



# Health for Life

Secrets behind the science of Chiropractic...  
and methods for successful living! - A newsletter dedicated to you.

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## ★ Ask the Doctors "Give me the low down. How does chiropractic *really* work?"

**Answer:** The essence of why chiropractic works is it helps vertebra that has slipped out of position and is now pinching a nerve, to return to full function. We accomplish this through the use of something called a **Chiropractic Adjustment**. Now *why* this works is because the brain controls all the body's functions. It communicates with other parts of the body using nerve impulses. Nerve impulses are like signals crossing over the phone lines. The spinal cord is like the.

### Master Control Center

The spinal cord is protected by the spinal column, which consists of individual vertebrae separated by **cushioning discs**. From the spinal column, nerves network out between the vertebra to most of the organs and muscles in the body. But after years of poor posture, long-term tension, moving the body improperly, or an accident, the vertebrae can have a tendency to slip out of position and pinch a nerve – which shoots off that pain signal you feel! Chiropractors call this situation a **SUBLUXATION**.

Chiropractors help get rid of the pain sensations through the use of an Adjustment, and sometimes additional treatments which help fix this situation. The spine is like a car – it must be maintained to keep it humming perfectly. If you are reading this and your pain has returned (and you haven't been in to see us in some time), it is advisable you get that pain looked at before the problem potentially worsens. 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 a call away.**

→ **We're here to help!** ←

## A Consumer Alert: Important Health Facts...

**Did you know that the pharmaceutical Industry is now the #1 advertiser on television?**

**They recently beat the automobile industry for pure advertising dollars spent.** According to a recent issue of Forbes, Lamisil is the one of the biggest sellers. Does it save lives? Is it helping people to live longer? No. Says Forbes...

*"It's a pill for - horrors! - toenail fungus.* The main effect of the fungus is that it turns the toenail yellow; it can hurt, but no one has died of this inconvenience. But a few people may have died taking Lamisil. Federal regulators have linked the drug to **16 cases of liver failure**, including 11 deaths. 10 million Americans have taken Lamisil which costs \$850 for a three-month treatment. The ads (which feature a creature they called Digger) so overstated the drug's benefits that regulators objected and had the company pull the first spots."

The drug fully cures the problem in only 38% of patients. But their advertising expenditure for Lamisil alone, according to Forbes, is **\$236 million in a year**. Many American's are becoming victims of legalized drug pushers. Comedian Chris Rock recently did a bit about how soon they'll be coming out with a drug for "people who wake up in the morning." As the hippies from the late 60's might chant, "Don't believe the hype." The greatest pharmacy on earth is the human body. Last time we checked, we weren't born with holes in our arms for I.V.'s nor armed with pill boxes under our baby fat. Chiropractic isn't "against" good medicine. Just the opposite. Chiropractic is about a fully functioning, healthy and vibrant body. How bad is this problem that a growing number of Americans are addicted to pharmaceutical drugs? Drug firms have **TRIPLED** the rank of salespeople to 100,000. That's one seller for every 9 doctors, up from one for every 18.

**Before you turn to drugs to reduce pain, consider an all natural approach that keeps the body drug free, happy, and healthy. Your body will thank you for the kind treatment!**

## TIP! Fast Facts for Life!

Studies have examined the relationship between diet alone and diet with exercise. Dieting alone results in about the same weight loss as diet plus exercise. However, more fat is lost and muscle preserved if you add aerobic exercise. Even more fat is lost & muscle preserved if you add aerobic exercise and weight lifting/resistance training.

## Wow! Successful Living Breakthroughs!

Staving off cravings is tough. Look for wholesome treats to fill the void: oatmeal, smoothies, veggie pizza or a bowl of chili. An apple a day or even a cup of nonfat yogurt can do the trick. The key is flavor and flavor satisfies better than a large amount of food, which can leave you feeling bloated.

