

Chiropractically Speaking



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FOOD FACTS

Lemons contain more sugar than strawberries.

The onion is named after a Latin word meaning large pearl.

The first breakfast cereal ever produced was Shredded Wheat.

Half of the world's population live on a staple diet of rice.

The Incas measured time by how long it took a potato to cook.

Apples ripen after being picked, while oranges do not.

Within 2 hours of standing in daylight, milk loses between half and two-thirds of its vitamin B content.

You're more likely to be hungry if you're cold!

A peanut is one of the most concentrated sources of nourishment.

A typical banana will travel 4,000 miles before being eaten.

It takes four tons of grapes to make one ton of raisins.

ADJUSTING LIFE STRESS

Stress has been with us since the beginning of time. Every era has faced its share of threatening situations. Today, the stress of work, project deadlines, personal conflicts, and the demands on our time and money, take a huge toll on our health.

It may surprise you that your "feelings" of stress may have nothing to do with the stress in your life. Poor posture, prolonged sitting, an accident, or even an old injury can lead to spinal stress. Chronic pain and muscle tension can cause you to experience nervousness and irritability.

For some, stress symptoms may include an upset stomach, recurring headaches, back pain, or muscle stiffness. Others can exhibit feelings of stress with nervous twitches, allergic reactions, or sensitivities to



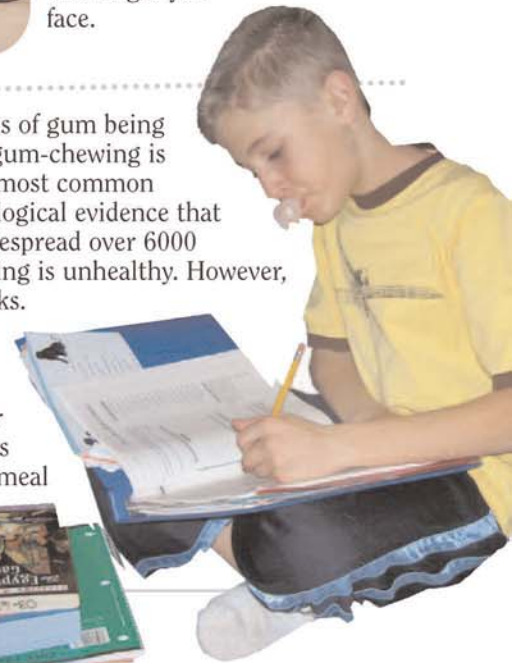
chemicals. Regardless of your particular response, the function of your nervous system is involved. That's why chiropractic can be so helpful.

The chiropractic approach to stress is to help normalize the function of your nervous system by removing interferences caused by the Vertebral Subluxation Complex or spinal joint dysfunction. Finding the "weak links" in your spine (the major communication pathway of your nervous system) and helping restore better function, can make a profound difference in your response to stress.

It may not be possible to remove the stress from a busy life. However, with the help of your chiropractic doctor, you can respond better to the unique challenges you face.

Chew your way to better grades

With over 100,000 tons of gum being consumed each year, gum-chewing is said to be the world's most common habit. There is archeological evidence that gum-chewing was widespread over 6000 years ago but the modern perception has been that gum-chewing is unhealthy. However, research now shows that the benefits may far outweigh the risks. Chewing gum is a handy study aid, proven to stimulate certain areas of the brain which help reduce tension and improve ones ability to focus, retain and retrieve information. Chewing is known to increase alertness making gum a popular inclusion in field and combat rations for the U.S. Armed Forces since World War I. Gum often satisfies the desire for between meal snacks and is a great stimulant for the production of saliva which helps neutralize acids from foods that may cause tooth decay.





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Teaching our children basic financial skills has never been more important and this free website is a useful tool. Our teens and children are faced with making numerous decisions regarding their personal finances. *PAYjr.com* offers a fun and interesting way

to learn sound financial principles while providing parents with security, peace of mind, and convenience.

PAYjr.'s unique *Allowance and Chore Management System* helps you to teach your child the importance of a job well done. The system will enable you to set monetary values for chores, monitor progress, and eventually reward your child with his or her allowance. Take a tour to determine if this site can help you increase the financial health of your kids.



SWEET HEALING



Studies conducted in New Zealand reveal that raw or dark colored honey can help you heal faster from cuts, burns, rashes and even sunburns when applied to the injured area. Honey also contains substances that minimize scars and speed the growth of new skin. Unlike antibiotic ointments, honey encourages the healing process while fighting infections that can occur when the skin and underlying tissues has been stressed or broken.

SODA FIZZES OUT



The average American drinks about 56 gallons of soft drinks each year. One can of soda pop contains about 10 teaspoons of sugar, 150 calories, 30-55 milligrams of caffeine and is loaded with artificial food colors and sulphides. Soda has absolutely no nutritional value while containing major components all linked to serious health issues.

Aspartame is a chemical used as a sugar substitute in many diet sodas and is linked to potentially 90 different health issues including brain tumors, diabetes, emotional disorders and epileptic seizures.

Caffeine causes jitters, insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol, vitamin and mineral depletion.

Phosphoric Acid interferes with digestion making it difficult to utilize nutrients. It may also interfere with your bodies ability to use calcium which may lead to osteoporosis and softening of the bones and teeth.

Sugar - Soft drink manufacturers are the largest single user of refined sugar in the United States. Sugar increases insulin levels which can lead to high blood pressure, high cholesterol, heart disease, weight gain, diabetes and premature aging.

