAZEDAYZ.COM

Ok, I know we live in sunny Florida, but because it's somewhat north - we have our days where you just want to curl up in fluffy socks and call your momma to make you some soup. Inspired by that idea, I am sharing the best tomato soup recipe that I've ever come across. It is so simple, easy, yet so delicious. Pair it with a Roast Squash, feta, and arugula salad for a well rounded autumn meal.

Tomato Basil Soup

INGREDIENTS

- 3 cloves of garlic, minced
- 2 tablespoons of olive oil
- 2 - 14 oz. cans of crushed tomatoes
- 1 - 14 oz. can of whole tomatoes
- 2 cups of stock (chicken or vegetable)
- 1 tsp of sea salt
- 1 tsp of sugar
- 1/2 tsp of fresh ground black pepper
- 1/4 cup of heavy cream
- 3 tablespoons of fresh basil, julienned
- parmesan cheese



Directions

In a large pot, saute garlic in olive oil on medium heat for 1 minute - being careful not to burn the garlic. Add the crushed tomatoes. Add the whole tomatoes one at a time, squeezing them into the pan to break them up. Add the juice from the whole tomatoes, as well. Add chicken stock, salt, pepper and sugar. Cook the soup on medium at a simmer for 10 minutes.

To finish, reduce the heat to low and stir in heavy cream and basil. Serve topped with parmesan cheese, any leftover basil and a little toast drizzled with olive oil.

Recipe from: <http://jennysteffens.blogspot.com>



Squash, feta, & arugula salad

INGREDIENTS

- Arugula
- 2 cups of Butternut Squash (cubed)
- 2 oz. of Crumbled Feta
- 1/2 cup Walnuts
- Handful of Pomegranate Seeds
- Extra Virgin Olive Oil
- Balsamic Vinegar

**If you're feeling brave enough to butcher a pumpkin, sub that in for the squash!*

Directions

Preheat your oven to 450 degrees, place the squash on an oven safe pyrex or bake sheet, drizzle with olive oil and season with salt and pepper. Roast until soft and browned - check on it after 15 minutes. After the squash is roasted let it cool for 10 minutes so it doesn't completely wilt the arugula. Add arugula to a large bowl and sprinkle with walnuts, feta, pomegranate seeds, and squash. Dress with balsamic vinegar and extra virgin olive oil, salt and pepper to taste.

*For a quick balsamic vinaigrette:

- 3 TBSP of EVOO
- 2 TBSP of balsamic vinegar
- 1 tsp of honey
- 1/2 tsp of dijon mustard
- salt and pepper to taste, whisk everything together!

WARNING: IGNORING THIS WILL KILL YOUR CHILDREN AND GRANDCHILDREN

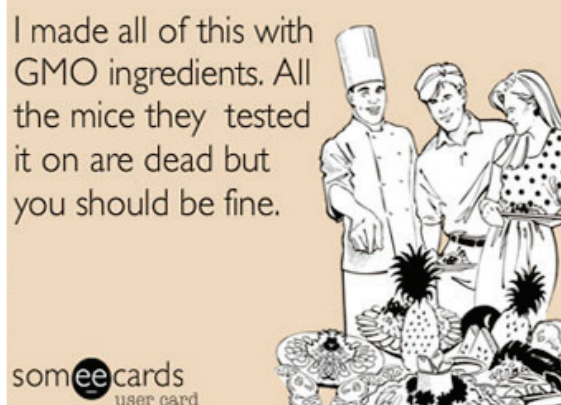
By: Dr. Michael J. O'Connor

Just last night I was watching some TV before bed when a commercial came on that reeked of healthy, all natural, down-home farm goodness. It was a MONSANTO advertisement. Obviously, it was created to counter the growing warnings and war cries from outraged citizens and health groups opposing the blatant rape of our foods, farms, and diets. It angers me to my soul that corporations who have huge money and influence have hired the minds and great talents to propagandize schemes that truly confuse and misdirect the average uninformed and "too busy to care" American. It's time to wake up, guys. If I didn't know better, that ad on TV could have been for an organic farmers market for crying out loud! They have billion dollar firms "spinning" how THEY want you to PERCEIVE their motives and products. Monsanto's greed and power are crippling the population, and the effects can already be seen in our obvious public health decline.

Monsanto Corporation is a forerunner and spearheading group in getting us to believe that genetic alterations in food and crops will help feed the planet, reduce food costs, decrease food born illnesses and decrease the use of chemical fertilizers and weed killers. First off, let's understand that natural methods of growing vegetables, fruits and crops of all sorts are readily available, are being used by very successful, truly natural organic farmers, and could be duplicated easily if not for the constant resistance and fear tactics of the conglomerate FOOD BARONS, like Monsanto. There is very little money in natural and sustainable organic methods. The real money, as you well know, is in chemicals, genetic modifications and unilateral control.



