

# The “Bee’s Knees” of Knee Pain Relief... and the Mystery of the *Backwards* Knees!



**T**wo years ago, our newsletter featured the “June Wedding Issue.” Well, there’s been a lot of water over the dam since then, and I thought it was time for an update. So...let’s briefly revisit one of our newsletter topics—June Weddings—but with a twist, which, if your knee is “out”, can really hurt.

That’s right, if your knees are “off kilter” even a little bit, then getting in shape, kneeling in church or just standing up from a chair can be agony. The whole summer is a big letdown—especially when you’ve been excited about biking, or hiking or softball or tennis. Even worse, if you want to pop the question the old-fashioned way and get down on your knees, it’s pretty much out of the question. Knee pain can rob you of a lot of fun summer stuff...and mess up just about everything in your life—including your proposal.

So before we talk “weddings,” let’s ask a VERY important question...

## Can a Horse’s—and a Flamingo’s—Knees Really Bend Backwards?...and How this Information Can Help YOU!

Since the Belmont Stakes is over, we’re at the end of the Triple Crown horseracing season, and those million-dollar legs, knees and ankles (both the horses and YOURS) are in the news. “The Belmont”

is the last of three races that make up the “Triple Crown”—the most prestigious event in horseracing. These famous races are the Kentucky Derby at Churchill Downs in Louisville, Kentucky; The Preakness Stakes at Pimlico Race Course in Baltimore, Maryland; and The Belmont Stakes at Belmont Park in Elmont, New York.

### And why is this SUPER-important to YOUR knees?

Because rampant MISINFORMATION about knees causes a lot of PAIN, and we want to set the record straight. Myths about our human knees are almost as bad as the myth that a horse’s (and a flamingo’s) knees bend backwards, but...

If you look at the horse above, or the flamingo in the bottom right corner, you can see that I’ve drawn a couple circles. Well, that’s actually where these animals’ knees are—NOT by the arrows.

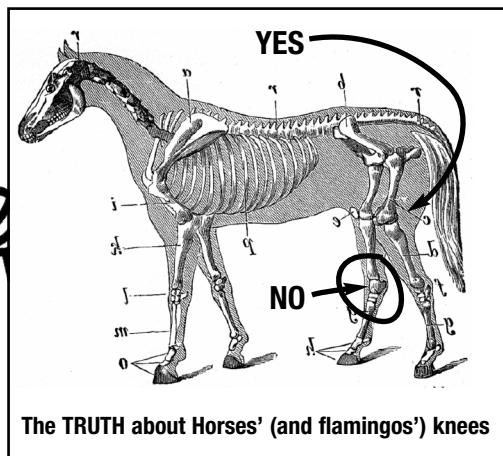
What appears to be the *knee* bending backwards—for both the horse and the flamingo—is really the ANKLE. Where I’ve got the circle is where the real knee is hiding, but that’s not the way it looks.

It’s the same with your own knees. When they hurt, the “obvious” reason is there’s something wrong with your knees, and it’s very common to try glucosamine sulfate or anti-inflammatories or get a shot of cortisone. Maybe you’ve even tried that stinky DMSO or the newest experimental therapy with 3 injections of **chicken cartilage**.

The trouble is, even if any of the above lotions and potions seem to help a little, there’s still an underlying problem which is best explained by understanding...

### Why Your Knees are like HOME BASE!

It may sound a strange, but think about a bunch of kids playing baseball in the summer. They go to someone’s house who’s got a big back yard and put a piece of...



The TRUTH about Horses’ (and flamingos’) knees



...cardboard down for home base. And gradually, as they play, the grass where everybody stands to bat starts to wear away until it's just bare dirt.

Well, that's how it is for your knees. If your foot is flat or you've got a short leg, or your knee is "out", the uneven wear and tear keeps grinding away at the cartilage cushion that protects your knee—sometimes wearing down to bone-on-bone.

And with home base, if you just keep standing on it and digging your feet into the dirt, the grass will never grow back—again, like your knees...

No matter what remedies you try for that nasty pain, if the alignment and balance are still "off", the pain comes back—often worse than before.

