

Chiropractically Speaking



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FOOD FACTS

There is no nutritional difference between brown and white eggs.

Nutmeg is poisonous if injected intravenously.

Honey is the only food that does not spoil.

Catsup was sold as medicine in the 1830s.

You burn more calories eating celery than it actually has to begin with so celery is a negative calorie food!

Cheese is the oldest of all man-made foods.

There are 1,218 peanuts in a single 28 ounce jar of Jif peanut butter.

Cucumbers are 96% water.

There are square watermelons in Japan specifically grown for better stacking in stores.

The average ear of corn has 800 kernels arranged in 16 rows.

A fully ripened cranberry can be dribbled like a basketball.

You burn more calories sleeping than while watching television.

A cow gives about 200,000 glasses of milk in her lifetime.



A comprehensive U.S. study reported that 10 million Americans suffer from moderate to severe disability from various forms of headaches. Because 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, and alcohol are common culprits.

"Some estimates suggest that 25% of the population has a headache right now."

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 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. 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.

Avoid athlete's foot this summer

Athlete's foot is a contagious fungal skin or nail infection that can be caught while barefoot. Warm weather, sweaty feet and hot athletic shoes combine to create the perfect environment for fungal growth. Symptoms include dry, itchy skin between toes and on the soles of the feet or thickened yellow toenails. To avoid this summer discomfort, wash your feet with soap and water every day and dry thoroughly. Keep feet dry by changing socks often, wearing well-ventilated shoes and always wear sandals around public pools and in public showers.



The ABC's of spotting Melanoma



Melanoma is the most serious form of skin cancer with an estimated 60,000 people diagnosed each year. When found early, between 85 and 90% of cases are curable. Remembering these **5 warning signs** when examining moles or spots may save your life.

A SYMMETRY – If you draw a line through the mole, the two halves do not match.

B ORDERS – The borders are uneven with the edge being scalloped or notched.

C OLOR – A mole or spot with different shades of brown, tan, white, gray or pink is a warning signal. Indications of red or blue may also be concerning.

D IAMETER – Melanomas are usually larger than $\frac{1}{4}$ " in diameter but sometimes may be smaller when first detected.

E VOLUTION – Any change in a mole or spot is worth noting. Changes in size, shape, color, elevation or new symptoms such as bleeding, itching or crusting is a danger sign.

Exposing unprotected skin to the sun's harmful UV rays may begin the process that causes Melanoma.

Know the typical appearance of any moles or spots you may currently have and be aware of changes that have occurred since your last inspection. Your chiropractor can refer you to doctors who specialize in Melanoma.



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Surviving the **heat** without **air conditioning**

Not everyone can enjoy the luxury of air conditioning during the hot summer months so here are some tips to keep you safe and cool during those unexpected heat waves.

Keep the windows and blinds closed during daytime hours and open them during the cooler evening hours. Window coverings will help the cool stay in while keeping the heat out.

Be aware that incandescent light bulbs generate heat as do computers and appliances. Try not to use the stove top or oven and consider fresh and cold meals instead.

Position a pan of ice cubes in front of a fan, cooling the air with a homemade air conditioner.

Soak your feet in cool water, wet towels and bandannas to wear on your shoulders and head and take a cool shower or bath in the evening to lower your body temperature before bed.



Visit a local bookstore, library, mall or grocery store during the heat of the day to get a break. Many pet stores now welcome your pets so don't forget to bring the dog along whenever possible.

The basement or bottom floor of the house is usually the coolest. Set up camp downstairs until the worst days have passed.

Go to the pool, have a water fight or run through the sprinklers! Remember to avoid heat-related illnesses by replenishing your intake of fluids constantly and wearing a hat to keep the heat off your head.

Avoid caffeine and alcohol, as they both promote dehydration. Drink plenty of water throughout the day before you feel thirsty.

CHIROPRACTIC BENEFITS KIDS TOO!

The birth process may be one of the most traumatic events of our lives. Even “natural” birthing methods can stress a still-developing spine. The resulting irritation to the nervous system can be the cause of many newborn health complaints. Colic,

unexplained crying, poor appetite, breathing problems, and allergic reactions can often be traced to nervous system dysfunction caused by a malfunctioning spine.

