

In Good Hands

A Free Monthly Newsletter for The Friends and Patients of: Dr. Carl Amodio, D.C.

“Death is not the biggest fear we have; our biggest fear is taking the risk to be alive -- the risk to be alive and express what we really are.”~ Don Miguel Ruiz

“Who Else Wants To Know The “Ultimate Fighters” Back Pain Relief Secret?”

Roswell – Secrets. Secrets. Everyone wants to know a good secret. Especially a back pain relief secret.

But the question is: Can you KEEP a secret? I hope not, because the secret I’m about to reveal should be shouted from the mountaintops...

Here’s why: Have you ever heard of “Ultimate Fighting?” With its sudden rise in popularity, you probably have. And I bet you think it’s some ultra-violent bar-room brawl with sadistic, blood-thirsty fans. Right?

Well, that opinion may have been justified 11 years ago when the legendary Gracie family first started The Ultimate Fighting Championship in the United States...

At that time, the Gracie family believed their brand of martial arts dubbed, “Gracie Jiu-jitsu” to be unbeatable... and were well known in Brazil for...

“The Gracie Challenge...”

As the legend has it, one of Gracie’s Jiu-Jitsu’s originators, Hellio Gracie, often ran newspaper ads in Rio De Janeiro requesting anyone who wanted broken arms, legs and ribs to simply show up at his marital arts academy!

Shortly after coming to the United States, one of Hellio’s many sons, Rorion, sent shock waves through the martial arts world by announcing he would fight any man to the death for \$100,000 in an early 90’s magazine interview.

Rorion was also the mastermind behind the original Ultimate Fighting Championship that pitted fighters from many different fighting styles against each other with basically no rules in a fenced-in “cage” called “the octagon.”

The Gracies wanted to prove to the world their fighting style was the best. And, after Rorion’s skinny little brother, Royce, quickly dismantled all his opponents – some out-weighting him by over 100 pounds – they had proven their point.

It didn’t take many of those “no rules” fighting tournaments before local governments stepped in and outlawed the event in most states.

Since that time, however, that “shock event” has turned into a legitimate sport with sanctioning bodies and rules to protect the fighters.

It has also attracted some of the best athletes in the world such as former professional football players, olympic gold medalists in wrestling and judo, professional boxers, and many others.

Because the fighters must be accomplished at so many different fighting arts and skills (Brazilian Jiu-jitsu, kickboxing, wrestling, and Thai boxing just to name a few), many think ultimate fighters are the ultimate athletes.

Why am I telling you all this and what does it have to do with relieving back pain?

Here’s what: As you can imagine, Ultimate Fighting also puts ultimate stress and strain on your back. These athletes are constantly picking up opponents, punching, kicking, and twisting themselves into a pretzel.

And because of that, back pain (and injury) is common. So how do these fighters keep themselves training and fighting pain-free?

Here’s how: Just a few weeks ago, I was watching the final of the hit Spike TV series “Ultimate Fighter.” And the heavyweight winner, Rashad Evans, took the time to thank...

Chiropractic Care...

...for relieving his back pain and allowing him to fight that night! And the surprising thing is... THIS WAS NOT A PAID ENDORSMENT!!!

Even more amazing, Former Olympic Greco-Roman wrestler, Randy Cotour, was the light-



heavyweight champion until a few months ago. What's so amazing about that?

He was 41 years old!

Whether you agree with this sport or not, can you imagine being in good enough physical condition to be able to step into a cage and fight another person... half your age? And not only that... be the best in the world?

I have heard and read several interviews with Randy. What does he credit for his mind-boggling success and what seems to be his fountain of youth? He always mentions three things...

- 1) Diet
- 2) Hard training
- 3) Chiropractic care

And listen to this... just about every ultimate fighter I looked into was under routine Chiropractic care. So what?

You don't know who any of the "ultimate fighters" are.

I thought you might say that, so I've compiled a little list of athletes and celebrities you will recognize. All have the money and resources to choose any treatment their little hearts desire. Yet, they all have chosen to be under Chiropractic care...