The GOOD NEWS is that many of these knee problems respond quickly to balancing the *whole body*—hips, feet, knees, ankles—NOT just by working on the knee:

- creaking and grinding—when you climb up the stairs
- "snap, crackle, pop"—when you squat, then stand up
- FLAT FEET, Morton's neuroma, bunion, hammer toes, metatarsalia, PLANTAR FASCITIS—every foot problem has an affect on your knees because you have to change the way you walk
- can't straighten your knee all the way—feels like there's something stuck or hung up in there
- "trick knee"—from an old sports injury, and you don't trust it
- knee swells—too much walking or hiking makes it puffy and sore, especially walking on uneven ground (also called "water on the knee")
- feels like it's got to "crack"—you have to "fiddle" and wiggle your knee to get it to let go
- patellar tendonitis—a.k.a. Jumper's Knee
- SHIN SPLINTS—this is BIG one for walkers, runners and especially kids in sports—it can be crippling
- knee instability, torn meniscus
- ilio-tibial band syndrome—kids have pain below the kneecap
- Osgood-Schlatter Disease—description here
- Chondromalacia—a big word that describes softening of the cartilage of the knee cap, usually from an injury

More on how we eliminate knee pain—fast—and the biggest MYTH of all on the next page. But first, here's another reason to get those knees in the best shape possible, because there are...

## No Shaky Knees Allowed for These Brides

If you've got knee pain, you'd better not go waltzing into the biggest bridal sale of the year—or you may get trampled. And no shaky knees, being weak in the knees or any other type of knee problem, either.

Because the annual "Running of the Brides" is for the hearty—and there have been reports of injuries. It's been taking place at Filene's Basement in downtown Boston since 1947. Of course, people make fun of the event with comparisons to *The Running of the Bulls*, in Pamplona, Spain, but you can't knock its popularity—or the prices!

The way it works is brides-to-be come from all over the country to grab the most amazing bridal discounts. The store stocks thousands of gowns for that day, and marks them down drastically. Prospective brides (and often their hovering mothers) have been known to line up as early as 6 a.m. the morning of the sale—or earlier.

In the first few minutes, most of the dresses are taken off the racks by the patrons, some of whom try them on in the aisles. Bartering is not uncommon.

The gowns are NOT returnable.

The original store has expanded to 36 locations around the country, but lately, with the economy, I guess they've cut back, too. But if your knees are good, and you've got an upcoming wedding, you'd better plug "Running of the Brides" into Google and see if there's an event in your area.

But if we don't deal with the "Bee's Knees", on the next page, we may not have have enough to eat, much less have big weddings...plus the biggest knee myth of all time...



**FLAT FEET can cause SHIN SPLINTS!**



next page ↓

# “Arnold’s” Muscles & the Biggest Health Myth of All!



**A** long time ago, in a galaxy far away, there was a young body-builder and actor named Arnold Schwarzenegger.

Today, as you know, he’s the governor of California. But in the “old days”, Arnold was a muscle maniac and won the Mr. Olympia contest 7 times (when steroids were legal).

And the point is, when Arnold trained, his muscles, like most tissues, got STRONGER with more reps and more weight—his bones got denser, muscles bigger, ligaments and tendons got thicker. That’s how the body is supposed to work.

**So when you’re told you have an “overuse” injury, it’s WRONG, WRONG, WRONG.**

What’s actually going on with “overuse” is just normal use of a part of the body **that’s already got problems.**

And yes, it is possible to use your muscles too much if they’re not in shape for the activity—but that’s not what we’re talking about. I’m not talking about a traumatic injury, either.

But problems like tendonitis, “growing pains”, bursitis, shin splints, Osgood-Schlatter’s disease (not really a disease)—are really the result of imbalances—not overuse. I’ve *overused* the example of a tire out of alignment, but it’s perfect for describing an imbalance in the body.

Especially in your knees where the *meniscus* can grind away when it’s wearing unevenly. Even an ACL tear is usually the result of an imbalance over time—then one sharp jolt can tear the ligament, but it’s usually the END result.