This is just a sample of research findings. Consider these facts when deciding whether soda is worth the expense or health risks. When choosing a beverage, water is the clear choice.

3 QUICK TIPS TO LOWER BLOOD PRESSURE

1 Limit your full time job to 40 hours a week. Working more than 41 hours a week at the office raises your risk of hypertension by 15%.

2 Take short walks. 40 minutes of exercise a day will ease blood pressure by 5% but it need not be completed all at once. If free time is hard to come by, break the 40 minutes into smaller chunks.

3 Shop wisely. Choosing foods that are high in fiber can cut your blood pressure reading by 3 to 7 points. Brown rice, wheat bread and pears are all great sources of fiber.



MID BACK PAIN

Mid back pain is one of the most common complaints that patients report when they visit their chiropractor.

Symptoms of mid back pain can range from muscle tightness and spasms, areas of acute spasm and pain, restricted range of motion when bending or twisting, sharp or stabbing pains from the back, radiating to the front. The rib cage can also become distorted causing symptoms that mimic respiratory or cardiac problems such as shortness of breath, irregular heartbeat and fast or slow heart rhythms.

The mid back area is highly reactive and compensates for the pelvis and lower back region, as well as the upper neck known as the cervical spine area. Sitting at a computer or driving for long periods of time are two common origins of mid back related pain. Mid back pain can also be associated with a referred pain or complication from one of the organ systems in the body such as the liver or kidneys.

You should be evaluated by a doctor of chiropractic whenever mid back pain or symptoms occur. Your chiropractor specializes in the musculo-skeletal system and its biomechanical-related functions. A complete history and exam will aid in the diagnosis of the problem and will help determine a corrective care plan designed to alleviate your symptoms and correct the cause.

DEEP BREATHING EXERCISES BENEFIT ASTHMATICS

Great news from Australia's Asthma Cooperative Research Centre Programme in Sydney. The study tracked 57 participants with asthma over a 30 week period. The goal was to compare the effect that two different breathing techniques had on asthma and the need for inhaler use. The results found that neither of the techniques were more effective but it did determine that both groups had a dramatic reduction in inhaler-use by 86% after a three month period. If you know someone who suffers from asthma, keep your eye out for study results and breathing techniques soon to be published at www.asthma.crc.org.au/

HEALTHFUL FOODS

The Sweet Potato

The Sweet Potato is typically most popular during the holiday season. However, these naturally sweet vegetables are among the most nutritious and can be found in your market all year long.

Recent studies show that sweet potatoes have major healing properties as an antioxidant food. They are an excellent source of vitamins A and C which help protect the body from conditions like diabetic heart disease and colon cancer.

These same nutrients are also naturally anti-inflammatory and can be helpful in reducing the severity of asthma, osteoarthritis and rheumatoid arthritis.

Add sweet potatoes to your meals all year long!



Recipe: **Roasted Sweet Potato Fries**
This is a tasty side that can be added to any main course but is also a healthy snack for picky kids.

- 2 tablespoons olive oil
 - Coarse salt and coarsely chopped black pepper, for sprinkling the potatoes
 - 2 tablespoons unsalted butter, melted
 - 1-1/2 pounds sweet potatoes, scrubbed, left unpeeled, and cut into fries
- 1) Preheat oven to 450°.
 - 2) In a small bowl, whisk together the oil, the butter, and salt and pepper, to taste.
 - 3) Arrange the potato slices, not touching, in rows on an oiled baking sheet. Brush the potatoes with the oil mixture, and roast them in the upper third of the oven, turning them once with a spatula, for 18 to 22 minutes, or until they are golden and crisp.
 - 4) Transfer the potatoes to paper towels to drain and serve while still warm.



TRANS FAT: What you should know

Dr. Jackson has been spending a lot of time answering patient questions regarding Trans fat. Here are the facts we'd like to offer before you take your next trip down the food aisle.

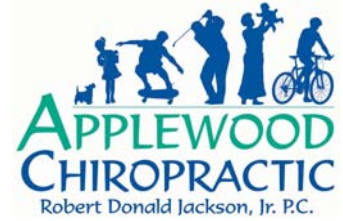
Trans fats are made when hydrogen is added to vegetable oil, a process called *hydrogenation*. The purpose of hydrogenation is to increase the shelf life and flavor stability of foods, so they last longer and maintain taste. However, trans fats are known to raise the LDL, or bad cholesterol that increases your risk of Coronary Heart Disease and stroke. Trans fats are a significant dietary danger, as it is estimated that they are responsible for some 30,000 early deaths a year in the U.S. and number in the millions worldwide. Trans fats are found in processed foods made with partially hydrogenated vegetable oils, harder margarines, crackers, candies, cookies, snack foods, fried foods and baked goods. Since January of 2006, the FDA has required that trans fats be added to food items' Nutrition Facts panel so consumers can make more educated choices. Learn more about the effect that trans fats, saturated fats and cholesterol have on your health.



Dr. Rob Jackson



Dr. Kelli Dodge



Clinic Hours

Monday 6:30am - 6:00pm
 Tuesday 12pm - 6:00pm
 Wednesday 6:30am - 6:00pm
 Friday 6:30am - 5:00pm
 Saturday 7:30am - 1:00pm

(303)237-9617

Walk-ins welcome!

We appreciate your referrals.

Please visit us at

www.ApplewoodChiropractic.com

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