



## Health Update

Courtesy of:  
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*"I can accept failure, but I can't accept not trying."  
~ Michael Jordan*

### **Chiropractic: Happy Backs!**

This is a satisfaction survey of chiropractic care within a military hospital, from a Canadian Armed Forces Pilot Project. Chronic low back pain accounted for most presentations to the chiropractic clinic. The majority of military personnel (94.2%) and referring physicians (80.0%) expressed satisfaction with chiropractic services.  
*Military Medicine, June 2006*

### **Wellness/Prevention: Tea And Your Heart.**

Drinking three cups of tea per day was associated with a decrease of 11% in the incidence of myocardial infarction, or heart attack.  
*American Journal of Epidemiology, 2001*

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