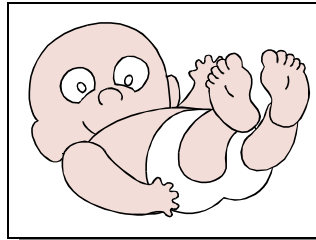


# ◆ The Spinal Column ◆

Chiropractic Newsletter to patients and friends

April, 1998

## Street Chiropractic New Services, New Arrival, etc.



**Whaaaaaa!!!!**

### Another reason to limit prescription drugs - Keep it natural - Chiropractic

Researchers at the University of Toronto, who examined 39 studies, estimated that an average of 106,000 deaths at U.S. hospitals in 1994 were due to bad reactions to drugs.

"Serious adverse drug reactions are frequent ... more so than generally recognized," the researchers said. "Fatal adverse drug reactions appear to be between the fourth and sixth leading cause of death."

Heart disease is the leading cause of death in America, followed by cancer and stroke. Other major causes are accidents, pulmonary disease.

The report estimated the number of deaths in 1994 from adverse reactions at between 137,000 and 76,000 with 106,000 the mean.

## Another reason to eat carrots: they fight cancer

(Reuters) - A common derivative of vitamin A, retinoic acid, may block cancer in the body, researchers said Monday.

The study, published in the American Association for Cancer Research's journal *Cancer Research*, adds to a growing body of evidence that vitamin A can help kill off cancer cells.

"This is one more reason to listen to your mother and eat your vegetables," Andrew Yen, a cancer biologist at New York's Cornell University, said in a statement.

The body makes retinoic acid from vitamin A, which comes from the yellow or orange compounds known as carotenes found in vegetables ranging from carrots to squash.

Yen's group, working on cells in test tubes and not in living animals, showed that retinoic acid could stop the out-of-control cell growth that marks cancer.

"Now we need a deeper understanding of how retinoic acid causes these changes," he said.

"In the meantime, I think we're adding evidence that an adequate supply of carotene in the diet is obviously beneficial for anyone who wishes to stay healthy and avoid cancer."

## Contents

New Services, Arrivals, etc., Carrots and Cancer, Drug Reactions	1
Carrots and Cancer	2



Street Chiropractic  
112 Wikiup Drive  
Santa Rosa CA 95403  
(707) 545-9754



In This Issue...

New Services, New Arrivals, More News About Vitamin A and Drug Reactions

## Vitamin A Continued...

Last June, researchers at the National Heart, Lung and Blood Institute at the National Institutes of Health said they found retinoic acid can reverse the effects of emphysema in laboratory rats.

Retinoic acid is currently used to treat acne but has shown promise against cancer before.

Last August a team at the University of Texas in Houston reported finding strong evidence that a synthetic version of vitamin A can fight cancer by making tumor cells self destruct.

They said a retinoid known as 4HPR could cause cancer cells to commit "suicide", a natural process known as apoptosis.

Most cells usually die automatically when they are damaged or just too old. But in cancer this process, known as apoptosis, fails. The result is uncontrolled cell growth and a tumor.

Various studies have shown that retinoids can destroy cancer cells including leukoplakia, a type of tongue cancer, and cancers of the head, neck, lung and liver.

Retinoids have also been tried against cervical cancer in a combination with interferon, a natural immune system chemical.



Baby Luc has his very own page on the World Wide Web at:

<http://www.sonic.net/jet/luc/>

**Street Chiropractic 112 Wikiup Drive, Santa Rosa CA (707) 545-9754**