

# THE BACK STORY NEWSLETTER – ISSUE 2

## Purify Your System



### Standard Process Purification

Detox, cleanse, purification. This growing health trend is popularized from those in the medical field to Hollywood. Get the facts and see if your body is in need of a cleanse.

### Trendy or Healthy?

Lose 10lbs. in one week! Too many faulty claims and misconceptions create confusion. Detox protocols range from fasting to running to the bathroom. For most those options are not appealing. The rise in attention given to this concept stems from increased toxic exposure and increased intake of processed foods. Do you suffer from:

- Fatigue or difficulty sleeping
- Digestion and other gastrointestinal problems
- Food cravings and weight gain
- Reduced mental clarity
- Stuffy Head

These are all possible symptoms of toxic overload. Wonder where the toxins are coming from?

- Do you eat processed food?
- Are your fruits and vegetables non-organic?
- Is your meat and poultry free range?  
Hormone free?
- Do you use artificial sweeteners?
- Does your food contain preservatives, additives or dyes?
- Do you grill or charbroil foods?
- Do you eat fast food or eat out regularly?
- Do you drink coffee and/or soda daily?
- Do you drink tap water?



Toxins are not only found in your food but in cleaners, pollution and perfumes. Daily our bodies are bombarded with internal and external toxins. The body is designed to cleanse itself with the kidneys, liver, lungs, intestines, blood and skin. But without the proper nutrients to fuel these systems, the body is unable to excrete the bad guys. Our bodies become overloaded and overwhelmed.

If you are suffering from these symptoms or want to determine your toxic overload, Dr. Thomas offers a free consultation and will explain to you the Standard Process Purification program.

### What happens on Dr. Thomas' Detox Program?

First, you make healthier choices for yourself. No fast food. No processed convenience foods or sugary junk food. Instead, you'll eat whole, unprocessed, preservative-free food. This helps your body process the toxins already in place. Additionally, you'll take Standard Process® Purification whole food supplements and nutrition shakes. With all of this, you'll drink a lot of water. Because you'll be eating healthier and losing toxins that cause bloating, you'll probably lose weight. While, you might find yourself craving some of the junk, you should also find that soon you are feeling better than you expected:

- Increased energy
- Better digestion
- Less bloating
- Clearer skin
- Better sleep
- Clearer thinking

## What will I be taking on the Standard Process Purification plan?

You'll be eating a lot of natural, fresh food. In addition, Standard Process® offers four products in this system, SP Cleanse® for purification, SP Complete™ for nutritional supplementation, Gastro-Fiber® for fiber support and SP Green Food™ for phytonutrients. None of these products are medicine. They are whole food supplements, natural and healthy options for detoxifying your body.

### Standard Process Products and Details

- [SP Cleanse®](#)
- [SP Complete™](#)
- [Gastro-Fiber®](#)
- [SP Green Food™](#)

## How does Dr. Thomas' Standard Process Purification differ from other detox programs?

The Standard Process Purification Program is not a diet or a fast. You will receive one on one attention and nutritional counseling. The program fits into your schedule and is easy to follow.

Do you have questions or are you ready for a cleanse? Call and schedule your free consultation with Dr. Thomas to see if you can benefit from the Standard Process Purification System.

## Part 2: Poisoning Ourselves and the Dangers of Sodium Fluoride

By Dr. John Thomas, D.C.

### The Unclean Truth about Hygiene Products and Sodium Fluoride: Brush and lather your way to toxicity



Do you know anyone who doesn't use soap or toothpaste? Probably not. Any kind of soap--antibacterial, dishwashing, detergents, body washes--contain a very common chemical called sodium lauryl sulfate or sodium laureth sulfate.

These two chemicals are known as foaming agents. They make hand soaps, hair mousse, shaving cream, toothpaste, mouthwash and many other household cleansers bubble or foam up. Or what about sodium fluoride used in toothpaste?

That may not seem like a problem, but these chemicals have been linked with other conditions, like psoriasis, contact dermatitis, eczema, asthma, premature balding and more. Experiments on lab rats have shown these two chemical toxins, found in nearly every soap, cause cancer, too.

As I wrote last month, toxins are the quiet killer, found in seemingly innocuous deodorant, toothpaste(sodium fluoride), fast food, diet soda and other things you might find in your neighborhood grocery store. In the next few months, I'll continue revealing some of these secret sources of toxins to you along with how you can make a difference in your daily and long-term health.

Toxins are filtered through the lymphatic system. The lymph nodes in your neck or armpits get tender and enlarged when your body fights a cold. You have these nodes and lymphatic vessels all over your body. Your lymphatic system and your immune system work with your liver, the major organ of detoxification, to keep you safe from toxins.

