

Markley Chiropractic

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Vytorin and Zetia again receive negative headlines! First, these two Statin drugs were shown to have no credible effect on lowering cholesterol or decreasing aortic valve lipid stenosis. Now a University study at an Oslo hospital, involving 2000 patients demonstrates a 70% increase in cancer rates for individuals on these drugs and their chemically similar cousins. These two drugs, sold by Merck total more than \$4 billion dollars in sales. Constantly I try to warn patients that cancer is caused by chemicals resulting in free radical damage in our bodies. Drugs are chemicals-it's just a fact-please wake up. The body is healed at the cellular level by nutrients, vitamins, minerals, phytonutrients, and herbs, not chemicals. Remember in a previous newsletter I discussed that by just taking a good multivitamin you will decrease your chance of breast and colon-rectal cancer, chronic degenerative diseases, lupus, rheumatoid arthritis etc. This fact is medically accepted despite the fact that they don't recommend nutrition.

A recent study comparing fish oil (omega three's) to Lipitor is available at the front desk. The results are astonishing! Lipitor and Zocor are very effective at lowering your bad cholesterol (LDL), BUT, they also catabolize your good cholesterol (HDL). The study on 48 men found fish oil was more effective at preventing heart disease than any statin drug. Lipitor is a \$13 billion dollar drug. Fish oil cost a fraction of the monthly cost of Lipitor and is much more successful and healthy in working with both cholesterol levels LDL and HDL.

The nutritional/acupuncture approach to fertility continues to bear results with one gal just recently delivering and two more presently expecting. The Metagenics nutritional product Estrium continues to be key in boosting estrogen levels, followed by Whole System Lymph, Symplex F, and Thyrophin. Upper cervical adjustments of the atlas (upper neck) are extremely effective at correcting Bells Palsy and Torticollis. Two extremely painful cases were cleared up within 2-3 weeks utilizing the Grostic adjusting instrument-nonpainfully I might add. These two syndromes Bells Palsy and Torticollis can both involve cranial nerves, be extremely debilitating and actually have medical internet support groups. It is much better to get the pressure off the nerves by correcting the spine than to be part of a support group.

I can tell that fall is approaching by the number of patients showing up with upper respiratory infections of the sinuses and chest. Antronex, Whole System Lymph and Category's 2, 3 and 5 will work in most cases. The more serious chest colds bordering on bronchitis or walking pneumonia need Triguard and Vital Immune.

Remember even if you're a chiropractic patient we have specific nutritional protocols for heart, blood pressure and diabetic issues that are truly effective without side effects. Products such as Vital Heart/Lung, MgK, BP Balance, Glucagon, Gymnema, and Oxygenic B, properly dosed can help the body begin to heal and return to homeostasis.

Ask the chiropractic assistants for copies of the article concerning FDA warnings relative to jaw bone loss in patients taking Fosamax, Evista, and Boniva. These supposed bone density drugs inhibit the removal of dead and decaying bone by inhibiting the osteoclasts from debris-ing out the bad bone. These drugs falsely make a dexascanner (bone density scanner) look improved by bulking up density with bad decaying bone. True bone density improvement can be made utilizing Microcrystalline Hydroxyapatite (raw bone meal) in combination with Vitamin D and calcium. I have patient dexascans that show improvement without the use of any of these drugs but they did use the correct type of calcium and bone meal.

In closing, exercise, hydrate, sleep well, take a multivitamin, fish oil and phytonutrient product(ex. Greens First, Nanogreens, Shultz's Greenfoods, SP Greensfood) or eat 5-9 servings of fruits and veggies, depending on whom you believe - Harvard or the government.

Sincerely yours in health and Christ,

Dr. J.L. Markley

Live Long
Live Healthy
Play Hard
Serve God