

# Chiropractically Speaking

## HUMAN FACTS:

Scientists say the higher your I.Q. the more you dream.

The average human dream lasts 2-3 seconds.

You use 200 muscles to take one step.

The average woman is five inches shorter than the average man.

Your big toes have two bones each while the rest have three.

A full bladder is roughly the size of a softball.

The acid in your stomach is strong enough to dissolve razor blades.

It takes the food seven seconds to get from your mouth to your stomach.

At the moment of conception, you spent about half an hour as a single cell.

There is about one trillion bacteria on each of your feet.

The enamel in your teeth is the hardest substance in your body.

Your teeth start growing 6 months before you are born.

Your thumb is the same length of your nose.



## HEADACHES

A comprehensive U.S. study reported that 10 million Americans suffer moderate to severe disability from various forms of headaches. Headaches are so common, some people think that getting a headache is just a normal part of life, however, headaches are a sign that something's wrong. Stress,

toxic fumes, certain foods, preservatives, medications and alcohol are common culprits.

A frequent and overlooked cause of headaches is the malfunction of spinal bones in the neck and upper back. When bones of the spine lose their

normal position or motion, sensitive nerves and blood vessels to the head can be affected. When spinal nerves and related tissues are stretched or irritated, they can produce throbbing headaches. Aspirin and other medications may cover up these warning signs, but do not correct the underlying structural cause.

Specific chiropractic adjustments can help correct spinal joint dysfunction created by the various chemical, emotional and physical stresses in our lives. Many patients report headache relief with chiropractic. Others find that the correction of their condition takes longer because their spinal problem has existed undetected for many years. Every patient responds differently. Benefit from the drug-free results millions have enjoyed through chiropractic care.

## The Healing Power of Sound

A recent study at the *University of Maryland School of Medicine* revealed that listening to music that you consider pleasant for only 30 minutes helps to release endorphins that relieve pain and reduce stress.

This is an important finding because stress that goes unrelieved can overload your immune system and create other, more complicated health conditions.

Another study conducted at *Seattle University* showed that listening to Mozart for 12 minutes only three times a week can lower systolic blood pressure by a full seven points!

When you listen to certain types of music, your entire body tunes in and your heartbeat,

breathing and brain waves all react to what you hear. Your stress is lessened, your heartbeat slows down and muscles relax.

Get a fresh start after lunch hour and find a pleasant spot to tune out your co-workers and tune in to your favorite music for 15 minutes. Make yourself a great CD to listen to and rejuvenate yourself on the journey home. Your family will appreciate it!



# Lessening Kids Stress

As kids return to school this fall, even children that seem comfortable may be experiencing the typical anxiety associated with any transition. Signs of stress include irritability, difficulty focusing and physical sickness, including headaches and stomach complaints. There are several simple things that you can do to help your kids get through social minefields and get accustomed to their new schedule and challenges.

**1) Talk, but don't be so obvious!** Getting your kids to simply express themselves is a really important stress release but not always an easy one to accomplish. When confronted head on, kids often maintain that nothing is wrong, bottling up their fears and making the problem worse. However, most children will let their guard down when playing a sport they like or participating in an activity they enjoy. Don't overreact to their comments but continue whatever you are doing and let kids know that you've been there yourself, and you understand. Your kids don't always need you to fix everything, just listen and make their sharing experience an positive one.

**2) Get their bodies moving.** It's not easy to go from 50mph to zero in one day. The end of summer often puts the brakes on the daily exercise you kids need. Homework can be done later. Get them outside and moving while the weather allows. Take the dog for a walk, shoot some hoops, throw a frisbee. Whatever you choose, movement gives an overall greater sense of well-being and provides opportunity to relate to one another.

**3) Provide healthy food choices.** Unhealthy foods take a toll on children and makes it hard to fend off illness when additional stress is applied. Have your children pick their meals, make the shopping list and even go shopping to fill the cart with their choices. Kids need chiropractic too so chat with our office to see how we can help keep your family functioning at their best!



## The Importance of Listening

Though conversations are mostly give and take, some chats require more listening than talking. Topics that include heavy emotional content or very personal issues usually mean it's time to stop thinking of your next sentence and start actively listening. However, that's not always easy to do but may be more important than you think. Better your listening skills by:

### 1) Eliminate distractions, be still and make eye contact.

This indicates that your interested in what's being said and keeps the story-teller speaking, which very well may help them exercise their fears to a point of self-realization.

**2) Provide validation.** Validation is really just acknowledging that what someone is telling you is a challenge and you understand. Your job is not always to fix the problems of those you care about, but to allow them the opportunity to put their own issues in perspective. That doesn't mean that your ideas are not valuable, it just means that your role as a listener may play a more effective role than you think.

**3) Resist the urge to compete.** When your friend tells you that her mother-in-law is a complete nightmare, one-upping her with stories of your own mother-in-law's madness is not the least bit helpful and turns the attention from her issue, to your issue. Everyone's feelings are valid, so offer support without having to speak about yourself.

Practice your listening skills the next time you have the opportunity and though it isn't always easy, it is rewarding.

## 4 STEPS TO CURBING YOUR APPETITE!

### 1. EAT FIBER

Foods high in fiber, stimulate appetite-suppressing hormones and make you feel full

### 2. BRUSH AFTER MEALS

Brushing your teeth after meals give you a fast, fresh feel that often lessens your interest in eating.

