

STELLAR GOOD NEWS

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Stellar Software

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Read previous issues of Stellar Good News on the resources page of our website!

Stellar Updates

Recent changes and updates to Stellar:

Patients

Fixed patient history so showing 2nd insurance notes doesn't reset the list.

Fixed some cash patients getting Medicare primary diagnosis error.

AutoFixes

A list of changes made since the last update is displayed after updating.

Patient Billing Programs

Fixed preview display problem when using plain paper on Vista.

DCs and Healthcare Reforms

Ronald E. Edgar, DC.

Chiropractic physicians, do you ever find yourself asking "Will I ever be treated the same as other healthcare providers?" I wish I could tell you yes, but the only way I see this happening is for the profession to take a different approach to become an included and desired part of the healthcare team.

Please go back and read the last 2½ years of Stellar newsletters and get some ideas and then put them into action. Now ask yourself, are you happy with the thought of being left out of healthcare reform, and resorting to a cash practice as suggested by one state chiropractic journal?

What if DC's are included but in such a way that maintaining a modern clinic that includes x-ray & physiotherapy becomes a thing of

the past; just think of the present state of Medicare guidelines and payment or lack of payment for x-rays or physiotherapy and exams.

Doctors, can you see where this is headed? If we can't get paid for x-rays or therapy then we become very much like a PT, except they are in all insurance plans and part of mainstream healthcare and will be in the future, and we are left behind. A great thinker and business man once said find a need and fill it, so I am asking you to do this ASAP as a Chiropractic Physician; what has been tried in the past has not worked since 1895.

We must do all that is required to be sought after for inclusion in all healthcare venues, that means I don't think that we can force our way in, but ask "what does it take to be a part of mainstream healthcare" and then be prepared to act. The profession still has not been a player in the White House yet, but this can change overnight if we get busy. Sitting back and taking it easy is not an option.

A current survey of new MD's and DO's states that only 2% choose to go into general practice, that means there is a need of 98% to fill this void in much needed healthcare. Who will step up to the task to provide general medical care?

One thing to keep in mind is that when you approach colleges, associations, state boards within the profession you can be demanding; when working with federal and state agencies it is better to ask rather than demand.

We have to become something that the public will want and demand. Thanks for reading.

Are running shoes a waste of money?

From dailymail.co.uk, excerpted from the book *Born to Run* by Christopher McDougall

At Stanford University, California, two sales representatives from Nike were watching the athletics team practise. Part of their job was to gather feedback from the company's sponsored runners about which shoes they preferred.

Unfortunately, it was proving difficult that day as the runners all seemed to prefer... nothing.

'Didn't we send you enough shoes?' they asked head coach Vin Lananna. They had, he was just refusing to use them.

'I can't prove this,' the well-respected coach told them.

'But I believe that when my runners train barefoot they run faster and suffer fewer injuries.'

Nike sponsored the Stanford team as they were the best of the very best. Needless to say, the reps were a little disturbed to hear that Lananna felt the best shoes they had to offer them were not as good as no shoes at all.

When I was told this anecdote it came as no surprise. I'd spent years struggling with a variety of running-related injuries, each time trading up to more expensive shoes, which seemed to make no difference. I'd lost count of the amount of money I'd handed over at shops and sports-injury clinics - eventually ending with advice from my doctor to give it up and 'buy a bike'.

And I wasn't on my own. Every year, anywhere from 65 to 80 per cent of all runners suffer an injury. No matter who you are, no matter how much you run, your odds of getting hurt are the same. It doesn't matter if you're male or female, fast or slow, pudgy or taut as a racehorse, your feet are still in the danger zone.

But why? How come Roger Bannister could charge out of his Oxford lab every day, pound around a hard cinder track in thin leather slippers, not only getting faster but never getting hurt, and set a record before lunch?

Then there's the secretive Tarahumara tribe, the best long-distance runners in the world. These are a people who live in basic conditions in Mexico, often in caves without running water, and run with only strips of old tyre or leather thongs strapped to the bottom of their feet. They are virtually barefoot.

Come race day, the Tarahumara don't train. They don't stretch or warm up. They just stroll to the starting line, laughing and bantering, and then go for it, ultra-running for two full days, sometimes covering over 300 miles, non-stop. For the fun of

it. One of them recently came first in a prestigious 100-mile race wearing nothing but a toga and sandals. He was 57 years old.

When it comes to preparation, the Tarahumara prefer more of a Mardi Gras approach. In terms of diet, lifestyle and training technique, they're a track coach's nightmare. They drink like New Year's Eve is a weekly event, tossing back enough corn-based beer and homemade tequila brewed from rattlesnake corpses to floor an army.

Unlike their Western counterparts, the Tarahumara don't replenish their bodies with electrolyte-rich sports drinks. They don't rebuild between workouts with protein bars; in fact, they barely eat any protein at all, living on little more than ground corn spiced up by their favourite delicacy, barbecued mouse.

How come they're not crippled?

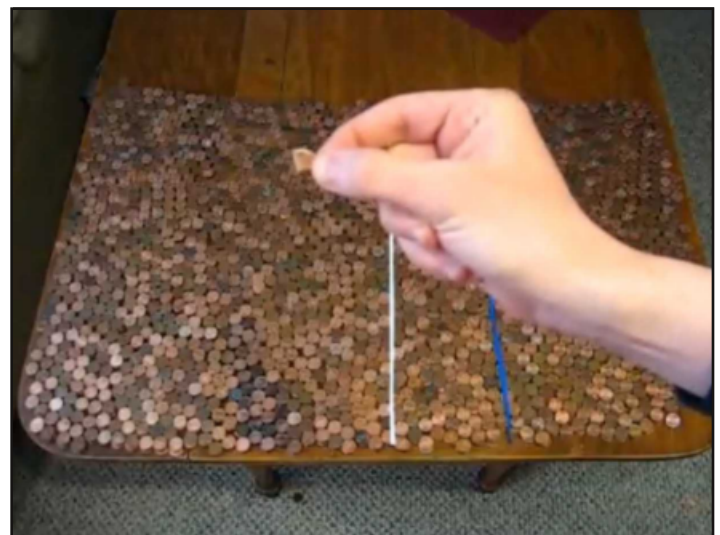
[...]

The answer, I discovered, will make for unpalatable reading for the \$20 billion trainer-manufacturing industry. It could also change runners' lives forever.

Read the rest at: <http://tinyurl.com/cerpyu>

Visualization of Obama's \$100 Million Budget Cuts

How much is the \$100 million dollars in budget cuts compared to the federal budget as a whole? This video imagines the budget as \$100 in pennies to provide the answer.



Watch the video at:
<http://www.youtube.com/watch?v=cWt8hTayupE>