Today's diet and hygiene practices put too much toll on the system. Toxins overflow from the lymph system to your fat, where they are stored as fat-soluble toxins. When you go to the gym with your new year's resolution to lose weight, part of the reason exercise will leave you feeling sick, is the release of years of toxic buildup. Lactic acid buildup in your muscles will also cause you pain. This is why so many people quit a workout regimen.

Toxins in muscles cause them to tighten up. This chronic tightness causes joint pain, headaches, burning between your shoulder blades, cramping, tightness in your neck and back, a lack of energy, insomnia, crankiness, muscle spasms and more.

A build up of toxins in the body also causes oxidative breakdown. In nature, oxidation causes wood to rot and metal to rust. In our bodies, toxins act as free radicals. Free radicals rob the body of electrons causing instability at the microscopic level to huge numbers of atoms and molecules. Toxins enter through our food and the outdoor or indoor environment.

Toxins cause oxidative damage to the DNA in that tissue. As the DNA replicates, it replicates with damaged copies. These bad cells continue to duplicate, until there is a large mass of them. By the time a doctor finds it, it's called a tumor or Leukemia.

You are exposed to many harmful toxins in what you eat and drink, the polluted air you breathe and the stuff that you rub into your skin. These toxins accumulate in your body over the years and are documented to cause all kinds of health problems and conditions including cancer.

Cancer cells float around in our bodies. Bad cancer cells in your body can outnumber good fighter cells at any given moment if the recipe for death is right. All you need is a dangerous mix of bad habits, bad health, bad genetics, bad diet, bad environment and a bad lifestyle.

It's not just smoking that contributes to cancer. Consider chemicals like propylene, ethylene or butylene glycol. These harmful chemicals are found in antifreeze, de-icers, hydraulic brake fluid and are known to cause liver, heart and central nervous system damage, according to industry standard data sheets and other reputable sources.

But you don't brush your teeth with antifreeze. You do, however, brush your teeth with sodium fluoride. Every commercially common toothpaste contains sodium fluoride.

Perhaps you've noticed that the toothpaste bottle has a poison control notice on the back? The instructions tell us not to swallow the minty stuff, but why? Because toothpaste contains a toxin called sodium fluoride. For many years, sodium fluoride was used as an industry acceptable pesticide, to kill rodents and insects. You can still find it today in some preparations.

Research shows that fluoride is extremely toxic. Studies have shown that fluoride makes your bones more brittle and your dental enamel more porous. Fluoride can serve as a transporting molecule that binds to aluminum making it able to cross the blood brain barrier and ultimately become the speculated cause of Alzheimer's. If you read last month's article, you know that aluminum is easily found in your daily deodorant.

Other than toothpaste, fluoride is found in many communities' water supplies. Fluoridated water has been implicated in dental fluorosis, a condition associated with the cause of mottled teeth; they have that pointy look caused by the breakdown of enamel that protects the tooth.

Some companies are even marketing fluoridated bottled water, even focusing it toward children, in some cases.

Additionally, studies implicate fluoride as one of the factors that causes bleeding gums.

You know how nitro glycerin treats heart attacks? How it is placed under the tongue for quick absorption? You get daily doses of toothpaste the same way, through the membranes in your mouth. Your child most likely swallows toothpaste, even if you tell

them to spit it out. After all, it tastes good. It only takes half a small tube of yummy bubblegum toothpaste with sodium fluoride to sicken your son or daughter.

We don't have to be poisoned. I have developed an effective, affordable way to detoxify from fluoride, sodium fluoride and sodium lauryl sulfate. Dr. Thomas' Full Body Detoxification Program(LINK!!!) combines a personalized program with holistic nutritional testing and one on one consultations, along with diet modification and included weekly visits. A month's supply of Dr. Thomas' herbal detoxification products are also included.(is this a month???)

Perhaps you've looked at a detox kit or tea from the store. They won't analyze your personal health and lifestyle. They won't sit down with you and ask you about your exercise and eating. They won't give you the personalized approach that you need for a success like Dr. Thomas' Full Body Detoxification Program.

## Muscle Spasms in the Neck

### Muscle Spasms in the Neck No More

#### Running Doctor Treats Entire Family



In front of a computer for hours each day, Kelly Nichols dealt with muscle spasms in the neck. As a web developer and program analyst, Nichols puts in 9 to 10 hours each day at her desk.

A year ago, she was in Dr. Thomas office for one of her children's appointments. She told him about her neck pain and shoulder stiffness. "I used to have muscle spasms in the neck," she said. He suggested that she come in for an appointment. "But I'm sensitive about people touching my neck. I did go and see him once or twice."

But it was a year later, some furniture moving and one last bad stretch while sitting at her desk, that made her neck and back lock up.

Kelly called Dr. Thomas and they saw her right away. "We talked about what happened, my pain level and the muscles spasms in my neck. He said we needed to do an MRI first."

