



Drs. Sylvester and Beth Owusu

Health for Life

Secrets behind the science of Chiropractic... and methods for successful living!

A Newsletter Dedicated to your Health and Well-Being

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★ Ask the Doctors

"How much impact does my posture have on back pain?"

Answer: More than you might realize! One of the things we chiropractors have learned is that seemingly innocuous behaviors can cause a lot of trouble. Like inadequate posture. Do you know people who slouch, lean on the wall while standing, or otherwise have posture less than nature intended? Oh sure, they don't mean to hurt themselves. But research shows that poor posture can be traced to putting extra strain on: the back, neck, hips and knees just to name a few.

Do you fail to sit up straight when working all day at your computer? Hey, we're all guilty of it at times.

Therefore we present the following 5 tips to improving your posture that may bring pain relief and reduce tension:

- **Tip #1:** Look at your daily activities with a keen eye for those that place you in awkward or unnatural positions.
- **Tip #2:** If you sit much of the day, make it a point to change position every 20 or 30 minutes. Stand up & stretch.
- **Tip #3:** Sit with your hips all the way back in the chair. Take advantage of the lumbar support.
- **Tip #4:** When standing, shift your weight from leg to leg.
- **Tip #5:** And...consider the power of chiropractic care to keep you pain free.

In the same way your car needs regular oil change, so too does your spine require an adjustment to keep running healthy. (You knew that was coming!)

Be aware that if you or someone you love has been feeling pain for more than 48 hours, please seek a chiropractor immediately. We're only a phone call away.

We're here to help!

"To Help You Have A Healthier 2009! Slimming Down Tips..."

A Quick Guide to Getting Ready for the Spring Break Bathing Suit

Tip #1 - Awareness of "Nutritional Choice" is the Key! Patients we counsel in nutrition have found that the key to slimming down is... "awareness." What do we mean by awareness? A famous psychologist said that "Awareness by itself is often curative." Meaning - if you go about your day making conscious choices about accepting or turning down food temptations, then you've won half the battle! The trick is balancing the temptations that come our way every day to insure that we are getting the right nutritional mix in our daily diets. The good news is that it's not as hard as you might think. It all starts with conscious awareness!

Tip #2 - The Secret of Sizes and Portions: I recently read about a gentleman who lost 65 pounds in a year, simply by cutting down his dinner portions by 50%! In other words, he ate the same great food, still enjoyed dinner out with friends. He just took back control of his portions. Could losing weight be this simple? Try it for yourself and see how powerful it can be to control portions...

Tip #3 - The Food Journal: Want a life changing exercise that will blow your mind? Keep a food journal for a week! What is a food journal? Go buy an inexpensive notebook from the store... and record everything you put into your mouth during a week. If you've ever done this with spending habits, you know how powerful the process of measurement and tracking can be! For one of our patients, keeping a journal was all it took for her to lose her target of 23 pounds! Want to know her secret? Instead of keeping a food journal for a week... she did it for 120 days. Her food journal acted as a "checks and balances" system for controlling her diet... Try these three tips and you'll be looking and feeling great in that Spring Break bathing suit!

Have any questions about this article?

Give our office a call, we're here to help. Also if I can provide any additional info on this topic let me know.

Fast Facts for Life!

Food & Fitness.

Yuck, fat! Weight gain doesn't just happen. It happens with every 3,500 unburned calories consumed. That is, the "energy in" is greater than the "energy out."

The magic solution:

Burn more calories or eat less!

Successful Living Breakthroughs!

Pillow Perfect.

Believe it or not the pillow you sleep on at night can affect not only how well you rest but how you feel all day. The solution is to find a pillow that supports your head and keeps your back in proper alignment. And don't snooze on your stomach; it tends to aggravate the muscles in the neck.

Breakthroughs/Fast Facts for Life

Tips to Healthy Living...

A Doctor Reveals... **Is Your Head Causing Your Back & Neck Pains?**

Here's a **FACT**:

Did you know that your head weighs about 10-15 pounds?