# Breakthroughs/Fast Facts for Life

## Tips to healthy living...

### ***Why does the pain feel worse whenever I'm tired? Some answers that might help:***

**Here are the facts:** Have you ever noticed how pain always seems worse when you're feeling tired? Stressed? Or emotionally drained? We are sure there are scientific studies out there corroborating these conclusions, but it's not uncommon for patients who are physically or emotionally exhausted to complain more often of aches and pains.

### **Chiropractors believe in the inter-relatedness of everything as it relates to our total health picture.**

Let's spend a little time considering the sources, causes or cures for fatigue as they relate to the aches and pains we treat. Some physical causes that can contribute to back pain include **poor eating habits and sleeping habits**, living in extremely hot or cold climates, prolonged effects from a bad cold, and endocrine disorders like an under-active thyroid. The road to cure begins with awareness of the conditions contributing to the symptoms for which chiropractic care may be called.

**Emotional factors to consider include burnout, boredom, major life change or depression.** All of these can lead to an unconscious "tensing up" of the muscles in your body. People tend to "hold in" their tension. This then has an impact on your back, neck, and shoulders feeling tired and sore.

**In summary**, the reason your pain feels worse when you're tired is because you tend to "tense up" the muscles during long work days or days where you've really exerted yourself.

**The solution?** We know you've heard this before but bear with us – because exercise daily (even a mild walk with a loved one), doing the stretches we've showed you, and sticking to a spinal maintenance schedule all will help fix many of these problems!

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

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

## Quick facts about staying healthy...

### **How Important Is Calcium?**

**Getting enough calcium is essential**, but it's also one of those things we take for granted unless you're lactose intolerant. In that case, drinking milk isn't that easy. People with lactose intolerance can't digest lactose—the sugar in the milk—without suffering gas pains, abdominal pain or cramps, bloating, diarrhea or nausea.

The only "cure" for lactose intolerance is a milk-free diet. But wait, all is not lost. Sufferers can still get enough calcium by getting creative with the foods they do eat. To have your milk and digest it, too, try these tricks:

1. **Learn.** Learn which foods are the most difficult to digest and avoid them. Some dairy products are more offensive than others are. For example, if ice cream upsets your stomach, try frozen yogurt.
2. **Read.** Read labels carefully. Know what you're eating and be careful to avoid products containing milk, milk solids or whey solids. That way you won't have any unpleasant surprises!
3. **Pretreat.** Pretreat milk with the enzyme lactase—available in powder or capsule form under the name Lactaid. Another alternative is lactase tablets taken as a digestive aid.
4. **Purchase.** Purchase Lactaid brand products—milk, ice cream and cheese, which are available in many local supermarkets.

Getting enough calcium is important. Remember that the recommended daily allowance of calcium is 800 milligrams for adults 25+. Growing teenagers, pregnant and nursing women need 1,200 milligrams a day.

### **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'll see you soon!***

Source: 365 Health Hints. Don R. Powell, Ph.D. © 1997.

## **Fascinating Facts!**

*Keeping fit doesn't necessarily mean giving up all that you consider good to eat*, but eating correctly before exercise can do much to help you achieve your fitness goals. Consider these three rules of thumb. (1) Don't eat too much before exercising. Give yourself some time between meals and working out—at least a few hours. (2) Eat breakfast. If you exercise early in the day be sure to eat a light and healthy breakfast beforehand. (3) If you work out late in the day, make breakfast and lunch your main meals of the day. To boost energy, eat a light snack late in the day.

# Important News about You!

## Happy Memorial Day!

Since 1868, our nation has taken the last Monday of May to remember those service men and women who died in service to their country.

As someone who has several family members in different branches of the military, I can say that all your thoughts and prayers are greatly appreciated.

Do you know someone who is deployed overseas, but had to leave a spouse and kids? A great way to honor their service is to show some unexpected kindness for the family who is still here. Maybe offer to watch the kids to provide an afternoon free from the kids, or dropping off dinner, so they have to cook one less meal. Or just remember the family in prayer.