### 3. EAT SLOWLY

Give the brain a chance to know that the stomach is stretching by eating slowly

and waiting before you decide you're still hungry.

### 4. BE CONSISTENT

Eating meals at about the same time every day keeps hormones at a steady level and keeps you from getting so hungry that you overeat.



# Chiropractic Benefits Everyone

As you regain your health, we're counting on you to tell others about your chiropractic experience so we can help them in the same way we're helping you. The best way to thank your doctor is by sharing your story with others.

*When you tell a friend about chiropractic, you offer encouragement.*

*When you tell a work associate about chiropractic, you offer direction.*

*When you tell a loved one about chiropractic, you offer hope.*



Encouragement. Direction. Hope. Each is part of the healing process. So when you tell others about the positive experience you've had in this office, you're using some of the same methods the best doctors use to promote the healing process.

This office depends upon informed patients to share the chiropractic message with others. We're counting on you to dispel the myths and overcome the incorrect notions many of your friends may have about chiropractic care.

If we can help, we will tell them. If their problem is outside the scope of our practice, we will refer them to other specialists. A doctor is blessed by being a witness to each patient's return to health. You can experience the same joy by referring others.

Someone you know needs chiropractic care. *Who have you told today?*



## HEALTHFUL FOODS: Tomatoes

Tomatoes are actually classified as a fruit, not a vegetable, and are available year-round in supermarkets.

Tomatoes are most tasty when chopped in salads, sliced with fresh mozzarella, or pureed for gazpacho.

Tomatoes are:

- 1) Low in calories.
- 2) Excellent sources of vitamin C, contain vitamins A and K, potassium, manganese and fiber.
- 3) A great source of lycopene which lowers the risk of heart disease and cancer and lowers high cholesterol.



## ORGANIC FRUIT MUSTS

Certain fruits absorb pesticides more easily than others so consider organic for these items to keep toxic chemicals off your plate.

PEACHES PEARS APPLES NECTARINES  
CHERRIES GRAPES STRAWBERRIES

## WHY DO DOGS HAVE WHISKERS?

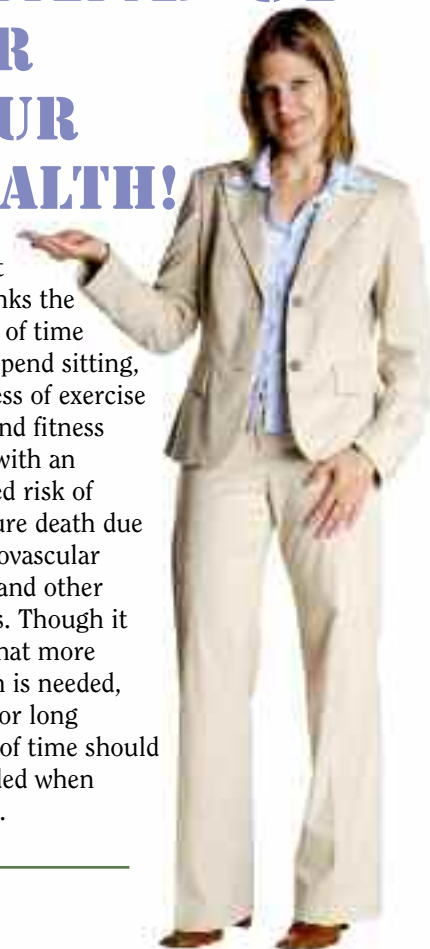


Whiskers are coarse, long, widely-spaced sensory hairs located around the muzzle of most animal species. They are very sensitive to touch. Whiskers, or vibrissae are among the first hairs to grow in puppies. They are located on the sides of the nose, above the upper lip and on the chin. They are even located throughout the forehead above the eyes.

Whiskers serve as delicate sense organs of touch and are believed to be as sensitive as human fingertips. They pick up vibrations in air currents. As the air moves, the whiskers vibrate and dogs use messages in these vibrations to sense the presence, size and shape of nearby objects. Whiskers help protect the eyes. Any touch to the whiskers causes the eyelids to blink.

## STAND UP FOR YOUR HEALTH!

A recent study links the amount of time people spend sitting, regardless of exercise habits and fitness habits, with an increased risk of premature death due to cardiovascular disease and other illnesses. Though it seems that more research is needed, sitting for long periods of time should be avoided when possible.



# Heartburn

For the 60 million Americans who experience acid-reflux, over-the counter medications are still the choice of most to relieve heartburn. These temporary, chalky remedies are not without their own side effects. To lessen your heartburn symptoms, try a few of these ideas before you try more drastic measures that may have long term effects.



- 1) A full stomach can trigger discomfort so eat smaller meals throughout the day and avoid meals close to bedtime.
- 2) Eliminate or consume less of the following items found to contribute to heartburn. They are spicy foods, fatty red meat, fried foods, citrus fruit, raw onion, tomatoes, butter, oil, peppermint, chocolate, and caffeine.
- 3) Avoid clothing that is too tight. Items like pantyhose, belts, and snug undergarments with wastebands may aggravate your symptoms.
- 4) Sleeping with your head elevated helps acid drain from your esophagus to your stomach. This may take a bit of adjustment but it is well worth eliminating the acid-reflux.
- 5) Nicotine and alcohol are both irritants to those who suffer acid-reflux. Eliminating them will benefit you greatly.

Just how much you suffer from heartburn may be up to you. Tell our office if this is a symptom you experience frequently.