

CORE of Your Health

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

"Whenever it is in any way possible, every boy and girl should choose as his life work some occupation which he should like to do anyhow, even if he did not need the money." - William Lyon Phelps

The answers to these questions... and more... revealed in this month's newsletter...

“Do These New Products Eliminate *Bad Breath*?”



Plus: Five Interesting Things Humans Still Have But Do Not Need!!!

Houston – Imagine this scene: You’re at a social gathering. A good friend introduces you to someone new. You shake hands and this *new* person steps into your personal space *and then*, they lean toward you *even more...* They’re a “close talker.”

And when they open their mouth – you don’t hear a single word they say.

Why?

Because Their Breath Almost Burns Off Your Eyebrows!!!

Come on now... you’ve been there. We all have. And, even though we chuckle now – bad breath is far from funny.

In fact, bad breath is a challenge. There are multiple causes — from medical problems (like diabetes and sinus conditions) to dry mouth to stinky food to rare cases of tonsillolith, little reeking balls of hardened plaque that form on the tonsils.

One common cause is from gaseous byproducts of bacteria that flourish in plaque.

And here’s the funny thing: After centuries and centuries of bad breath, there is no way to measure it.

Sure, there have been rating techniques and machines to measure mouth gases, but according to the American Dental Association (ADA), the “primary reference standard” remains the human nose.

"You know it when you smell it," says Clifford Whall, Director of the ADA's Seal of Acceptance program.

It is estimated that almost all adults have at least “morning breath,” with up to half having a severe, chronic problem.

The money trail seems to agree with these estimates. According to market research firm, Euro Monitor International, Americans spent \$6.7 billion on mouth-freshening products in 2007.

But, the big problem is...

That Does Not Mean These Products Work

There is a big difference between a product that may freshen breath for a few minutes and one that takes care of halitosis all day.

Brand-name “germ-killing” mouthwashes like Listerine and Scope *do* kill germs... but... that does not mean they do anything for your breath.

The primary ingredient in the newer class of mouthwashes with clinical-sounding names such as TheraBreath, Oxyfresh, CloSYS and ProFresh is sodium chlorite, also known as stabilized chlorine dioxide. Sodium chlorite is sometimes used as a water purifier. These rinses claim to freshen breath for up to six hours. But one independent study of several brands found they only worked for anywhere from 4 to 42 minutes.

“These products change the chemical composition of odiferous gases so they no longer smell, but underlying bacteria remain potent and continue producing odors,” says Dr. Marvin Cohen, DDS – the developer of SmartMouth.

SmartMouth uses sodium chlorite but, in a new twist, it must be mixed with zinc chloride just before use.

Bacteria in your mouth produce rancid ‘bad breath’ gases as a by-product of consuming amino acids. According to Cohen, the zinc ions block the amino-acid receptor sites so the bacteria cannot produce gas. After the bacteria die in around 12 hours, new bacteria replaces them. Again, it's time to rinse.

The National Advertising Division of the Council of Better Business Bureaus recently announced a review of

dental literature substantiated SmartMouth's claim that it prevents bad breath 12 times longer than any other mouthwash.

Another brand, Biotene, takes a different approach. Its new PBF, or plaque-biofilm dissolving mouthwash, contains two enzymes that break down the plaque-biofilm, restoring a more healthy bacteria balance to your mouth, says Michael Pellico, a Biotene chemist.

There's also promising research on yet another liquid — a combination of zinc and chlorhexidine.

Is This Proof?

Even with all the above info, experts say there is a lack of solid evidence as to whether these products work or not. And even with the most effective products, some people practice such poor oral hygiene that nothing will help.

And when you practice poor oral hygiene – we all know what happens...

Your Teeth Fall out!

Which is ironic. Why you ask? Because, while you need your teeth, there are 5 interesting things humans have that they no longer need... that don't "fall out."

These things are called "Vestigial organs" and they are parts of the body once had a function but are now pretty much useless.

Here is a list of these 5:

Vomer nasal Organ - Rodents and other mammals secrete chemical signals called pheromones that carry information about their gender or reproductive state, and influence the behavior of others. Pheromones are detected by a specialized sensory system, the vomeronasal organ (VNO), which consists of a pair of structures nestled in the nasal lining or the roof of the mouth. Although most adult humans have something resembling a VNO in their nose, there's no evidence it is functional.

