

Chiropractically Speaking



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ANIMAL FACTS

- Polar bears are left-handed.
- The hummingbird is the only bird that can fly backwards.
- Starfish have eight eyes — one at the end of each leg.
- In the Caribbean, there are oysters that can climb trees.
- Proportional to their weight, men are stronger than horses.
- Strange but true... armadillos can be housebroken.
- Cost of raising a medium-sized dog to age eleven is \$6,400.
- A chameleon's tongue is twice the length of its body.
- A cow gives nearly 200,000 glasses of milk in her lifetime.
- A female mackerel lays about 500,000 eggs at one time.
- An albatross can sleep while it flies. It apparently dozes while cruising at 25 mph.
- An ostrich's eye is bigger than its brain.
- Camel milk does not curdle.
- In its entire lifetime, the average worker bee produces 1/12th of a teaspoon of honey.
- It takes a lobster about seven years to grow to one pound.
- A newborn kangaroo is about 1 inch in length.

The disc is a small cartilage pad that is situated between spinal bones. The soft jelly-like center is contained by layers of fibrous tissues. Each disc serves as a connector, spacer, and shock absorber for the spine. When healthy, discs allow normal turning and bending.

Since spinal discs have a very poor blood supply, they also depend upon the circulation of joint fluids to bring in nutrients and expel waste. If a spinal joint loses its normal motion and this pumping action becomes impaired, the health of the disc deteriorates. Like a wet sponge, a healthy disc is flexible. A dry sponge is hard, stiff, and can crack easily. This is how many disc problems begin.

Because of the way each disc is attached to the vertebra above and below it, a disc cannot "slip" as commonly thought. However, trauma or injury to the spine can cause discs to bulge, herniate, or worse, rupture. This can be quite painful, putting pressure on the spinal cord and nerve roots, often interfering with their function.

The chiropractic approach to disc problems is to help restore better motion and position to the spinal joints. Besides reducing disc bulging, better spinal function helps decrease inflammation so the slow process of healing the surrounding soft tissues can begin.

While results cannot be guaranteed, many patients have avoided needless surgery or a dependency on pain pills by choosing conservative chiropractic care.

disc problems



WORKOUT WISDOM

For those of us who wake up with the rooster to get our workout in before daybreak, it's time to think again! Research shows that peak athletic performance actually occurs in the late afternoon to early evening. Muscles are most powerful, joints are most flexible and the heart pumps more efficiently when your body temperature is higher, which occurs after a day of regular activity. Though there is no evidence you'll burn more calories from an evening workout, your increased comfort level may allow you to raise the intensity of your workout, thus burning more calories and reaping greater benefit.

HEALTHY WORKPLACE

Most of us spend 8-10 hours a day in our workspace and whether that's in an office building or at home, maximum comfort provides the greatest opportunity for a productive day.



These simple tips will help you make modifications that may change your entire outlook!

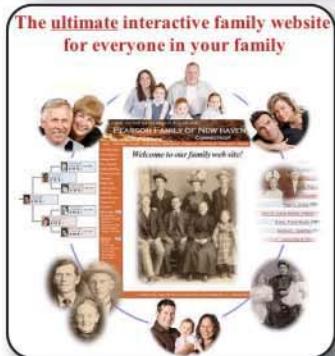
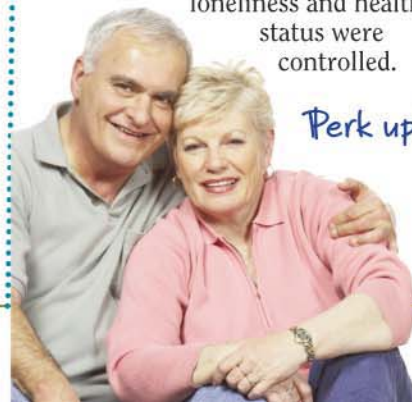
- 1 When sitting, vary your body position as much as possible to relieve tension on your back, neck and shoulders.
- 2 Give your eyes a break by frequently looking up from your computer and focusing on a distant object.
- 3 While typing, keep your wrists in a straight position, rather than flexed or bent. Position your keyboard so your wrists and forearms are parallel to the floor.
- 4 Take short breaks every 30 to 45 minutes. Stand up, stretch or walk for a few minutes.
- 5 Reposition your monitor to avoid glare with the top of your monitor slightly below eye level.
- 6 Use a headset to avoid neck and shoulder pain that occurs from using your neck muscles to press the phone between your shoulder and ear.
- 7 Sit well back in your chair and place your feet on the floor to prevent posture-related problems. Use a footrest if your feet are not flat on the floor.
- 8 Avoid neck strain by locating your monitor directly in front of you, about 18-28 inches away. Place documents in the same vicinity so you do not have to turn your head to read.
- 9 Keep clutter away from your computer to avoid eye fatigue caused by what you see using your peripheral vision.
- 10 Schedule regular chiropractic adjustments to correct any problems that computer use may have irritated.



