

■ Patients with ulcers respond to chiropractic care

A study in the June, 1994 issue of the *Journal of Manipulative and Physiological Therapeutics* finds that patients with ulcers experienced remissions of their problem quicker under chiropractic care than those under standard medical care.

Using an endoscope to see the inside of the stomach, 35 patients, ranging in age from 18-44, were diagnosed with ulcers. While both groups were put on the same diet, 11 of the patients were given chiropractic care from 5-22 days and the other 24 patients received traditional medical drug therapy. The effectiveness of each approach was evaluated every week with another endoscopic test.

Those patients who received the chiropractic care experienced pain relief in an average of 3.8 days and clinical remission of their ulcers an average of 10 days earlier than those patients treated by drugs.

By way of commentary, this article does not suggest that chiropractic is a treatment or cure for ulcers. Indeed, in their conclusions, the authors say that normalizing the nerve supply to the stomach and the positive reaction of the whole body to chiropractic care were the likely mechanisms at work here.

By removing interference to the nerve supply to the stomach, chiropractic care improved function to the point that the patient's bodies were in a better position to heal the ulcers themselves. Can restoring health and function in the body allow it to heal itself better than drugs? Apparently so, and in the case of ulcers, at least 10 days faster and without the toxicity and danger involved with the use of drugs.

This study shows that chiropractic care restores function in the body so that it can repair and maintain itself in a higher level of function and health.

■ Drugs can interact negatively with certain foods

The *Associated Press* reported in November, 1998 on a campaign started by the *National Consumers League* and the *United States Food and Drug Administration* warning people about dangerous, sometimes deadly, interactions between drugs and certain common food items.

Doctors and Pharmacists are supposed to warn you of possible dangerous interactions between certain drugs taken at the same time. Much less well-known are the dangerous interactions with food.

For example: If you are taking heart drugs called calcium channel blockers, drinking grapefruit juice can cause a deadly reaction.

Taking Vitamin E with blood thinners can increase the risk of serious bleeding.

People taking certain classes of antidepressants should not eat cheese or sausage, death can result from an extreme rise in blood pressure.

Some antibiotics and ulcer medications increase the activity of caffeine causing the shakes and stomach irritation.

Caffeine increases the action of theophylline, used in asthma patients, causing nausea, palpitations or seizures.

Over-the-counter drugs can cause problems also. Antihistamines such as Benedryl taken with grapefruit juice can cause serious heart problems.

There's no question that drugs can be dangerous, prescription and over-the-counter. Linda Golodner, president of the National Consumers League says eat the wrong food with certain medicines and "you may end up in the emergency room." ▲

Aspirin a day dangerous

The November 11, 2000 issue of the *British Medical Journal* finds that even small doses of aspirin every day can cause such serious damage to the body that patients need to reconsider very closely the trade-off between the possible benefits and the likely damage.

According to the study, in which doctors reviewed 24 different studies involving almost 66,000 patients, people over 50 who take the drug daily almost double their chances of developing ulcers and internal bleeding which can lead to death.

The researchers found that "no evidence exists that reducing the dose or using modified release formulations would reduce the incidence of gastrointestinal haemorrhage."

■ Antacids Linked With Increase In Food Allergies

A study presented at the World Allergy Congress on September 10, 2003 indicates that patients taking antacids may develop food allergies.

Dr. Erika Jensen-Jarolim, professor of medicine and immunology at the University of Vienna, Austria says, “Our hypothesis appears to be right in that digestible proteins may act as food allergens when physiological digestion is hampered [by antacids].”

Proper digestion depends on stomach acid and pepsin. Making the stomach environment less acidic with antacids hinder pepsin production and hamper protein digestion. Undigested protein from previously harmless food can then become an allergen, causing people to experience an allergic reaction.

Commentary: Continual increased acid production and heartburn indicates that the body is not functioning the best it can. It makes more sense to us to make sure the body is functioning at peak efficiency through chiropractic wellness care, produce whatever acid it needs and let proper digestion occur.