Goose Bumps - Though goose bumps are a reflex rather than a permanent anatomical structure, they are widely considered to be vestigial in humans. The pilo motor reflex, one of their technical names, occurs when the tiny muscle at the base of a hair follicle contracts, pulling the hair upright. In birds or mammals with feathers, fur or spines, this creates a layer of insulating warm air in a cold snap, or a reason for a predator to think twice before attacking. But human hair is so puny that it is incapable of either of these functions.

Darwin's Point - Around the sixth week of gestation, six swellings of tissue called the hillocks of Hiss arise around the area that will form the ear canal. These eventually coalesce to form the outer ear. Darwin's point, or tubercle,

is a minor malformation of the junction of the fourth and fifth hillocks of Hiss. It is found in a substantial minority of people and takes the form of a cartilaginous node or bump on the rim of their outer ear, which is thought to be the vestige of a joint that allowed the top part of the ancestral ear to swivel or flop down over the opening to the ear. Technically considered a congenital defect, Darwin's point does no harm and is surgically removed for cosmetic reasons only.

Tail Bone - A structure that is the object of reduced evolutionary pressure can, within limits, take on different forms. As a result, one of the telltale signs of a vestige is variability. A good example is the human coccyx, a vestige of the mammalian tail, which has taken on a modified function, notably as an anchor point for the muscles that hold the anus in place. What's more, there are more than 100 medical reports of babies born with tails. This atavism arises if the signal that normally stops the process of vertebrate elongation during embryonic development fails to activate on time.

Wisdom Teeth - Most primates have wisdom teeth (the third molars) but a few species, including marmosets and tamarins, have none. "These are probably evolutionary dwarfs," says anthropologist Peter Lucas of George Washington University, Washington, DC. He suggests that when the body size of mammals reduces rapidly, their jaws become too small to house all their teeth, and overcrowding eventually results in selection for fewer or smaller teeth (International Congress Series, vol. 1296, p. 74). This seems to be happening in Homo sapiens.

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.

Did You Know...

Dr. Philip Cordova is available to speak to your group?

Popular Topics Include:

Ergonomics

Posture

Natural Headache Relief

Natural Back Pain Relief

Learn To Get Healthy

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

Girl Scout Sets Record And Teaches Valuable Life Lesson In The Process

Ever wonder why some people are successful and others struggle?

Are the successful born with something the rest simply didn't get in the womb... or... is it a skill we can all learn and develop?

That is a question that has been hotly debated for quite a long time. This very interesting and inspirational story may help answer that age-old question once and for all.

Here's the story: Girl Scouts are just little girls that meet once a week and go on an occasional camping trip... right?

Don't tell that to Jennifer Sharpe. Why? Because Jennifer knows a little something about selling Girl Scout cookies. In fact, it seems as though she has it down to a science.

At only 15 years old, the Dearborn Michigan resident recently sold more cookies in a single season than any Girl Scout in the United States ever has.

How many?

17,323 Boxes!!!

Jennifer was recently honored for her record breaking event and had this to say...

"Make a goal, and don't give up on it. Keep working for it, and one of these days, you'll hit it," she advised aspiring sellers.

"When I was in third grade, the top seller was 10,176 ... I turned to my mother and said, 'That's going to be me one day,' and it took me seven years," she said.

Jennifer, a fan of the Thin Mints, used a retail-inspired strategy. She set up shop in the parking lot of Cherry Hill Presbyterian Church in Dearborn. She manned her booth 3-7 p.m. Monday through Saturday. On Sundays, she sold cookies outside a local auto parts store from 11 a.m. to 7 p.m.

"When I was young, I knocked on doors," said Jennifer, in her 10th year of scouting. "Now that I'm older, I get too many rejections face-to-face. People don't want to buy from a 15-year-old. They want to buy from a cute little Brownie."

Also playing in Jennifer's favor was the extra week the local council added to the selling season. Area troop members hawked their tasty wares from December until March 16, instead of March 9. The extra time was added because the council hadn't met its sales goal, according to Girl Scouts of Metro Detroit's Director of Product Sales, Clare Coughlin.