Positive Attitude Adds Years to Your Life

In a study of 660 people, those who had a more positive attitude about aging lived an average of 7.5 years longer. This effect remained constant even after other factors such as age, gender, income, loneliness and health status were controlled.

Perk up!



Get everyone in your family connected and preserve your family history on your very own private password protected website from MyGreatBigFamily.com.

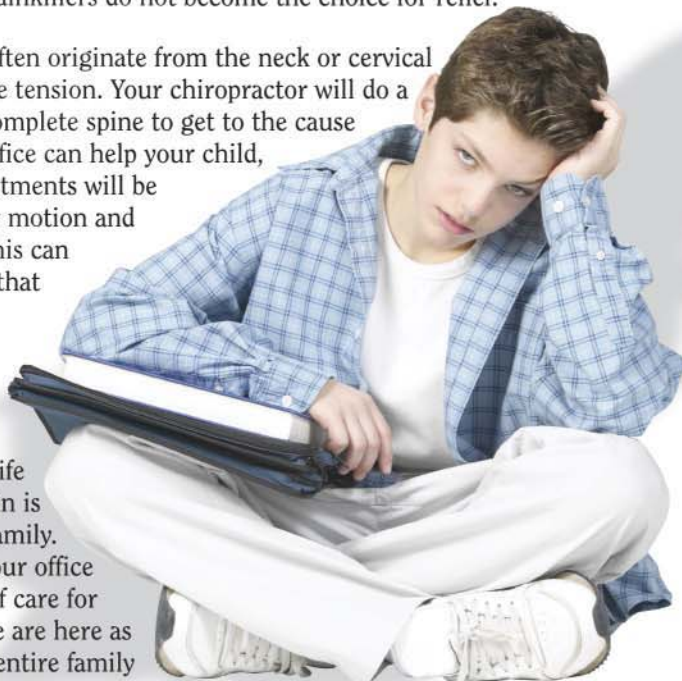
Packed with tons of great interactive features that let your family stay in touch with each other. Share photos, news, messages, chat live, create an online family tree and personal home pages within your family website.

children and headaches

Headaches among children may be more common than many parents realize. Studies gathered from around the world show that 50 - 70% of kids age 15 and under, have had at least one headache with some of them having severe and frequent headaches. Once your child has been examined for serious medical issues, your chiropractor may be able to help so that painkillers do not become the choice for relief.

Headaches in children often originate from the neck or cervical spine and involve muscle tension. Your chiropractor will do a thorough exam of the complete spine to get to the cause of the problem. If our office can help your child, gentle and specific adjustments will be offered to restore proper motion and function to the spine. This can remove nerve irritation that may be causing these symptoms.

When children experience chronic headaches, their whole life is affected. A child in pain is stressful for the entire family. Discuss this issue with our office so we can make a plan of care for your child. As always, we are here as a resource to help your entire family and want to see your child reach their fullest potential.



