

By Dr. Cale Copeland BSN, DC

Knee Injuries

The knee joint is composed of four bones: the femur, the tibia, the fibula, and the patella. Cartilage covers the joint and provides a smooth, lubricated gliding surface so the knee can move. The knees ligaments include the anterior cruciate ligament (ACL), the posterior cruciate ligament (PCL), the medial collateral ligament (MCL), and the lateral collateral ligament (LCL).

While the ACL works as the main stabilizer when the knee is bent, the PCL works as the main stabilizer when the knee is extended. The collateral ligaments are used when you move side to side. The medial and lateral menisci are located within the joint and act as "shock absorbers." The most commonly injured parts of the knee are the ACL and the medial meniscus. Tears of the meniscus usually take place during twisting, pivoting, or decelerating movements, or as a result of direct impact.

Excessive pronation is very common. This means that when the foot hits the ground, it flattens out or unlocks, rolling inward and creating a twisting stress up the leg and into the knee. This amplifies the risk of knee injuries by stressing the ACL and stretching and twisting the menisci. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1131>

A Happy 2009

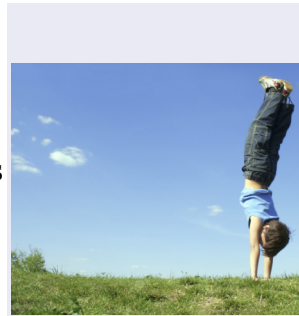
Let's start by taking the time to smile right now! Happiness is a choice, isn't it? You *decide* if you want to be happy! Here are some tips I find helpful:

1. Improve your relationships. Go for lunch, do something spontaneous and fun with someone, be creative. Being a loving person makes you beautiful.
2. Become an optimist if not already - optimism generates good feelings.
3. Smile and laugh a lot. Before you speak to someone give them a great gift, your smile. We all like people who smile.
4. Pray - Prayer helps you accomplish things.
5. Practice positive affirmations out loud daily.
6. Keep yourself busy with new projects or ideas.
7. Exercise your body.
8. Pursue your dreams. If you don't have any, go to a quiet natural setting and just dream, then go for it! You'll never regret chasing your dreams but you may regret not doing so.
9. Get adjusted as part of your active healthy lifestyle.
10. Be generous and give honest, genuine, deserved compliments as much as possible.
11. Treat life as an adventurous game and every obstacle as one of its challenges. What fun would a game be if you never lost?

"Gender Benders"

Studies are indicating that unregulated chemicals (such as plastics, soy products, some cleaning products like soap, shampoo and detergents, Teflon, pesticides/fungicides, vinyl, and artificial food additives) are causing male animals and humans to take on feminine characteristics.

In British lowland rivers, 50% of male fish were found to be growing eggs in their testes. Hermaphrodite polar bears have also been born. Since all vertebrates have similar sex hormone receptors, the feminization of other animals could indicate a similar pattern in humans. *Globe and Mail October 7, 2008, Environmental Research October 2008; 108(2):177-84*



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