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This newsletter is dedicated to your good health. Please accept our personal invitation to explore its contents and forward it to others you care about!!!



How long do I go to the Chiropractor?

Meet Our Staff

JJ Virgin/About Fructose

Your Childs Attention Span

Our Gift To You and Your Loved Ones

Do I have to go to the Chiropractor Forever?

You have all heard it, "Once you go to a Chiropractor, you always have to go." Why would someone want to continue going to a Chiropractor for life? Some interesting research has just come out with an answer in the form people like to see: blinded placebo controlled study.

Does Maintained Spinal Manipulation Therapy for Chronic Non-specific Low Back Pain Result in Better Long Term Outcome? That is the question this new study asked in the prestigious journal, Spine. The answer is a resounding YES!!

This new, single blinded placebo controlled study, conducted by the Faculty of Medicine at Mansoura University, conclusively demonstrates that maintenance care provides significant benefits for those with chronic low back pain.

BACKGROUND: Spinal manipulation (SMT) is a common treatment option for low back pain. Numerous clinical trials have attempted to evaluate its effectiveness for different subgroups of acute and chronic LBP previously, but the efficacy of maintenance SMT in chronic non-specific LBP has never been studied.

In this study, 60 patients with chronic, nonspecific LBP lasting at least 6 months were randomized into 3 groups:

1. One third of them received 12 treatments of sham SMT over a one-month period.
2. One third of them received 12 treatments of SMT during a one-month period, with no follow-up care during the next nine months, and
3. One third of them received 12 SMT visits during the first month, followed by "maintenance" SMT every two weeks, for the next nine months.

To determine any difference among these 3 care groups, researchers measured pain and disability scores, generic health status, and back-specific patient satisfaction at baseline, and at 1-month, 4-months, 7-months, and at 10-months

RESULTS: Patients in manipulative groups (groups 2 & 3) experienced significantly lower pain and disability scores than the sham group at the end of the first 1-month period. At the 10-month follow-up, only the maintenance group maintained improvements in pain and disability, while the group that only received 1-months care had reverted to their pretreatment pain and disability levels.

CONCLUSIONS: This is the first medically managed trial that clearly demonstrates that maintenance care provides significant benefits to those who suffer from chronic low back pain. This study re-confirms Descarreaux's virtually identical 2004 JMPT study, which concluded that "This experiment suggests that maintenance spinal manipulations after intensive manipulative care is beneficial to patients to maintain subjective post-intensive treatment disability levels".

It also confirms the findings of Dr. Ron L. Rupert, in his ground-breaking JMPT article, titled: Maintenance Care: Health Promotion Services Administered to US Chiropractic Patients Aged 65 and Older, Part II which found that:

"The cost of health care for patients receiving MC in this study was far less than that for patients of similar age in the general population, despite the doubling of physician visits (medical plus chiropractic). The greatest difference in health care costs with patients receiving MC was in the areas of nursing care and, especially, hospital care. This reduced need for hospital and nursing home services has recently been corroborated by the research of Coulter et al.." [22]

What all this basically means is that your positive results should be maintained and the people that continued with chiropractic care did much better than those that discontinued care after their symptoms went away. You

quality of life is worth every penny! What would happen if you stopped going to your dentist? The same applies to your spine. This is the only body you get-be good to it!

Meet The Staff



Dr. Thomas R. Elliott, Jr. graduated from Palmer College and has been in practice since 1972. He is active in research and is highly respected in the field of spinal injury treatment. He has authored a textbook on spinal biomechanics. Through the grace of God, Dr. Elliott has developed the SONAR instrument. He is available for patient care Monday, Tuesday and Thursday from 7am til 1 pm.

Dr. Lori Sprague graduated from Palmer in 1999 with the distinction of being on the President's List. She has quite a heritage in chiropractic. Dr. Sprague is the first fifth generation chiropractor to ever graduate from Palmer. She has authored a textbook on training chiropractic assistants. She schedules patient care Tuesday, Wednesday and Thursday from 9 am til 4 pm and Friday 10 am til 5 pm.

Dr. Jeremy Brennan graduated from Parker College. He completed his undergraduate studies at Oral Roberts University. One of his passions is upper cervical chiropractic education. He gives talks for groups interested in better health through proper spinal alignment. He schedules patients Monday 10 am til 5 pm, Tuesday 12 pm til 7 pm, Wednesday 9 am til 4 pm and Friday from 9 am til 4 pm.



-JJ Virgin, PhD, CNS/Celebrity Wellness Expert

About Fructose

The American Beverage Association (ABA) and other front groups will try to persuade you that fructose in high fructose corn syrup is no worse for you than sugar, but this is not true. ABA also claims there is "no association between high fructose corn syrup and obesity," but a long lineup of scientific studies suggest otherwise.