HEALTHFUL FOODS



The Perfect Pineapple

Second only to bananas as America's favorite tropical fruit, pineapples are available year round in local markets. However, the

pineapple was first discovered by Europeans in 1493 on the Caribbean island now known as Guadalupe.

One of pineapples greatest benefits is that it contains Bromelain which is beneficial for inflammation, excessive blood coagulation and certain types of tumor growth. It also contains vitamin C which is vital for the proper function of the immune systems.

In addition, pineapple is an excellent source of manganese which is important for energy production and antioxidant defenses.



TROPICAL ENERGY SMOOTHIE

This nutritious smoothie is a delicious way to receive nutrients when you have limited time to prepare food. It is a healthy dose of fruit combined with protein that will sustain and energize you. It is good for breakfast or even an afternoon pick me up. **Prep and Cook Time:** 5 minutes

Ingredients:

1 medium size ripe banana
1 cup low fat plain yogurt
1 1/2 cups pineapple juice
1 medium papaya

NAIL NIBBLING

Not only does nail biting result in unattractive hands, over time it can create bigger problems. Socially, chewing on your fingernails may

create discomfort to those around you and by the time you gnaw off a piece that you then have to spit out, most of us can't watch.

Nail biting can cause split nails and damage the outer layer of your teeth. It may also expose you to staphylococcus bacteria that is often found under the nails. Consider going for a professional manicure every few weeks to clean up your nails. Once you spend some money on them, you're less likely to make them your next snack. Realize that nail biting is a nervous habit and may be covering up a deeper anxiety and professional help may be the answer. In the meantime, keep carrot sticks and apples around for munching when the mood hits.

What'd you say?

Contrary to the conventional wisdom, a recent study in the journal *Science* reported that men and women speak about the same quantity of words each day. The difference was the content of their conversations with men chatting about sports, money and technology while women gabbed about relationships friends and family.



Gardening: Cultivating Wellness



Dr. Jackson agrees that when considering the many healthful options to undertake this spring, add gardening to the list! For many of us, a certain amount of gardening has to be done even if it just includes pulling weeds and turning soil to plant annuals. Interestingly, more people are willing to garden than do exercise so perhaps this chore can become a hobby if you realize the benefits of this task.

A new study from the University of Arkansas found that women 50 and older who gardened at least once a week had

higher bone density than those who jogged, walked, swam or did aerobics. Several research projects have tested the restorative benefits of nature. A Texas A&M study found that patients recovering from gallbladder surgery who looked out at the trees following their procedure, had a significantly shorter hospital stay with fewer complaints, and took less pain medication than those who looked out at a brick wall!

Harvard naturalist Edward Wilson once said that as part of the natural world, we are connected to it and restored by it. The health benefits of your time in the garden may just be lower blood pressure, boost immune function and reduce stress. Ask our office about the steps you can take to protect your legs and back while creating your garden this year!



Dr. Rob Jackson



Dr. Jake Glade

Clinic Hours

Monday 6:30am - 6:00pm
 Tuesday 12:00pm - 6:00pm
 Wednesday 6:30am - 6:00pm
 Thursday 12:00pm - 6:00pm
 Friday 6:30am - 2:00pm
 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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 Dave and Wendy Coffman

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 12505 W. 32nd Avenue
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We Offer The Following Services:

- Complimentary Consultations • X-rays
- Chiropractic Adjustments • Cold Laser
- Physical Examinations • Nutrition
- Sports Physicals • Massage Therapy
- Custom Orthotics • Weight Management
- DRX9000C Spinal Decompression
- Mild Hyperbaric Oxygen Chamber
- Certified Workers Compensation
- PT Electrical Therapies



Location Map:



We Can Help!

- Low back pain and stiffness
- Neck and upper back pain
- Mid back pain and stiffness
- Headaches and migraines
- Numbness and tingling
- Extremity joint pain
- Carpal tunnel syndrome
- Automobile accidents
- Whiplash injuries

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