- Michael Jordan
- Tiger Woods
- Muhammad Ali

- Arnold Schwarzenegger - *"Bodybuilders and fitness people have been using chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a chiropractor before you get injured. We are a perfect team- the world of fitness and the world of chiropractors."*

- Wayne Gretzky

- Evander Holyfield - *"I have to have an adjustment before I go into the ring. I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. The majority of boxers go to get that edge."*

- Rocky Marciano, Heavyweight Champion 1956

- Joe Montana - *"I've been seeing a chiropractor and he's really been helping me out a lot. Chiropractic's been a big part of my game."* (Joe Montana and 35 of his teammates received chiropractic care right before the 1990 Super Bowl Game.)

- Mel Gibson
- Sylvester Stallone
- Robin Williams
- Whitney Houston
- Alec Baldwin
- Richard Gere
- Whoopie Goldberg
- Ted Danson
- Demi Moore
- Steven Segal
- Cher
- Jerry Seinfeld
- Burt Reynolds
- James Earl Jones
- Alan Thicke
- Christie Brinkley
- Clint Eastwood
- Anthony Robbins - Author/Motivational Speaker

And this is a very small sample of the entire list I have put together. It's really amazing.

And here's something to think about: I wonder how many athletes and celebrities that get paid to endorse a drug or similar product were actually helped by Chiropractic or another alternative without the deep pocket to pay for testimonials? Who knows? I guess that's a secret...

Final thought for this month: I'm not saying you are going to be able to step into the octagon and fight a 20-year-old kid if you are under Chiropractic care. But, if routine Chiropractic care is how the best athletes in the world relieve their back pain and function at elite levels... don't you think it could help your back pain and the quality of your life?

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.

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

“With Only Hours To Live, He Made The Right Call...”

It's downright depressing.

Every time I flip on the news, I'm bombarded with nothing but: lying, cheating politicians, terrorism, tsunamis, hurricanes, tornados, mud-slides, out-of-control forest fires, tragedy, death, and destruction.

Thank God I know that the world is a much better place than what is being reported on the news.

For example, I was playing around on the internet a few days ago and typed in the word, “Angel” into the Google search engine. After a few sites referencing some vampire TV show, up popped a story from the St. Petersburg Times entitled...

“Angel” Plucks Boy From Sunken Car

It sounded just a little more interesting than all the right-wing... left-wing bickering... so I gave it a click-a-roo...

Up came this amazing story:

Kerry Reardon was teaching his 15-year old daughter to drive. As they crossed the Howard Franklin Bridge, he noticed other cars hitting their brakes... followed by car debris and a gaping hole in the bridge's guardrail.

He told his daughter to pull over. As soon as he looked over the edge, he knew a vehicle had gone over the edge. Several people had escaped the vehicle and were swimming towards a fishing boat that had stopped to help.

But Reardon saw bubbles and knew someone was still inside the SUV.

As chance would have it, Reardon grew up diving these same waters for snow crabs. He knew how to handle the strong current...and... didn't hesitate to drive – head first – off the bridge.

His first attempt to save the seven-year-old boy trapped in the Ford Explorer proved futile. Reardon came up... took another breath... and dove back under the murky water.

This time he spotted the boy. Reardon said...

“He was just sitting there like a rag doll.

I unbuckled him, pulled him out of the car and gave him his first breath of life.”

As Reardon began swimming the boy towards the fishing boat that had already picked up his mother, father and 13-year-old brother – Kelly Earle, a registered nurse – jumped off the bridge.

She too swam to the fishing boat and immediately began giving CPR.

When later questioned and asked about the cold temperature of the water, Earle said she didn't even remember going off the bridge. She said the water could have been on fire for all she knew.

Earle gave the boy CPR until they reached a waiting ambulance that rushed the entire family to the hospital.

At the time of writing this, the young boy was still in critical condition... but expected to pull through.

I would like to take this newsletter to honor Kerry Reardon and Kelly Earle. And, oddly, the St. Petersburg Times for choosing to put this story on the front page. It's not often you see anything positive in the news... much less the front page.

I would also like to take this moment for us all to send our best thoughts and prayers to the boy for a speedy recovery. Even though he is still in critical condition, he never would have stood a chance if it wasn't for the selfless act of love and bravery of those already mentioned above.

You know, it's easy to go through life... only seeing the negative that appears on the front page every day. It is easy to get down on just about everything. Believe me... I know. I've had times when I wondered if there was ever going to be something “better.” But, in the end, life is what YOU make out of it. And, there is a whole heck-of-a-lot of greatness... EVERYWHERE. All you have to do is look for it.

Kerry Reardon and Kelly Earle are more common than you think. It's just the sad truth that bravery and love don't sell as many newspapers... or get as many viewers... as assault, battery, and political scandal.

