

CORE of Your Health

A Free Monthly Newsletter For The Friends and Patients of: CORE Chiropractic

“What's money? A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do.” – Bob Dylan

Think about this the next time you're going through the airport...

Can New Technology Allow Homeland Security To Read Your Mind?

Also in this issue: The strange Blackberry addiction, more trouble for young cell phone users, and new study finds surgery for arthritic knee pain no better than conservative treatments...

Houston – Imagine this: You're walking through the airport really fast because you're running late and trying to get to the gate on time, before your flight takes off without you.

You reach the security but instead of a long, drawn out process that includes a baggage search – you simply pass through a body scanner that...

Reads Your Mind!

I hope you have pleasant thoughts while you pass through the scanner... because... even though this sounds like science fiction – it's not.

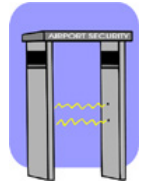
Believe it or not, this technology is being tested and perfected as you read this newsletter!

What this is all about: Most preventative screening looks for explosives or metals that pose a threat. But a new system called MALINTENT turns this old school approach on its head. This Orwellian-sounding machine detects the person — not the device — set to wreak havoc and terror.

MALINTENT, the brainchild of the cutting-edge Human Factors Division in Homeland Security's Directorate for Science and Technology, searches your body for non-verbal cues that predict whether you mean harm to your fellow passengers.

It has a series of sensors and images that read your body temperature, heart rate and respiration for unconscious signs invisible to the naked eye — signals terrorists and criminals may display in advance of an attack.

But this is no polygraph test. Subjects do not get hooked up or strapped down for a careful reading; those sensors do all the work without any actual physical contact. It's like an X-ray for bad intentions.



Currently, all the sensors and equipment are packaged inside a mobile screening laboratory about the size of a trailer or large truck bed, and just last month, Homeland Security put it to a field test in Maryland, scanning 144 (mostly unwitting) human subjects.

Results of the test are being kept very “hush-hush!”

Here's how it all works: When the sensors identify that something is off, they transmit warning data to analysts, who decide whether or not to flag passengers for further questioning. The next step involves micro-facial scanning, a measurement of minute muscle movements in the face for clues about mood and intention.

Homeland Security has developed a system to recognize, define and measure seven primary emotions and emotional cues that are reflected in contractions of facial muscles. MALINTENT identifies these emotions and relays the information back to a security screener, almost in real-time.

This whole security array — the scanners and screeners who make up the mobile lab — is called "Future Attribute Screening Technology" — or FAST — because it is designed to get passengers through security in two to four minutes, and often faster.

If you're rushed or stressed, you may send out signals of anxiety, but FAST isn't fooled. It's already good enough to tell the difference between a harried traveler and a terrorist. Even if you sweat heavily by nature, FAST won't mistake you for someone with bad intentions.

Bob Burns, MALINTENT's project leader, said that this is not Big Brother. Its goal is to "restore a sense of freedom." Once MALINTENT is rolled out in airports, it could give us a future where we can once again wander onto planes with super-sized cosmetics and all the bottles of water we can carry — and most importantly without that sense of foreboding that has haunted Americans since Sept. 11.

That's a nice thought. Now onward to...

The Strange Blackberry Addiction!

If you have a Blackberry – you know this is true: A new study of 6,500 traveling executives says 35% of them would choose their PDA over their spouse.

And get this: Of those polled, 87% said they bring their device into the bedroom. 84% check their emails just before they go to sleep. 80% check them first thing in the morning.

They Call Them "Crack-Berrys" For a Reason...

"It can actually ruin relationships," said Dr. Susan Bartell, a psychologist and relationship expert.

Of those polled, 62 percent said they love their Blackberry or PDA, and most of them said it makes their life more productive. However, experts suggest, for the sake of your relationship, you might want to occasionally turn them off and spend some quality time with your partner.

From Crack-Berrys To Knee Pain...

If you have knee pain from arthritis – you are going to find this very interesting.

Here is why: A study published in the New England Journal of Medicine has found that surgery is no better than other treatments at relieving knee pain caused by arthritis.