Think about that for a minute. That's comparable to a bowling ball, a small frozen turkey and some of the lighter free weights at the gym. It should come as little wonder then that hauling around this much weight on our shoulders is often a contributor to back, neck and shoulder pain.

Here are some tips to help reduce neck and back pain which might be caused by the weight of the head:

- 1. Watch your posture.** Under increased stress and as we age it's only natural that the shoulders tend to roll forward and the head tends to droop forward. This puts stress and strain on the muscles of the neck and shoulder. So, keep your head upright, your chest out and your shoulders back.
- 2. Handle pressure.** Stress in modern life is rampant. It's everywhere and stress contributes to neck and shoulder pain. The solution: manage your stress. Look for ways to reduce stress naturally at home and on the job. Do whatever it takes: Talk to a counselor, have some fun, exercise or take a vacation.
- 3. Keep fit.** You know that as you age you lose muscle tone and that includes the muscles that hold up our head and neck. Weaker muscles spell trouble for holding up the noggin. Talk to me the next time you are in the office about simple, painless stretches and strengthening exercises you can do at home or work that can help keep the muscles strong that hold up your head.
- 4. Massage therapy** is another option that can do much to relieve muscle spasms, soothe aches and pains, and bring short-term relief.
- 5. The Power of Chiropractic!** (our favorite of course...) Like your car, your body also needs a tune up!

A healthy spine allows you to be and do your best by protecting the vital nervous systems link between your brain and your body!

If you've been experiencing pain for 48 hours or longer, I suggest calling us immediately so I can take a look at your changed condition.

**Don't be a stranger,
We're here to help!**

Quick Facts About Staying Healthy...

Proven Anti-Aging Methods to Help Slow the Aging Process... somewhat!

I'm sure you've heard the term "antioxidant." Antioxidants are metabolic disease fighters that strengthen the body's cells and prevent illnesses. Aging is natural. It's programmed into our genetics and there's nothing we can do about it. It's how the species ensures its continued existence on this planet. But what's the secret to longevity? Some say antioxidants could be an important factor in determining how long each of us has on this earth.

What happens when we age? As we age a couple of things happen. We experience a slow-down of energy, slight or severe compression of the bones in the spine, graying hair or hair loss, thickening of the abdominal area, slower repairing of wounds, lines, wrinkles and age spots. Hearing loss, circulatory, gastrointestinal, blood pressure and memory loss problems may occur also.

Yikes! There's more... Perhaps the most significant consequence of aging is that older people can no longer absorb vitamins as well as they could when they were younger. **Translation: The aging body cannot get as much nutritional value from food—regardless of a healthy diet or not.** Overcooked or starch-laden foods like white bread, mashed potatoes, fatty meats and sugary desserts or snacks, while satisfying, should be avoided.

How to Slow the Aging Process: Antioxidants can help minimize "free radical" damage or destruction of the immune system commonly associated with aging. Free radicals are unstable byproducts of normal cellular processes that can cause bodily damage when combined with environmental and lifestyle toxins. A daily regimen of vitamins C, E, and A—plus beta-carotene and selenium can help heal damaged cells by eliminating free radicals.

Here's a Solid Recipe for Health Success!

Combine good health with chiropractic, and the sky is the limit for you in 2009! If you haven't visited a chiropractor for 90 days or more, now would be a great time to continue your great health progress. We don't bite! Call us.

We'll see you soon! Sources consulted: *Smart Guide to Vitamins and Healing Supplements*, Ruth A. Ricker, Ph.D. John Wiley & Sons, Inc., 1998.

Fascinating Facts!

Physical activity boosts mental resiliency and cardiovascular health, according to Dr. David Satcher, M.D., Ph.D., and former U.S. Surgeon General. "That's because physical activity can quite literally lift your spirits. Research shows that physical activity appears to reduce anxiety and greatly improve the sense of energy and vigor as well." According to Dr. Satcher, while your body gets the workout, it's your mental health that registers the most immediate benefit. That's why people with moderate levels of clinical depression report feeling better after some sort of exercise.

