

Products to Help You Promote Backpack Safety and Good Spinal Health

The Posture Pack™ Backpack

Endorsed by the ICA Council on Chiropractic Pediatrics

If you want a backpack that is designed with spinal stress and posture in mind, the Posture Pack is the one to get. This backpack was developed by chiropractors Drs. Terry (former captain of US Olympic Water Polo team) and Lori Schroeder, after they began to see increasing numbers of children in their practice complaining of headaches and pain in the neck, back, and shoulders. The ICA Council on Chiropractic Pediatrics tested several backpacks and found the Posture Pack to be vastly superior to others on the market in ergonomic design, material and workmanship. This is a backpack you can use yourself, give to your children and recommend to your patients.

Comes in red, green, purple, black and royal blue.



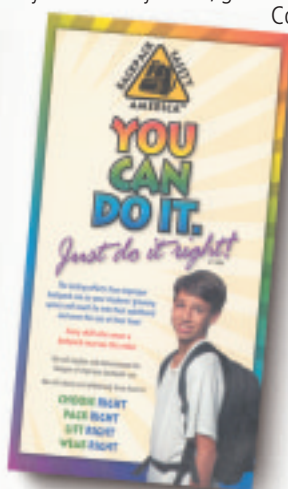
SALE!

- **LARGE** (17.5" x 13" x 7.5" deep)
ICA Members: ~~\$58~~ **\$42**; Non-Member ~~\$62~~ **\$46**
 - **MEDIUM** (15.5" x 12" x 6.5" deep)
ICA Members: ~~\$54~~ **\$38**; Non-Members ~~\$58~~ **\$42**
- Please call for quantity orders.

Backpack Safety Video (Now on DVD)

Whether you are making a presentation at your local school or educating your patients about backpack safety, here is a video that will reinforce your lecture in a fun but effective way. This 8-minute video, professionally produced, teaches children the do's and don'ts of backpack use and also explains the lasting effects of improper packing, lifting and wearing. Perfect for the classroom and your waiting room.

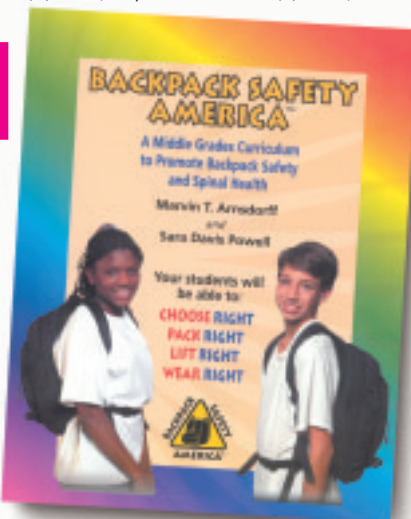
- ICA Members: ~~\$81~~ **\$52**; Non-Members ~~\$89~~ **\$59**



Teacher's Guide to Backpack Safety

This is an excellent workbook that you can give to teachers at your local school after your presentation or even donate to your local library. The book includes 16 lessons that may be implemented in sequence in a condensed time frame or spread over a whole semester as time permits. The primary focus of the lessons is to teach students how to choose a backpack; how to pack; how to lift and how to wear. You can also use the material in this book for your own presentations. Pages are perforated so they can be easily duplicated for distribution in the classroom or your patients.

- ICA Members: **\$12.95**; Non-Members **\$14.95**
10% discount on 5 or more.



ICA's Wellness Seminars Draw nearly 200 to Minneapolis and Seattle

The ICA's Wellness Practice Certification program is drawing hundreds of doctors and students from all over the U.S. to its seminars. Nearly 200 attended the last two seminars held recently in Minneapolis and Seattle and taught by Dr. James Chestnut.



Dr. James Chestnut

"The passion which Dr. Chestnut presented the material, the scientific evidence behind the subluxation, the approach he uses to promote wellness in his patients, that is what I liked best about the program," wrote a doctor from Illinois in his evaluation.

The Wellness Certification program is sponsored by the ICA Council on Wellness Practice Science. The complete eight-part, 100-hour program includes four 12-hour on-site seminars and four at-home or online modules. The course emphasizes validation of the chiropractic wellness paradigm and provides instruction in wellness nutrition, wellness physical fitness, wellness state of mind, stress hygiene and the secrets of generating lifestyle changes

in patients. The program is taught by Dr. James Chestnut from Victoria, British Columbia.

The value of the program, according to Dr. Chestnut, is that doctors gain a reinforced command of the scientific and philosophic principles on which chiropractic was founded. Once they complete the program they also become equipped to fill important gaps in their communities on lifestyle changes and public health by becoming authoritative and respected resources of evidence-based expertise in the growing wellness movement.

"Dr. Chestnut has given me the confidence and certainty to educate the public about chiropractic under the umbrella of wellness," said Dr. Messer who attended the recent seminar in Minneapolis. "I now realize how significant moving well, eating well and thinking well are to one's physical and mental health."

For a schedule of upcoming seminars see ad on page 20. For more information about the Wellness Certification program visit the Council's website at www.chiropractic.org or call ICA at 1-800-423-4690.

Annual Conference on Chiropractic History Set for June at NUHS

The Association for the History of Chiropractic (AHC) will be holding its 26th Annual Conference on Chiropractic History, June 22-24, 2006 on the campus of the National University of Health Sciences (NUHS). This is National's 100th anniversary and a very festive meeting and history paper session are anticipated.

The AHC is a non-profit, membership society founded in 1980. The mission of the organization is the discov-

ery, dissemination and preservation of the saga of chiropractic. The AHC held its first annual Conference on Chiropractic History at the Smithsonian Institute in Washington, D.C. in 1981, and every year since at various chiropractic colleges or in conjunction with the annual meeting of the Association of Chiropractic Colleges. Details about the AHC can be obtained by visiting the AHC website at www.historyofchiropractic.org.

Study Suggests Antibiotics Early in Life May Increase Asthma Risk

Use of even one course of antibiotics during the first year of life may increase the risk of asthma later in life, according to a recent study published in the March issue of *Chest*. The study also suggests there may be a dose-response relationship, the risk increasing with each additional course of antibiotics.

The study was conducted by Dr. Carlo A. Marra and colleagues at the University of British Columbia who felt that the increase of asthma in western countries during the last few decades has seemed to coincide with the increased use of antibiotics.

To perform the meta-analysis, the researchers identified seven studies that specifically examined the relationship between administration of at least one prescription for antibiotics in the first year of life and the development of asthma during 1-18 years of age. The study cohorts included 12,082 children and 1817 asthma cases. The investiga-

tors also studied data from five trials analyzing a potential dose-response relationship which included 27,167 children and 3,392 asthma cases.

The researchers however noted that they cannot exclude the possibility that their findings were based on reverse causation in which the presence of asthma resulted in more frequent tract infections, which in turn increased the rate of antibiotic use. They suggest that methodological concerns will need to be overcome with large scale, database-related studies to definitively answer whether or not the use of antibiotics in the first year of life increases risk of asthma later.

Co-author Dr. Fawziah Marra commented in a news release that it is possible to reduce the number of antibiotics infants receive because though antibiotics are commonly prescribed to treat upper respiratory infections, most of these infections are viral, for which antibiotics are ineffective.

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