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## IS OCEAN SPRAY JUICING THE RESEARCH?



### THE GOOD DOCTOR: BY DR. LUKE O. SITE

Welcome to this month's edition of The Good Doctor.

There is a real stink being

raised in the nutritional research industry as of late, and that stink very well may smell as if you have a UTI. Critics are claiming that Ocean Spray, the worlds number one producer of crannberries, may have been distorting their research findings in what they claim is a "landmark" study proving their cranberry juice can reduce UTIs in women study by up to 40 percent.

Critics claim that because Ocean Spray funded the research and two of

their own scientists were involved in all aspects of the study, this may have compromised things. One of those scientists is now being flown around the world, expenses paid, to promote the good benefits of Ocean Spray cranberry juice, even though a prior study she was involved in claimed cranberry juice was not effective as a treatment for UTIs. Coincidentally, Ocean Spray did not fund that study.

Well, it gets even more complex. The medical journal that Ocean Spray used to release its study, the American Journal of Clinical Nutrition, has a long and sordid history with the food manufacturing industries own funded "studies". Ocean Spray's distributor, Pepsi Co.,

is one of them. Speaking of Pepsi and sugar, a 8 oz. drink of their cranberry juice has almost as much sugar as a can of pop!

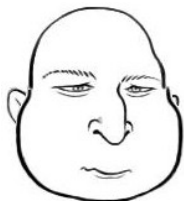
I recommend you spend a little more time on this topic, as it may be of interest to you. There is a flurry of online articles starting in mid to late June 2016 about this controversy.

Also, consider using other alternatives such as pure cranberry concentrate, or D-Mannose. And please, drink plenty of water. The Good Doctor orders it!

Source:  
<http://www.healthline.com/health-news/cranberry-study-shows-flaws#6>

## THE HOLLISTER HANDCYCLE REPORT

By Stan Hexadine



Stan here. I got stuck under The Good Schlockter again, but whose complainin'? We got ourselves some good sun, had a good ride out in da Wack, and all seems to be heading in the right direction. Ya, speaking of directions: if you get your lump off the sofa and head out, be sure to map out your ride on your gadget (phone, tablet) and send it to us. We are creating a online list of rides: <http://chairstuff.com/maps-and-routes/>

### Top Notch TopEnd

TopEnd Force CC on-off road handcycle for sale. New, in mint condition. Only been used four times. Less than 4 kms of use! Upgraded Shimano Zee hydraulic four piston brake. Reason for sale: not the ideal bike for the owner. \$4000. Contact: Shane at [shanemcg@telus.net](mailto:shanemcg@telus.net)

### Quickie Shark Arm Cycle

Cost \$6000 new! Bike was just tuned up by a local bike shop, and brand new Schwalbe tires and tubes, new Shifter and cable, new Brake pads. Bike has a few scuffs on it and some sun fading on the seat upholstery, but it works like new! Seating and leg positions as well hand cranks are fully adjustable, so this bike will fit anyone. Price: \$1800. Contact: Brad (call or text) 778-683-5321; email: [ialwaysb.long@gmail.com](mailto:ialwaysb.long@gmail.com)

### Quality Handcycle Well Maintained

Varna II Handcycle with 1.75 x 20 inch tires. Purchased new in 2002 for \$1800.00. Was used for recreation until 2009 and has been in storage ever since. It is in excellent condition, recently "tuned up" Price: \$750. Contact: Bob 978 563-1835 or [bdumont@msn.com](mailto:bdumont@msn.com)

TO VIEW PICS: <http://chairstuff.com/for-sale/>

PSSSSST! Stan here again. Need help funding a handcycle? Check out RESOURCE WATCH on the back page!

# IMPROVE YOUR CATHETER IQ: CHECK OUT THE IQ-CATH!

The IQ-Cath is a unique and highly effective intermittent catheter that combines the advantages of stiff and soft catheters while eliminating the disadvantages with: a soft "front zone", a stiff shaft, and a flexible head. Made in Germany by a progressive company. What do you have to lose? Nothing! What do you have to gain? Lots!



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<http://www.iq-cath.ca>



## Product Focus

With Cathy Terr

Welcome Ladies and Gentleman! I'm Cathy Terr, your nurse with tricks in her purse. Today we are going to talk about a nifty new catheter leg strap. It's called the Conveen Simpla from Coloplast. It places itself on your thigh and hold a supra-pubic or a foley catheter in place. Straps can be essential during transfers. They can prevent your catheter from getting caught up and pulling, causing internal damage, especially if you use a catheter clamp that can get caught up on objects. Check out [chairstuff.com](http://chairstuff.com) for more info.

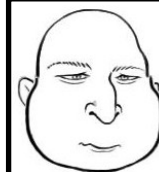


Spinal Cord Injury BC

## PEER EVENTS - JULY

Visit: <http://sci-bc.ca/events/>

- 4th - Victoria Women's Only Group
- 6th - Surrey Bean There Coffee Group
- 8th - Courtenay Coffee Group
- 12th - Upper Fraser Valley Bean There Peer Coffee
- 13th - Victoria "Vintage" Peer Group
- 14th - Fort St. John Ladies Tea
- 15th - Victoria Aneurysm & Stroke Group
- 16th - Victoria Cerebral Palsy Peer Support Group
- 20th - Quesnel Peer Group
- 20th - Delta Bean There Peer Coffee Group
- 26th - Fort. St. John Peer Coffee Group



Psst...Stan here again. Hey, ahh, don't forget the weekly ride is still on. Saturdays at 10:30. Be ready to go. Under the Skytrain tracks at Science World. Bring your helmet, bring your whip, bring your granola, and please don't flip!



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## RESOURCE WATCH

CHALLENGED ATHELET'S FOUNDATION

The Challenged Athletes Foundation (CAF) provides loans to individuals with a physical disability who meet the International Paralympic Committees classification guidelines for a disability.

The grant applications open in September and close in December, so keep your eye on their site for the exact time

([challengedathletes.org](http://challengedathletes.org)).

You do not need to be a citizen of the United States to apply for these grants and they cover three categories: equipment, training/coaching fees, and competition fees.

You can apply for grants multiple times, as in get multiple grants, year after year!!

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