And in case you’re not sure what the “ACL” actually is, here’s a crude picture that is actually easier to understand than a fancy medical diagram.

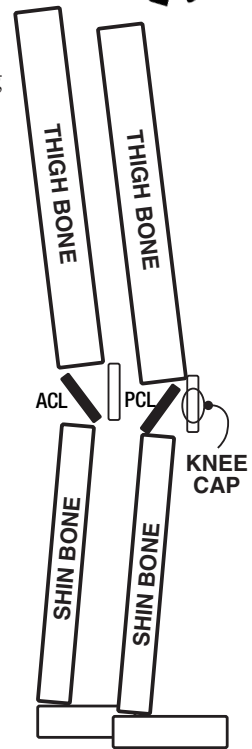
The ACL means *anterior cruciate ligament*, and cruciate mean “cross”. All the ligament does is keep the leg and shin bone from slipping too far forward or slipping too far backward.

These pictures show the ACL and PCL and how they keep the bones from sliding too much—like a little piece of super-strong rope.

But they can become strained over time if the legs, feet or hips have been working out of balance.

That’s why it’s important to have them checked out—**ESPECIALLY** kids who are playing hard in sports.

They’re really at risk if they’re having sore, achy knees.



## Unusual Health Q&A—About Knees & Other Wild Stuff

**Are babies born without knee caps?** Sort of. Knee caps form in the womb at about the 4th month. But they are only cartilage at that point and don’t show up on x-ray, which gave rise to this idea. They gradually “ossify” or start filling with bone material during the first few years of life.

**Speaking of the Swine flu...how fast does a sneeze travel?** According to *funtrivia.com*, about 100 mile per hour. And on a related note...

**Why is it impossible to sneeze with your eyes open?** It’s because of a reflex—and no, you can’t override it no matter how hard you try. PLUS, did you know there’s another reflex that makes 25% of the population sneeze when they’re exposed to bright light like the sun? It’s genetic, just like the next item.

**How do some people twist their tongues?** If you can’t do the “tongue twist”, it’s not about YOU. Rolling your tongue like a tube, twisting it, folding it and making it into a fat tootsie-roll are genetic tricks—so don’t hurt yourself practicing. By the way, everyone has a unique *tongue print* as distinct as a fingerprint!

**Want to learn to cross your eyes?** Google the following address:  
<http://www.wikihow.com/Cross-Your-Eyes>

**How often do we blink?** The average is about 16 times a minute, 960 times an hour, and if you’re awake for 16 hours, about 15,360 times in a day—so 5,602,750 blinks in a year!!

And what about breathing? 28,800 breaths a day or 10,541,200 a year. And the heart? At 75 beats a minute, it pumps 2,500 gallons a day and beats 39 MILLION time a year.

**What object do Americans choke on most?** A toothpick!





# You and the Endangered Honey “Bee’s Knees”



You’ve heard of the “bees knees”? It means the same thing as the “cat’s pajamas” or “the best thing since sliced bread.” But you may not know about the endangered bees’ knees, so I’ll tell you about them in a second (and how they can help YOU). But first, a few related terms to know in case you’re in a conversation at a party and don’t want to look dumb. Or MUCH more important—if you’re about to win a million bucks on a game show and want to be a “cool cat”!

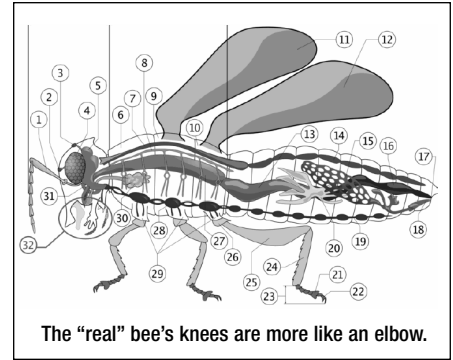
Better memorize the following: a snake’s elbows, a cat’s meow, a canary’s tusks, an elephant’s instep, the eel’s ankle, a clam’s garters, a flea’s eyebrows and a sardine’s whiskers (and don’t confuse it with “a bee in her bonnet.”) And while we’re on amusing expressions, a couple other unrelated favorites are “as rare as hens’ teeth,” “ants in your pants,” and “none of your beeswax.”

