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ANDREA CHARLTON, D.C.

# News From Your Chiropractors

## A Note from Dr. Milligan

**We are thrilled to tell you our news!!!**

Dr. Andrea Charlton has joined our practice.

A very wise friend told me: if the time comes and you consider bringing another doctor into your practice, make sure they are at a minimum your equal, and better yet, ahead of you—in skill, values and belief in the ability to change other lives with the blessings of renewed health.

Dr. Charlton is just that. She loves her patients and sets the highest standards for herself. She finished at the top of her class, excited to join this wonderful profession.

A gift she brings to our community is allowing us to grow and to help more

people with scientific chiropractic care. Dr. Charlton is seeing patients and working toward building her practice on days when our office is under-utilized.

She will be available to help my patients when I have time off and I will be able to do the same for her, expanding our ability to better help our patients. We both bring different strengths to the table and now can offer our patients improved care, which has been a dream of mine for years.

There have been only three doctors whom I would have ever considered bringing aboard and Dr. Charlton has always been my first

choice. We are thrilled that she chose to build her practice with us.

**Help us celebrate Dr. Charlton's arrival at our open house on Saturday, October 30 from 10am to 3pm. Come out to meet her and see the changes in our office. Fun, food, and door prizes!**



## A Note from Dr. Charlton

I am so excited to be a part of this office! What a privilege to work with Dr. Milligan, Gail and Joanne.

Many of you have seen me in the office and you're sure to see more of me. I recently graduated from Life Chiropractic College

West in Hayward and have quite a bit of experience with Atlas Orthogonal chiropractic. I'm looking forward to bringing more children into the office so they can take advantage of the health benefits of chiropractic care at an early age.

If you know of any children who could benefit from chiropractic care, please give them my name!

I look forward to being an active part of this community by sharing life, health and well-being.

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### Special points of interest:

- Open House Saturday October 30th.
- October 1st we take over our own billing.
- October 1st we become a mostly cash practice (accepting checks, MasterCard and Visa as usual).

# Important Office Changes

## Welcome to the electronic age!

If you have been in the office recently, you saw us schedule your next appointment on the computer. September 1st marked the retirement of our beloved, dog-eared paper appointment book and the beginning of a new phase.

The new tool on the computer is called Satori and it is also the name of the company located in San Rafael, California. Satori is strictly focused on the chiropractor's office and brings to us tools that will help us streamline front office procedures.

One of Dr. Milligan's dreams has been to provide our patients with an in-house billing service. Dr. Milligan, your dream is about to

come true!

Starting on October 1st, we will take over the billing from our external service (CDS). We will also be changing the practice to "Cash" with the exception of United HealthCare, Medicare and Work-



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ers' Compensation patients. Just as a reminder, we do accept cash, checks, MasterCard, Visa and debit cards.

This is a big step for us, so we ask your patience as we learn the new billing system and bring over the information from CDS. During this transition, we may call upon your assistance to verify that our information for you is accurate and current.

Here's to the future!

*Special thanks to CDS for their service to the office and our patients and to Satori for their wonderful support.*

# French Fries are Vegetables?

The U.S. Department of Agriculture and a judge in Texas decided that batter-coated French fries are now fresh vegetables, according to USA today on June 15, 2004! Amazingly, French fries have been in the vegetable category since 1996, and their even less healthy cousins are joining them.

Potatoes are a simple sugar, which can be easily and quickly converted to glucose

and devastate your health. Then, when fried, trans fats are added to the mix and create a host of detrimental effects. Trans fats are the cause of many neurological problems.

Fortunately, the decision about French fries being a vegetable is only applicable

*People should eat at least 50% of their food raw or uncooked.*

to commerce and not nutrition. Despite the French fry industry's lobbying for the past five years, nutrition experts are still maintaining that French fries are processed foods.

Ideally, people should eat at least 50% of their food raw or uncooked, because many of the nutrients are lost through cooking.

# Best Sources of Food Antioxidants

Antioxidants benefit people by protecting them from diseases such as cancer, Alzheimers and heart disease. Some sources of free radicals, which the antioxidants fight, are stress, sun, x-ray exposure, and certain foods.

The best sources of antioxidant protection are cranberries, blueberries, blackberries, beans, artichokes, Russett potatoes, pecans, walnuts, hazelnuts, ground cloves,

ground cinnamon and oregano.

Unfortunately, each of these foods may need to be eaten in moderation because of their high sugar content (fruits and potatoes) or other nutritional content.

Blueberries are excellent for protection against urinary tract infections and may even reduce the "bad" cholesterol.

Eat up for health!

Journal of Agricultural of Food Chemistry June 16, 2004;52 (12):4026-4037



# Top Ten Signs Your a Perfectionist

1. You can't stop thinking about a mistake you made.
2. You are intensely competitive and can't stand doing worse than others.
3. You either want to do something "just right" or not at all.
4. You demand perfection from other people.
5. You won't ask for help if asking can be perceived as a flaw or weakness.
6. You will persist at a task long after other people have quit.
7. You are a fault-finder who must correct other people when they are wrong.
8. You are highly aware of other people's demands and expectations.
9. You are very self-conscious about making mistakes in front of other people.
10. You noticed the error in the title of this list.



Perfectionism can have negative effects on your health, because of stress from distress, anger and anxiety.

**Take some time to do something fun to reduce your stress-level!**

(You could even come to our Open House...)

Science Daily June 14, 2004

# Painkillers Inhibit Bone Healing

Drugs are often prescribed for reducing pain... but are they really helping the situation? **Could it be possible that they are merely masking the problem and creating side effects, including ulcers, and kidney and liver damage?** Each type of painkiller attacks a specific organ, causing irreversible damage.

Non-steroidal anti-inflammatory drugs (NSAIDs) are often prescribed for frac-

tures of bones. Unfortunately, they actually inhibit the healing of the bone and therefore do more harm than good.

Researchers have recommended avoiding NSAIDs for fractures and spinal fusions at all cost.

*Researchers have recommended avoiding NSAIDs at all cost.*

One way to improve bone healing and decrease pain is to change the ratio of omega-3 to omega-6 fats in your diet, eating more omega-6 fats. Also, see your chiropractor to increase your healing ability.

Journal of American Academy of Orthopaedic Surgeons May-June 2004;12 (3):139-43

# Multiple Sclerosis and Parkinson's Reversed with Chiropractic

Correction of upper neck injuries has produced improvement in Multiple Sclerosis and Parkinson's disease in a recent study of 81 patients.

- **91% of MS patients showed improvement**
- **92% of PD patients showed improvement**

Parkinson's and MS symptoms often

surface months or years after an injury, such as whiplash, a concussion, or a fall. Like many problems that occur long after an injury, people may not realize the connection.

Imagine reversing the symptoms of MS and Parkinson's disease by chiropractic care! **How many people do you know who could benefit from chiropractic care?** Give them our phone number and

help them accomplish their dreams!

*Special thanks to Dr. Cynthia Fandrich for sharing this article with us.*

Journal of Vertebral Subluxation Research  
Aug 16, 2004