Important News about You!

Is Sugar Making You Sick??

Did you know that an 8-ounce serving of fruit-flavored yogurt contains almost as much sugar as a 12-ounce can of soda?

Unfortunately, many of today's popular foods are loaded with refined sugars. Refined sugar carries no nutritional value and does nothing but add calories that your body must use immediately, or store as fat. More important, sugar has been found to weaken the immune system, leaving you more susceptible to many kinds of illness.

Basically, refined sugar weakens white blood cells. The job of the white blood cell is to attack and destroy bad bacteria and cancerous cells growing in your body. When you consume sugar, your immune system loses strength making it more likely for bad bacteria and cancerous cells to multiply and grow. When this happens, your health declines and your body begins to show signs of sickness.

So what should you do? Minimize refined sugar. Say no to candy and cookies, read food labels, and choose whole, natural foods. But that's only half the battle. To maintain a strong and healthy immune system, regular Chiropractic adjustments are in order. As your chiropractor removes subluxations—or misalignments of the spine—your brain is able to send uninterrupted messages to all the cells, nerves, and muscles in your body. When all parts of your body are working in harmony like this, you are much more likely to remain healthy and strong.

The State of Healthcare

Regardless of who you voted for in the presidential election, and despite all of the disagreements on political policies, one thing every American can agree upon is that our health care system is broken. If it weren't, our nation would be a lot healthier. But the chore of fixing health care does not rest solely on the shoulders of politicians; health care really begins with you and the health choices you make for your life. After all, the way you treat your body today will affect how healthy and happy you are in years to come.

Our country is 232 years old and a super-power among the nations, yet millions of Americans still do not have health care insurance or easy access to a doctor. This sends a clear message that we cannot wait for—or rely on—government to make us healthy, we must all take personal proactive measures to ensure that we are living as healthy as possible before a need for government assistance arises.

A smart start to being proactive about your health is to receive chiropractic adjustments on a regular basis. Chiropractic does far more than just provide relief for back pain, it works to open the door to your body's own ability to heal itself and ward off sickness.

Now is the time to establish your own personal brand of health care; make chiropractic adjustments a regular part of your healthy lifestyle, along with eating smart and getting weekly exercise.



Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a health lifestyle! **We would like to proudly welcome the following new patients:**

<i>Jen Riebow</i>	<i>The Wiebusch Family</i>	<i>The Edgar Family</i>
<i>Brittany Workman</i>	<i>Angela West</i>	<i>Victoria DesJardins</i>
<i>Carolyn Mulks</i>	<i>Brent Race</i>	<i>The Kissling Family</i>
<i>Philip Heinz</i>	<i>The Lockwood Family</i>	<i>Sarah McCarthy</i>
<i>The Harris Family</i>	<i>Wafik Awad</i>	<i>Mona El Minyaw</i>
<i>Carolynne Brown</i>	<i>Brandon Dillon</i>	

**Thanks for allowing us
the chance to serve you!**

Introducing... Mr. Ron Burch and ATA Taekwondo

We would like to introduce you to Mr. Ron Burch and his ATA Academy!



For those of you who have not had the opportunity to experience his academy please stop in and say hi and get a tour of their facility and take advantage of their special:

AIM HIGH IN 2009

7 Week Introductory Course

Includes: 7 weeks of Martial Arts Training (21 Classes), a NEW uniform and the first belt graduation for \$95.00

We couldn't have asked for a better neighbor!

Call Today: 517-339-2821

Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to the following patients that are having Birthdays this month!

Willie Carter	Shirley Carter
Jean McDonald	Seth Edgar
Travis Trufant	Erin Kissling
Wafik Awad	

March is National Reading Month!

Next month is a special month in Michigan and across the country... did you know that that **March is National Reading Month**? In honor of National Reading Month, our office is collecting children's books on behalf of The Capital Area Literacy Coalition.

The Capital Area Literacy Coalition helps children and adults learn to read, write, and speak English with an ultimate goal of helping individuals achieve self-sufficiency.