For 50 Cents More, You Can Get Three Boxes!

"I know how to get people to buy more," said Jennifer, a sophomore at Edsel Ford High School. "If they buy two boxes and they hand me a 10, I'd be like, 'For 50 cents more, you can get three,' because three boxes are \$10.50."

The money Jennifer and her friends from Troop 813 raised will go toward a trip to Europe.

But some say the aspiring marketing executive's victory is far from sweet. Some have accused her of cheating because her mother, Pam, sold cookies when Jennifer was at school. But Coughlin said there are no rules against that.

"Jennifer was the one behind this. She's the one who set the goal," Coughlin said. "Parents take order cards to work. To us, it's the same thing. It's a different variant of the same thing -- adults helping a girl meet her goal. We expect a girl to be involved in every way, pulling the order, sharing what they're going to do with the proceeds."

Wow! It's amazing what you can learn from 15 years old when you really pay attention – isn't it?

Too often we think success is something we are born or not born with. Jennifer, at only 15, knows differently.

And she proved it with her wonderful words: **"Make a goal, and don't give up on it. Keep working for it, and one of these days, you'll hit it."**

Clearly, anyone can make a goal and never give up on it. And clearly, if you simply do not give up – you WILL hit it someday. Too often, we think things SHOULD be easier than they are, so we roll over and give up. Too often we are inches or seconds away from the success we seek.

Nothing is worse than walking away so close to achieving your dreams and desires and never knowing what might have been.

Jennifer will never know that feeling.

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?... If we could shrink the Earth's population to a **village of precisely** 100 people, with all the existing human ratios remaining the same, it would look something like the following. **There would be:** 57 Asians; 21 Europeans; 14 from the Western Hemisphere; 8 Africans; 52 would be female; 48 would be male; 70 would be non-white; 30 would be white; 70 would be non-Christian; 30 would be Christian; 6 would possess 59% of the entire world's wealth and all 6 would be from the USA; 80 would live in substandard housing; 70 would be unable to read; 50 would suffer from malnutrition; 1 would be near death; 1 would be near birth; 1 (yes, only 1) would have a college education; and only 1 would own a computer.

The following is also something to ponder...If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world. If you can attend a church meeting without fear of harassment, arrest, torture or death...you are more blessed than three billion people in the world. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace ... you are among the top 8% of the worlds wealthy. If your parents are still alive and still married ... you are very rare, even in the US and Canada.

Someone once said: *What goes around comes around. Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching. Sing like nobody's listening. Live like it's Heaven on Earth.*

Tip Of The Month - 10 Natural Ways To Chase Away The Blues



Every now and then, we all get a little down. It's simply part of life. But, before you reach for a heavy-duty anti-depressant – you may want to try one of these simple tricks to improve your mood. Who knows, you may start feeling better... just about instantly!!!

1. Put on a blue shirt - Blue is generally relaxing, while orange is the biggest irritant. **2. Pause your mental TiVo** - Stop what you're doing, close your eyes, and quickly count to 10 while strongly pressing your right thumb and forefinger together. Now do the same with your left hand. Repeat this 5 times. This will clear your mind. **3. Recruit an anger buddy** - Find a thick-skinned friend who'll let you verbally assault him when the situation warrants. Make sure you're willing to return the favor. Make sure the tirade is brief, private, and somewhat controlled. **4. Fabricate a smile** - Grin. According to experts, people who are manipulated into smiling report feeling better instantly -- going through the motions can trigger the emotions. **5. Clean your room** - Most people don't realize how much clutter causes stress. Pick clothes up off the floor, remove dirty glasses from the coffee table, and make your bed. **6. Climb the stairway to heaven** - Music has been shown to reduce stress and have a positive effect on health. **7. Order Chinese** - According to recent research, ginger and broccoli may temporarily help relieve depression. **8. Dot your eyes** - Draw two dots an inch or so apart on a piece of white paper. Stare at the space between them with an out-of-focus gaze until they merge. Release and repeat three times. **9. Sniff a lemon** - Nice smells such as fresh fruit, a looming thunderstorm, or just-mowed grass can turn your mood around. **10. Chop till you drop** - Cook something from scratch. You are now in touch with your primal self; destroying and creating at the same time is the ultimate mood lifter.

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.