

## Dr. Leach's November 2006 Newsletter:

### *A Thanksgiving to Remember: Giving Thanks for Our Health!*

In the articles cited below chiropractic scientists and medical doctors teamed up in Italy and Massachusetts respectively, to study and report the benefits of chiropractic in biomedical journals earlier this year. While in Mississippi we're not yet to the point where medical and chiropractic physicians are collaborating on research, we can be thankful that more and more medical physicians are making referrals to chiropractors, and patients are having more options for their spine, joint and muscle problems.

If we can't find reasons like good health to be thankful during this season, we'll be hard pressed to have that attitude the rest of the year. But this isn't the only year when disasters and challenges such as war beset our nation. When Abraham Lincoln first called for a national day of prayer and Thanksgiving we were engaged in an unprecedented war that was to determine the course of the world's future superpower. There were many days during that war that ended with 10,000 casualties in a single day, and on some days that many fell in a single charge.

Yet we were called upon then to remember the sacrifices and be thankful. I believe we should do no less now. Be sure to remember Lincoln's words during your Thanksgiving (they appear in their entirety at the end of this newsletter, after the research articles on protruding discs and arthritis that follow), and may you and your family be truly blessed this holiday season.

Rob Leach, D.C., M.S.(c), F.I.C.C.

### *Protruding Lumbar Disc? More Evidence Chiropractic Helps!*

Medical scientists and chiropractic physicians at the University of Rome recently performed a blinded clinical trial and concluded recently that patients randomized to chiropractic manipulations (n = 53) had highly significant improvement in back pain, and even significant improvement in sciatic nerve (i.e., leg pain), when compared with patients randomized to placebo care (n = 49; placebo is a fake manipulation).

The patients had all been diagnosed as having herniated lumbar discs based on magnetic resonance imaging studies, prior to entering into the research.

Receiving up to 20 chiropractic adjustments, the scientists reported in *Spine* that the patients receiving chiropractic had less pain from their herniated disc at 15, 30, 45, 90, and 180 days, compared with patients randomized to placebo care. Chiropractic was more effective on the basis of percentage of pain-free cases, number of days with pain, and number of days with moderate or severe pain. There were no adverse events associated with chiropractic care, and there were only two treatment failures, one receiving chiropractic adjustments, and one receiving placebo care.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list\\_uids=16517383&query\\_hl=3&itool=pubmed\\_docsum](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=16517383&query_hl=3&itool=pubmed_docsum)

### *Osteoarthritis in the Back Responds Faster to Chiropractic!*

At the Community Health Institute of the Winchester Hospital in Winchester, Massachusetts, medical doctors and chiropractors compared use of chiropractic adjustments, traction and hot packs, with use of moist heat by itself in 252 patients suffering from chronic low back pain secondary to osteoarthritis.

After up to 20 sessions and several weeks of care, patients receiving chiropractic had more rapid pain reduction and greater and more rapid range of motion improvement than patients receiving only moist heat. Patients receiving chiropractic also had improvements in 4 of 9 activities of daily living compared with patients receiving only moist heat.

The doctors concluded in the *Journal of Manipulative and Physiological Therapeutics* that pain reduction and improved range of motion was more rapid and more complete with chiropractic adjustments as opposed to use of moist heat only, in cases of low back pain secondary to osteoarthritis.

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list\\_uids=16461169&query\\_hl=3&itool=pubmed\\_docsum](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=16461169&query_hl=3&itool=pubmed_docsum)

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# Proclamation Establishing Thanksgiving Day

**October 3, 1863**

The year that is drawing towards its close, has been filled with the blessings of fruitful fields and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added, which are of so extraordinary a nature, that they cannot fail to penetrate and soften even the heart which is habitually insensible to the ever watchful providence of Almighty God. In the midst of a civil war of unequalled magnitude and severity, which has sometimes seemed to foreign States to invite and to provoke their aggression, peace has been preserved with all nations, order has been maintained, the laws have been respected and obeyed, and harmony has prevailed everywhere except in the theatre of military conflict; while that theatre has been greatly contracted by the advancing armies and navies of the Union. Needful diversions of wealth and of strength from the fields of peaceful industry to the national defence, have not arrested the plough, the shuttle, or the ship; the axe had enlarged the borders of our settlements, and the mines, as well of iron and coal as of the precious metals, have yielded even more abundantly than heretofore. Population has steadily increased, notwithstanding the waste that has been made in the camp, the siege and the battle-field; and the country, rejoicing in the consciousness of augmented strength and vigor, is permitted to expect continuance of years, with large increase of freedom.

No human counsel hath devised nor hath any mortal hand worked out these great things. They are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy.

It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and voice by the whole American people. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens. And I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings, they do also, with humble penitence for our national perverseness and disobedience, commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquility and Union.

In testimony whereof, I have hereunto set my hand, and caused the seal of the United States to be affixed.

Done at the city of Washington, this third day of October, in the year of our Lord one thousand eight hundred and sixty-three, and of the independence of the United States the eighty-eighth.

A. Lincoln

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