For example:

- Dr. David Ludwig of Boston Children's Hospital did a study of the effects of sugar-sweetened drinks on obesity in children. He found that for each additional serving of a sugar-sweetened drink, both body mass index and odds

of obesity increased.

- The Fizzy Drink Study in Christchurch, England explored the effects on obesity when soda machines were removed from schools for one year. In the schools where the machines were removed, obesity stayed constant. In the schools where soda machines remained, obesity rates continued to rise.
- In a 2009 study, 16 volunteers were fed a controlled diet including high levels of fructose. Ten weeks later, the volunteers had produced new fat cells around their hearts, livers and other digestive organs. They also showed signs of food-processing abnormalities linked to diabetes and heart disease. A second group of volunteers who were fed a similar diet, but with glucose replacing fructose, did not have these problems.

Fructose is also a likely culprit behind the millions of U.S. children struggling with non-alcoholic liver disease, which is caused by a build-up of fat within liver cells. Fructose is very hard on your liver, in much the same way as drinking alcohol.

- Liver burden number one: After eating fructose, 100 percent of the metabolic burden rests on your liver—**ONLY** your liver can break it down. This is much different than consuming glucose, in which your liver has to break down only 20 percent, and the remaining 80 percent is immediately metabolized and used by the rest of the cells in your body.
- Liver burden number two: Fructose is converted into fat that gets stored in your liver and other tissues as body fat. Part of what makes fructose so bad for your health is that it is metabolized to fat in your body far more rapidly than any other sugar. For example, if you eat 120 calories of fructose, 40 calories are stored as fat. But if you eat the same amount of glucose, less than one calorie gets stored as fat. Consuming fructose is essentially consuming fat!

Fructose metabolism is very similar to the way alcohol is metabolized, which has a multitude of toxic metabolites that, if consumed in excess, can lead to non-alcoholic liver disease. For a complete discussion of fructose metabolism, see my comprehensive article about this.

Your Child's Health



Your Child's Attention Span And More!

People seek the help of a chiropractor for many different reasons including pain relief, mobility, flexibility, healthcare and performance enhancement. Pain is the body's warning system, but it's not foolproof. Judging your health by how you feel can be dangerous. This is especially true in children. Many conditions and diseases are well advanced by the time you are aware of them.

Chiropractors correct spinal malfunctions called vertebral subluxations, which may cause pain at times and at other times be completely painless. The harmful effects of vertebral subluxations are the result of irritation and interference to the nervous system. The nervous system controls and co-ordinates all body parts and its optimum function is essential for good health. Your symptom or lack thereof will vary dramatically depending on where the interference is located. Your nerve interference may affect problems such as pain, sleeplessness, lowered immune system, numbness, organ dysfunctions and attention deficit, just to name a few. We strive to remove the nerve interference so your body can heal itself of these ailments and function on a higher level of health. This is why we see so many different problems relieved with care.

Pain relief and rapid recovery from a vast array of diseases and disorders have placed chiropractic as a leader in natural healthcare. Many of these results have been confirmed by scientific research. Many athletes use chiropractic care as a means of enhancing their performance.

Parents and teachers often report children dramatically improve their attention span with chiropractic care. Others report chiropractic care as being the main reason for improved academic performance. Dancers and artists are more graceful and creative when they are in balance and free of nerve interference caused by subluxations.

We offer complementary consultations so we can determine if you or your loved ones are candidates for care. The tests are not invasive and can help determine if your family is suffering unnecessarily. Don't forget

to schedule the consultation before January 31st to get in on all the great deals we have going.



Holiday Coupon Program

To celebrate the New Year we want to do something special for our patients and the community. What greater gift can we offer our patients than the opportunity to help others obtain better health through SONAR Chiropractic! To a person in pain, there is nothing they want more than to be free from their ailment.

This January, we are devoting our time to serve your family and friends. It is a wonderful feeling when a patient tells us how much their life has changed as a result of our treatment. We are offering a gift certificate for a new patient consultation, examination, and x-rays (if needed). These services are valued at \$225.00, and will be provided at no charge to your friends and family. This could be the most important gift anyone has ever given them. Why not give an “opportunity” to find out living in pain doesn’t have to be a way of life.

As an added bonus we are even giving away a 32inch HD TV. All you have to do is refer someone that becomes a new patient and you will be entered into a drawing for this fantastic prize. The drawing will be held on January 31st.

If you are a current patient and it has been over 6 months since you were last seen, we are offering x-rays (if needed) at no charge (a \$225 value). Please note this discount doesn't apply for the office visit or correction.

Certain restrictions apply so contact the office for details and to schedule your appointment (918)252-9915 or toll free (866) 900-9915.

Please call our office for your appointment today!

Thank you!

We want to take this opportunity to thank all of you for referring your family and friends to us!! We are honored by your confidence in us and we thank you for your generosity and your loving concern for others.

We extend a warm welcome to all of our new practice members!!!