Mice fed with potatoes engineered with *Bacillus thuringiensis* var. *Kurstaki Cry 1* were found to have toxins in their system. Despite claims to the contrary, this shows that Cry1 toxin was stable in the mouse gut. When the health risks were revealed, it sparked a debate.



chemicals, genetic modifications and unilateral control. No, I am not a conspiracy theorist. I have lived 55 years now, and I've seen first hand the kind of greed that corporations are capable of in their quest for corporate profits.

Our US regulators as well as our elected officials are largely ignoring the impact GMO foods are having on the people. World renown biologist, Dr. Pushpa M. Bhargava, who has reviewed more than 600 scientific journals and done numerous studies concludes that genetically modified or altered plants are a major factor in the declining health of the U.S. Citizen (<http://www.psrast.org/aarewarn.htm>). As a doctor and clinician, I am appalled and frightened - sincerely - by the disease and imbalances I'm seeing on a daily basis in our clinic.



The American Academy of Environmental Medicine (AAEM) recently called on "All physicians to educate their patients, the medical community, and the public to avoid GM (Genetically Modified) foods when possible and provide educational materials concerning GM foods and their health risks." Perhaps the most important action that Monsanto and others are fighting is labeling of foods that are Genetically Altered in any way. The public should have the right to know what they are consuming and what we are giving to future generations to consume! (<https://www.aaemonline.org/>).

...continued on backside

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Recently, I ran into a man that was actually a professional (not in healthcare), well educated and adamant that GMO's were well researched, highly tested under strict, independent controls and labeled as safe by our FDA. He truly was incensed that I had ruined his pipe dream of how moral and humanitarian the food industry was. The facts are that the Food Giants (Monsanto, Campbell's, Cargill, Inc., CocaCola, Nestea, Desani, Con-Agra, Hebrew National, Healthy Choice, Dean Foods, Silk, Horizon, General Mills, Cascadian Farm, Nature Valley, Heinz, Kellogs, Kraft, Pepsi, and a whole slew of other food barons) do not do testing with rigorous, in-depth, long term, independent controls. Risk assessment and long term consequences have never been professionally studied without bias.

One can find parallels to the "tobacco wars" that raged in the 1990's. In 94' seven top tobacco executives sat in front of the U.S. Congress lying and testifying under oath that they had not manipulated chemical formulas in their cigarettes to render them more addictive. Twenty years later, (December 10th 2014) a group of biotech sympathizers are pulling the same stunts in front of Congress with reference to GMO labeling laws, attempting to

prevent consumers from knowing that the food they are eating has been genetically modified. Over 90% of the American public wants to be able to turn a product on its side and be able to clearly read the ingredients that they may ingest. I certainly want to know what my cells, tissues, organs will be made from...and that, in its simplest form, is what food is for us. Our tomorrow body, our health of the future.

God only knows what our public health statistics and cancer rates would look like today if the greasy 5th Avenue

cigarette marketing of the 1950's and 60's had been allowed to continue with the sexy lies and deception!? The same subterfuge is being used today on all of us with regards to our food.

Just one of the frightening aspects of engineered food is what is happening now to farmers all over America. If a particular farmer is growing natural crops and does not have patent rights on GM seeds and if pollination/cross pollination occurs, that farmer can be sued. Big time \$\$\$. The sad fact is that hundreds of farmers have been sued for infringing on protected patents OWNED by large corporations. Even IF GM foods were not a health risk, these trends of "owning a food supply or seeds" is terrifying to me. What's next? Buying the water supply? Oxygen? Think of the ramifications and ethics.

My prayer is that this short article will fan the flame of indignation within my high resonating patients and friends. Hopefully, you will stop for a little while the focus on occupation, retirement, kids , etc and think for a minute what our world will be like and worse, our health, if GMO's, fake, chemically processed foods and artificial products are all we have to chose. Shouldn't we be able to make a choice about what we are buying & eating?! You DO have a responsibility to take some action. For your health, for your children's health and for our country/ planet's health. Here are a few websites to visit, I beg you to take just a few minutes each week to educate yourself more. These websites will inform you of things that you can do to counteract these food atrocities.

Fightagainstgmos.com

Www.organicconsumers.org

Www.labelgmos.org

Eco watch.com

Watch the half hour film, Poison

On The Platter. it's free on

YouTube or NetFlix

WHAT DOES THIS CODE MEAN?



5 digit: 9-XXXX

Starting with 9

✓ Organic

5 digit: 8-XXXX

Starting with 8

✓ GMO GE

4 digit: XXXX

Conventionally grown

✓ Contains pesticides

the detox market

GENETICALLY MODIFIED FOOD

Testicles of a rat fed normal food	GM fed	Normal fed
		Monsanto GM fed

Laboratory tests by the Russian National Academy of Sciences reported that more than half the babies from mother rats fed GM soy died within three weeks. The babies in the GM group were also smaller and could not reproduce. Rats fed a commercial rat chow using GM soy within two months had infant mortality facility-wide reaching 55%.

DDees.com