What they found were a couple of bulging discs. "He said I was a good candidate for the IDD treatment. He explained what that meant and what other problems could result from the bulging discs." The muscle spasms in the neck were due to the bulging discs placing pressure on near by nerves

"Her neurologist Dr. Brice Choi of South Atlanta Neurology in Stockbridge, knew she was coming and approved it," said Dr. Thomas. According to Dr. Thomas, IDD is a proven medically advanced, non-surgical solution for lower back pain. "This is one of the most sophisticated approaches I have found to safely, comfortably and non-surgically treat the cause of neck and back pain due conditions like bulging and herniated discs, sciatica, post- surgical failures and degenerative arthritis." said Dr. Thomas. "The reported results are impressive and show that 92% of this group of people may be given relief of their pain; requiring less medication (and therefore less side effects), and permitting them to enjoy normal life activities again."

IDD is a noninvasive medical procedure that has a 92% success rate in treating herniated, bulging, degenerated discs, sciatica, and low back pain. At Allied Healthcare, Dr. John Thomas offers a comprehensive solution. His method includes hot packs, ultrasound therapy, electrical stimulus, physical therapy exercises, and the Accu-SPINA™ with IDD Therapy®.

What was treatment like for Kelly? "Dr. Thomas would turn on my choice of music and I would take a nap. You can leave the office door open or closed. Someone always checks in during treatment. It hurt a little after the first couple of treatments, until I got it iced afterward. Toward the end, all I would feel is fatigue in that area - like I'd been exercising."

"I did 20 treatments. Before I locked up, I always felt like my neck was weak and I couldn't turn my head all the way to the right. I also had severe neck pain every time I looked down. Afterwards, I feel stronger. I'm still doing physical therapy, but the therapy is more home based to strengthen my neck and get range of motion."

The muscle spasms in the neck decreased.

"The IDD has made me feel stronger and I'm not afraid to move my neck. I think that used to cause muscle spasms in my neck. IDD worked for me."

According to Dr. Thomas, eighty percent of Americans will suffer some type of back pain in their lives, and current estimates of medical care for those who have been disabled by severe back pain in the U.S. range from thirty to seventy billion dollars annually. It is the second most frequently reported reason for a doctor's visitation (14.3 million office visits per year); the fifth most frequent cause of hospitalization and the third most frequent reason for surgery.

"The reason I like going to Dr. Thomas. The atmosphere in the office is one of relaxation. They always greet you with a big old smile like you're a long lost friend," said Kelly.

Before Kelly began her treatment, her children had been regulars for sports injury care. Kelly has an active family. Her two oldest of three children run and jump with the Panthers in Clayton County, a private track and field club coached by Kelly's husband. Coach Nichols heard about Allied Healthcare from a friend. For the last five or six years, Dr. Thomas has been treating the family.

"Kelly is a mother who cares about her kids," said Dr. John N. Thomas, D.C., known as The Running Doctor, of Allied Healthcare. That's why she brings her two oldest children, both track and field athletes, to The Running Doctor.

"I've been treating her kids as athletes," said Dr. Thomas. "A lot of times our kids get injured and keep quiet. When they tell us, we need to respond. It's important to do a biomechanical analysis to see if there are any problems. There are problems that extend from their feet, which is their foundation and their pelvis, which is their center of gravity."

He continued, "90% of the population has some degree of pronation or flat-footedness. This causes the rotation of the tibia, fibula, and femur causing the pelvis to drop down. This can cause leg length discrepancies that interfere with biomechanics. This disturbance may cause lower back pain, muscle tightness, imbalance, weakness and gait problems."

"This lends itself to injury. Kids are getting injured and ruining their chance of getting scholarships," said Dr. Thomas.

"The kids go to Dr. Thomas on a regular basis for adjustments. They do a lot of running and jumping. Occasionally they sustain injuries, pull a muscle or have strains - the typical injuries of an athlete," said Kelly.

"My 17-year-old daughter has been running since she was eleven. My twelve-year-old son has been running since he was six. My daughter is a jumper. She does the long jump, the triple jump and the high jump. She also does hurdles and sprint, but jumping is her specialty. Because of that, she's developed some problems with her back. Dr. Thomas has helped her with physical as well as adjustments. He also helps with her eating, to keep her on track."

"With my son, he keeps him stretched. He's not as limber on his own. He's twelve. If you don't stretch, you're more susceptible to injury. If he does pull something we go see Dr. Thomas."

Whether treating Kelly's kids to keep them performing their best or eliminating back pain and muscle spasms in the neck, Dr. Thomas is able to help all sources of pain. He works to find the root cause of discomfort, rather than symptom management.

Besides treating all manner of back pain, Dr. John Thomas specializes in sports and personal injuries without the use of drugs or surgery. He also teaches methods of eliminating harmful toxins from the body for the prevention of disease. In practice for over a decade, The Running Doctor, Dr. Thomas, runs marathons and follows his own good guidelines for health and nutrition.