And, here's something for all of my readers to ponder for a few minutes: What would you have done if you were in Kerry Reardon's shoes? What are you made of... deep down inside...?

We love helping people through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger too! 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?...

1. High levels of sodium (salt) contribute to congestive heart failure. Roughly 5 million people in the U.S. experience this heart failure annually!

-In a study in the Archives of Internal Medicine, those who ate the most sodium were 43% more likely to suffer congestive heart failure than those with the lowest sodium intakes.

Less than 2,400 mg of sodium a day is recommended by several government health agencies. High sodium intake can also increase hypertension and cardiovascular disease risks.

-To reduce the amount of sodium in your diet, eat fresh foods and prepare your own meals...as prepackaged foods are loaded with sodium! Start reading labels on pre-prepared meals - you might be shocked at how much sodium you're already eating!

2. When you have a high level of stress in your life, it's good to participate in calming hobbies. These should take little effort, and allow your body's biorhythms to slow back down.

-Reading a book or sailing are examples of those slow paces activities that allow your mind to ease its pace.

-Some other things you might do are:

- Meditate
- Watch TV or Read a Book
- Do needlework
- Repetitive tasks like throwing a baseball with a friend

Be sure you aren't making yourself busier, but are finding ways to slow a normally frantic pace. Notice how it can ease your mind!

Tip of The Month – “15 Tips To Keep Your Pets Healthy And Safe This Holiday Season...”



Did you get your pets a gift this holiday season? I know I did. And if you are as crazy about your pets as I am, you'll want to make sure they have a healthy, safe, and happy holiday season with these 15 tips:

- 1. Make sure the gift you choose is safe.** No small parts. If it's treats, make sure you give them in moderation!!!
- 2. Food is the biggest potential problem for dogs during the holidays.** So, be sure you do NOT feed them chicken or turkey bones. They splinter easily and can cause choking. Ask guests not to give your dog treats from the table.
- 3. Make sure your garbage is secure with lids.** Besides being a pain to clean up... your trash will contain many things that can injure or even kill your pets.
- 4. Chocolate, coffee, and tea, all contain dangerous components called xanthenes, which cause nervous system or urinary system damage and heart muscle stimulation.** Chocolate, with theobromine, is especially a problem because pets love its flavor. Problems from ingestion range from diarrhea to seizures and death. Unsweetened baking chocolate and dark chocolate are the worst culprits, but all chocolate, fudge, and other candy should be placed out of your pet's reach.

5. Do not give your pets alcohol! Alcohol even in small amounts can be toxic. An ounce of 20- to-40- proof alcohol can put your dog in a coma.

6. Keep all poinsettias, holly, and mistletoe out of reach of your pets. Eating the leaves and berries of mistletoe could cause a drop in blood pressure. Hibiscus causes diarrhea. Ivy can cause diarrhea, convulsions, and in some cases, even death when eaten in large quantities. Holly, poinsettias, and other poisonous plants are best kept away from inquisitive companion animals.

7. Avoid glass ornaments and things like tinsel that your pet can choke on. Also, consider a smaller, table-top tree that can be placed out of reach of your pets. If you do opt for a larger tree – make sure it is secure.

8. Make sure to spend some quality time with your pet so they get their regular feedings and exercise.

9. Make sure candles are out of reach and fireplace screens are in place to avoid burns.

10. Make sure electrical cords are of reach. Dogs and cats often get electrocuted when they chew them.

11. If you have a live tree, try to keep the area free from the falling pine needles. They can become lodged in your pet's throat and cause severe pain when swallowing.

12. Keep the tree water secure. Drinking it can harm your pet's health.

13. New pets are usually NOT the best gifts. Many pets given as gifts... sadly end up in shelters. Consider a gift certificate for a pet they can use later. And if you are thinking about bringing home a fuzzy little friend for yourself – consider waiting until AFTER the holidays. For many reasons, the holidays are NOT the best time to start a new relationship with your pet.

14. Try not to have too many decorations “hanging around” that your pet can jump up on and pull down!!!

15. Even though your schedule may be hectic, think about the pets that have been abandoned and now live in shelters. The holiday season is a great time to donate food, money, or just a little time to these poor animals that deserve so much better.

Remember, we're always here, using the miracle of Chiropractic to help you AND your pets to heal and maintain optimal health!