86 patients who had an operation experienced no less pain over two years than 86 patients who had physical therapy and took medications to dampen inflammation.

An earlier 2002 study (by the Department of Veterans Affairs) found the same results but had a different design: instead of assigning patients to surgery or medical treatment, it assigned them to real surgery or

a sham operation. The real surgery was found to be no better than the sham one. Many orthopedic surgeons denounced the study but in 2003, Medicare decided to stop paying for the operation.

It's hoped that doctors who were not persuaded by the previous study on the subject will now stop performing the operation.

More Bad News For Young Cell Phone Users

Startling new research indicates children and teenagers are five times more likely to get brain cancer if they use cell phones on a regular basis.

The study, experts say, raises fears that today's young people may suffer an "epidemic" of the disease later in life. At least 9 out of 10 British 16-year-olds have their own cell phone, as do more than 40 percent of primary schoolchildren.

Those who started using mobiles young were also five times more likely to get acoustic neuromas, benign but often disabling tumors of the auditory nerve, that usually cause deafness.

(It's thought that children are at greater risk because their brains are still developing and their smaller head sizes and thinner skulls can potentially allow any damaging radiation to penetrate deeper into their brains.)

By contrast, people who were in their 20's before using handsets (after their brains were fully developed) were only 50 percent more likely to contract gliomas and just twice as likely to get acoustic neuromas from regular cell phone use.

And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health.

REMEMBER:
Every Wednesday we teach our
LEARN TO GET HEALTHY
Class

When is the last time you took a class on how to improve your own health?

Isn't your healthy truly your most valuable possession?

Class times alternate each week from 12:00pm to 6:00pm. Guests are welcome and there is no cost.

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

Arizona 911 Operator Shocked At What She Heard Coming From “Buddy” On The Other End Of The Phone Line...

We’ve all heard this dreaded call in the movies: The babysitter is all alone... she picks up the phone... and hears nothing but HEAVY BREATHING. It sends a chill down the spine of each viewer. Now, here is an even more spine-chilling situation: The 911 operator answers the emergency hotline and hears nothing but whimpering... and...

Barking!

Yes, BARKING. That’s exactly what happened on September 15th, 2008 in Scottsdale, Arizona. As it turns out, *that* whimpering and barking came from “Buddy,” a German Shepard who called 911 and saved his owner’s life after he had a seizure. And it’s not the first time Buddy has been there for his owner Joe Stalnaker. On a recording of the 911 call, Buddy is heard whimpering and barking after the dispatcher answers and repeatedly asks if the caller needs help. *"Hello, this is 911. Hello ... Can you hear me? Is there somebody there you can give the phone to?"*

Police Were Sent To Stalnaker's Home

Officers arrived about 3 minutes later. Scottsdale Police Sgt. Mark Clark said Stalnaker spent two days in a hospital and recovered from the seizure. "It's pretty incredible," Clark said. "Even the veteran dispatchers -- they haven't heard of anything like this." Clark said police are dispatched whenever 911 is called, but Stalnaker's address was flagged in Scottsdale's system with a notification that a trained assistance dog could call 911 when the owner was incapacitated.

Clark said Stalnaker adopted Buddy at the age of 8 weeks from Wayland, Mich.-based Paws With A Cause, which trains assistance dogs, and trained him to get the phone if he began to have seizure symptoms. Buddy, now 18 months old, is able to press programmed buttons until a 911 operator is on the line, Clark said. Buddy has made two other 911 calls when Stalnaker was having seizures. His seizures are the result of a head injury he suffered about 10 years ago, during a military training exercise. You might find this amazing... but...

It Is Nothing New!

Upon Googling “Dog saves man’s life” you’ll be barraged with story after story of man’s best friend performing ultra-heroic acts to save either their owner’s lives – or the life of a complete stranger. For example – you might find this quite interesting. It’s a story that appeared on the front page of the New York Times in 1901:

DOG SAVES MAN’S LIFE

“PATERSON, N.J., Nov. 30 – A dog saved a man’s life last night. The dog is the property of poormaster, Jacob Ryerson, whose home is on the banks of the Passaic River, in Totowa Borough. Shortly after 9 o’clock, Mr. Ryerson heard his dog barking on the front lawn, and going to the door called. The animal refused to come at the call, and this was such an unusual thing that Mr. Ryerson went to the fence which skirts the river bank to see what was the trouble.