The Coalition provides:

- Free, one-to-one instruction in reading and writing for children struggling in school, at risk-teens, and adults.
- Tutoring to migrant and refugee families, as well as, English as a Second Language instruction. (for more info visit: www.thereadingpeople.org)

Fitness & Successful Living Breakthroughs

Don't Respond To Illness... Prevent It!

The flaw with the U.S. health-care system is that it is designed to respond to illnesses, rather than try to prevent them in the first place.

According to an analysis by the Commonwealth Fund (as published in the 12/1/08 issue of TIME magazine), in 2005 half of Americans adults did not receive recommended preventative care such as cancer screenings and blood pressure checks. Let's face it, for most Americans who have suffered a cardiovascular event, the first time they had their heart health checked was after being rushed to a hospital, suffering with chest pains.

This way of practicing medicine—wait until something breaks and then try to fix it—is deadly, and it's extremely expensive. In 2005 the U.S. spent 2 trillion dollars on health care. No other country spent nearly as much per capita. And what do we have to show for it? America is far from being the healthiest nation on the planet. In fact, we have a shorter life-span and a higher infant-mortality rate than many other developed nations.

It's clear that our priorities are out of whack. Most Americans spend plenty of time and money trying to acquire things that will provide instant gratification (but often leaving us wanting more). The tragedy is that we spend far too little time and money trying to acquire healthy living practices that will yield decades of improved health and a higher quality of life—with far less trips to the doctor's office.

It's time for each of us to begin taking proactive measures that will improve our health with the goal of never setting foot in a hospital due to illness. We can be healthier.

We can feel better. We can have more energy. We can catch colds less often, if at all. You know the basic steps to take: eat healthier and smarter. Get exercise every week. Take measures to get enough sleep at night. But don't forget another very important step—one that's extremely easy to attain—seek Chiropractic adjustments.

Chiropractic adjustments will work wonders for your health by gently repositioning the misaligned vertebrae in the spine, which will allow your nervous system to properly activate and utilize every other organ and system in your body. When your nervous system is allowed to function at maximum capacity the immune system will also work to its fullest ability warding off sickness from your body. Medications can't do this—they only mask symptoms.

Make a decision to be proactive and work towards a healthy way of living. After all, you only have one body and one life to live!



Win A FREE GIFT by Answering this simple question! Give it a try... why not?

Would you like the chance to win a special **FREE GIFT**? Each month the free gift changes. This month we are giving away *Dinner and a Movie for 2!*

Unlike other contests, the odds of you winning this contest are *really good*. Why not give it a try? To win you need only read this newsletter to find the answer to the Health Question posed below. If you think you know the answer or want to guess, pick up the phone and call us! If you answer correctly – you'll be entered into a drawing for a chance to win!

Good Luck!!

The contest question for this month is...
How much does the human head weigh?

Referrals Mean the World to Us!

We consider it a privilege to be trusted with the health care of our patients. In fact, there are some weeks we are so busy that we have to extend our hours or stay late just to see everyone! Why have we grown so fast? It's because of patients like you who refer friends, family and co-workers. We don't often have the chance to say thanks for all your support and friendship, but we really do appreciate it.

We consider it a pleasure to work with our patients. That's why we are always so interested in your feedback on this newsletter and any questions you may have about your health, stress management, nutrition and chiropractic. **Please feel free to call**—even if it's only to get an answer to a quick question. Remember that we are available when you need us, so call us anytime! We look forward to seeing you soon!

Gift Certificate – For Friends or Family Who Need Help!

Often our patients tell us they know of someone in pain or someone who could use our help. That's what this *special Gift Certificate* is to be used for! Do you know of a friend or family member who needs chiropractic care? Clip this coupon and give it to your friend. This entitles them to **One Free Chiropractic Consultation and Examination!** This special "Patient Appreciation" coupon expires soon. To schedule your free chiropractic appointment, please call Healthy Living Chiropractic at 517-853-2027.



This coupon expires: **March 20th, 2009**