— Dr. Beth

## Health Success Story of the Month!

We'd like to take a minute and tell you about someone just like you. This patient began care for some aches and pains between the shoulder blades and in the low back. About a week into care this patient came in towards the end of the day and complained of a headache since that morning – something that happened 1 or 2 times a week. After adjusting the neck, the patient felt the pressure release and hasn't had a headache since!

**That was over a month ago!**



## 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:**

*Stephanie J.  
Craig B.  
Elisha F.  
Mike A.*

*Shelly M.  
Chantelle D.  
Jessica W.  
John V.*

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

## Family/Personal/ Community News

Last Thursday, hundreds of people representing 45 different churches gathered at the steps of the Capital Building to join with thousands of others across the nation for the National Day of Prayer. This event illustrated the concern of our community for our State and our Nation. Those gathered prayed as one Church for our government, our schools, our military, our families, our economy, and our media.

It was a diverse group of people, with representatives of different age groups, denominations, and ethnicities, showing there is unity within the Church.

## 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!



*Debbi B.      Brent T.  
Andrea B.    Julie B.  
John H.       Keegan L.  
Brent R.      Dan C.*

## Meet Our New Massage Therapist

Allison Carpenter has just joined our team! She is a graduate of Blue Heron Academy, and is excited to help spread our message of natural health and wellness. Call today to schedule your next massage. We offer competitive rates and packages, as well as gift cards for friends and family who deserve a little rest and relaxation!

# Fitness & Successful Living Breakthroughs

## Fitness Corner!

### “Like to Golf? Look out for back pain”

All too often we see golfers ending up taking pain killers or having to stop playing all together, just because of back pain from golf. It doesn't have to be! The problems occur from all those repetitive golf swings. Since chiropractic is the science of the spine, we are in a good position to help golfers understand the correct way to take care of their bodies while still enjoying lots of golf. *Did you know...*

*Professional golfers are well aware of the benefits that chiropractic care can provide.* A recent study reported that up to 85 percent of injuries on the PGA Tour and Senior Tour relate to the spine. Between 70 and 75 percent of these golfers receive chiropractic care regularly.

*Amateur golfers can especially benefit from chiropractic care.* There are approximately 25 to 30 million amateur golfers in America. If they were more educated about correct posture and what chiropractic can do to improve their game, they would be able to play for much longer into their retirement years. Not only can chiropractic most effectively treat acute and chronic back injuries caused by golf, but can also help them prevent injuries. Some important “basics” include stretching before and after golfing, keeping hydrated, shortening your backswing, and using correct posture and stance. You can't play a good game of golf with a sore back. Plus the role nutrition plays in a healthy spine...

### Good health doesn't have to cost a lot!

Investing in good health is cheap compared to being sick and unwell. Just ask anyone in the hospital. You have the power to make it happen. Right now. If you'd like some help achieving vibrant health and energy, please call our office. Quite bluntly, smart patients know the value of investing in themselves and by that I mean a WELLNESS APPROACH to care. Now is the perfect time to begin!



If not now, then when??

**If you'd like to learn more about proper exercise, please call us!**



## 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. It might be a FREE tube of **BioFreeze**, OR a free **lumbar pillow**, which is excellent for use at your place of work or in your favorite chair. This month we are giving away *two free Movie Tickets!* 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! The best answer (in our opinion) will win a fun **free gift!** You could be our winner this month. *Are you ready?*

The contest question for this month is...  
*What is a SUBLUXATION?*

## 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 people 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, 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 anytime! We look forward to seeing you.

### Gift Certificate – For Friends or Family Who Need Help!

Often our patients tell us they know of someone in pain 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!** This special “Patient Appreciation” coupon expires soon. To schedule your free chiropractic examination, please call HealthZone Chiropractic at 517-853-2027.



This coupon expires: **May 31<sup>st</sup>**