Actually, many of these goofy expressions came from the 1920s, from the days of the “Flappers”. You were *cool* if you used this “hip” slang. There are dozens I didn’t realize came from that era (see the website, <http://local.aaca.org/bntc/slang/slang.htm>). Then check the coupon below to find about our **Häagen-Dazs “Bee’s Knees” Community Service Screening**. Here are a few more crazy terms:

- All wet—person or idea that’s wrong
- Baloney—nonsense
- Beat it—get lost
- Beef—a complaint
- Big shot—important person
- Blind date—date with a stranger
- An earful—enough
- Copasetic—good, wonderful

- Carry a torch—a crush on someone
- Dolled up—dressed up
- Gams—a woman’s legs
- Gin mill—a bar with hard liquor
- Gold digger—woman after a man’s money
- Heebie-jeebies—the jitters
- Hootch—bootleg liquor
- Joe—coffee

- Level with—be honest
- On the lam—fleeing the police
- Piker—cheapskate
- Pill—unlikeable person
- Real McCoy—genuine article
- Spoon—kiss or talk of love
- Upchuck—throw up from drinking too much booze



And if you must know, here’s the answer to the real question, “Do bees really have knees? Not like we do—it’s more like an elbow. Bees DO have legs with joints like any other insect, but their joints DON’T have a knee “cap”. Therefore, technically, bees do NOT have knees. Hope you impress someone with this important information.

## NASTY KNEES—Even Walking was Painful!

“I had a TKR (total knee replacement) on my left knee and a lot of pain and stiffness. I had difficulty walking with my walker, tying my shoes, and even bending over. I had tried ice, pills, and even surgery on my knee to get rid of the pain. The surgery left me little range of motion. HealthSource is really helping me. I am able to do my physical therapy by myself with very little help. Now I feel stronger and have less pain. I can get in and out of the car without help. When I first came to HealthSource my pain level was a 9 and now it is a 6. HealthSource is AWESOME! They have a great therapy team and they know what they are doing. I would recommend anyone come to HealthSource.” —*Marilyn Oliver*

“My major complaint was back, hip, and neck pain and walking was painful. I tried to get rid of the pain through rest, hot packs, pain pills, and even other chiropractors. I couldn’t do housework, walk far, or shop without using a shopping cart for support. Now I feel FANTASTIC! HealthSource improved my health through proper exercise and relief of my pain. I would recommend HealthSource to my family and friends because what they have done for me is almost miraculous. The thing I like most about HealthSource is the caring manner in which they treat people.” —*Barb Howard*

## Our Häagen-Dazs “Bee’s Knees” Community Service Screening

We’re focusing on KNEES this month at **HealthSource**

**Chiropractic™**—including those of the bees. And in case you didn’t know, there’s a worldwide crisis with the honey bees.

For reasons no one can yet explain, honey bees are dying off in record numbers, and it’s actually affecting the world’s crops that require pollination—to the tune of billions of lost dollars.

So we’re doing a “Bees Knees” Screening this month, checking the tendons, ligaments and muscles in the **knees, ankles, flat feet, hips, pelvis and spine**—for balance, restrictions and PAIN. Even expensive x-rays are included if we feel they’re necessary.

It’s a \$189~~00~~ value but only \$17.00—ALL of which will be donated to the Häagen-Dazs “Save the Bees” Fund.

**This offer is for:**

1) Current HealthSource Chiropractic™ patients with a new injury or who’ve been having knee problems they haven’t mentioned in the past.

2) Friends and family of our HealthSource Chiropractic™ patients who have knee problems.

So why live with pain when you don’t have to? Check out your knee pain NOW. There’s NO OBLIGATION to have any sort of treatment—but you WILL rest easier knowing what’s wrong with your knees.



This offer does not apply to federal insurance beneficiaries and ACN participants.