He saw the form of a man floundering in the water. The dog jumped in, and catching the clothes of the drowning man, tugged him near enough to shore to allow the poormaster to complete the rescue. The man was under the influence of drink, and had stumbled into the water. He refused to give his name.”

Another amazing dog hero!

And if you were wondering what a “poormaster” was – we were too and looked it up. Here’s what we found: A poormaster was a person employed by the state to see if applicants for financial assistance were qualified. During the Great Depression, Poormasters often had to be protected by the police from people they identified as “not qualified for assistance.” The occupation ceased to exist after 1940, with the advent of Social Assistance.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?... 10 Interesting Health And Safety Facts

1. About 3.9 million employees are disabled at work in any given year.
2. One work related injury occurs every 8 seconds.
3. Accidental overdose of iron pills is the leading cause of poisoning deaths among children.
4. Fire kills more Americans each year than ALL other natural disasters combined.
5. Nature requires over 5 years to get rid of a cigarette butt.
6. The energy needed to make 1 new aluminum can makes 20 recycled ones.
7. About 8 out of every 10 adults will have a back injury in their lives.
8. On average, about 400 people die from excess heat (heat stroke) each year.
9. Occupational skin diseases cost \$1 billion annually in worker's compensation claims.
10. Of the 42,000 traffic fatalities in recent years, 41% were alcohol related.



Tip Of The Month – 11 Easy Ways To Simply Your Life

- 1) Three-box de-cluttering.** If you're trying to de-clutter a room, drawer, shelf, or desk, use three boxes to quickly sort everything. Just quickly go through each shelf or drawer or flat surface at once, putting things into three separate boxes: Trash, Donate, Maybe.
- 2) Create a no-distraction zone.** This is great for when you want to do some focused work. Create a zone with no phones, no email, no co-workers, no kids or spouses, nothing on the walls, no IM or Twitter, no web surfing. Just the tools you need to do your work and nothing else.
- 3) Create a short list.** If you're having a hard time simplifying your life, create a short list of things you love doing most, perhaps 4 or 5 things. Then, try to eliminate everything in your life that's not on the short list, to make room for the things you love.
- 4) Deflect all requests for a week.** If you're feeling overwhelmed, make the decision that you will not say "yes" to any new requests this week. If you get a new request, politely decline.
- 5) Go schedule-less.** This works well if you've been over-packing your schedule. Set a policy that you won't schedule any appointments. At the beginning of the day, pick a few things to focus on and try to get them done. If you need to meet with someone, call them and meet.
- 6) Single task.** This is good for those who tend to be all over the place. Don't allow yourself to switch between tasks. When you're working on a report or writing an article, don't do anything else.
- 7) Start your day with peace.** When you first rise, do something that is calming and peaceful. That might be running or walking, having a quiet cup of coffee with a book, watching the sunrise, meditating or yoga -- whatever works well for you.
- 8) Eat only 7 things.** If you're trying to be healthful, but are having a hard time navigating complicated diets, limit yourself to non-packaged foods. Eat only seven things: fruits, veggies, whole grains, lean protein, lean calcium, beans, nuts, and good fats.
- 9) Go paperless.** If you can do it, you can save time filing, save time searching for stuff, save space, simplify your office, and save a few trees to boot. Insist that everything be sent via email or through online documents, then create a filing system that works for you.
- 10) Go media free.** If your life is filled with information overload, and you find little time to do the things you love to do, consider eliminating media from your life, at least temporarily. This includes cable TV, DVDs, newspapers, magazines, and Internet news.
- 11) Limit yourself to 3 tasks.** If your to-do list is long and overwhelming, pick 3 tasks you want to do today. Focus on getting these 3 tasks done before anything else.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 713-622-3300.