Head support, followed by crawling and a baby’s first few steps should be followed by chiropractic checkups. If neglected, the bumps and falls during this period of rapid growth may lead to serious spinal deformities later in life. This can set the stage for scoliosis, “growing pains,” and a weakened immune system response.

“Bumps and falls during childhood may lead to serious spinal deformities later in life.”

Chiropractic adjusting techniques are modified to fit a child’s size, weight, and unique spinal problem. Parents often report that their children seem healthier than other

kids their age. Many spinal problems seen in adults begin in childhood. Proper spinal hygiene is an important key to better health.



BE A “BIKER FRIENDLY” DRIVER

No one loves the summer more than bikers and this year is no exception. Though motorcycles make up less than 2% of all registered vehicles, motorcyclists account for over 9% of traffic fatalities. When questioned at the scene of an accident, automobile drivers say they did not see the motorcycle they hit before the collision. Learn to drive more “biker friendly” to avoid the chance of a collision.

Look specifically for bikers. A real phenomenon called “Inattentional Blindness” often makes it difficult for automobile drivers to see bikers because they are looking for cars and larger vehicles.

Don’t tailgate. What may be a fender bender between two cars is a life-threatening accident to a motorcyclist. Stay back.



Watch for riders in groups. Bikers often ride in groups and where there is one, there may be more. Allowing bikers to stay in groups is not only courteous but makes it easier for other drivers to see them.

Don’t misjudge speed. We often learn to judge vehicle speed by watching cars, not motorcycles. Because motorcycles are smaller and have less mass, they often appear to be going slower. It’s best to let them pass before making a turn or changing lanes.

Give them their lane. Even though motorcycles don’t take up a full lane, they are entitled to one. Give them as much space as you would a car.

HEALTHFUL FOODS

SALMON

Summer indicates the beginning of salmon fishing season! Salmon is low in calories and saturated fat yet high in protein and omega-3 essential fatty acids. As their name implies, *essential fatty acids* are essential for human health but because they cannot be made by the body they must be obtained from foods. Wild-caught cold water fish like salmon, are higher in omega-3 fatty acids than warm water fish.

Omega-3 fatty acids help prevent erratic heart rhythms, make blood less likely to clot inside arteries and improve the ratio of good to bad cholesterol. Salmon are an excellent source of selenium, a very good source of protein, niacin and vitamin B12, and a good source of phosphorous, magnesium and vitamin B6.

Even those who don’t usually like fish enjoy the sweeter taste of salmon.



Recipe: Grilled Wild Salmon

- 3 tablespoons packed dark brown sugar
 - 4 teaspoons prepared chinese-style hot mustard or Dijon mustard
 - 1 tablespoon soy sauce
 - 1 teaspoon rice vinegar
 - 2 8 ounce wild salmon steaks (about 3/4" thick)
- 1) Whisk together first three ingredients and transfer 1 tablespoon glaze to a small bowl; mix in rice vinegar and set aside.
 - 2) In a medium bowl, brush 1 side of salmon steaks generously with half of the glaze and place salmon steaks, glazed side down, onto barbecue and grill for about 4 minutes.
 - 3) Brush top side of salmon steaks with remaining glaze.
 - 4) Turn salmon over and grill until fish is just opaque in the center, about 5 minutes longer.
 - 5) Transfer salmon to plates and drizzle with reserved glaze before serving.



Insect Repellent Safety Check

Although the odds of contracting West Nile Virus is rather small, it is true that the relentless pursuit of

bloodthirsty mosquitoes can be quite a nuisance throughout the summer.

For years, the most scientifically effective way to fight off mosquitoes was insect repellent containing DEET. However, the potential dangers of DEET have consumers looking for an alternative that is less risky yet still beneficial. Picaridian has been used in mosquito repellents in Europe, Australia, Latin America and Asia and can now be found in some American brands as well. In addition, products containing lemon eucalyptus have been found most effective though they should not be used on children under 5 years of age.

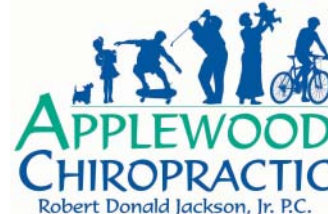
Dr. Jackson believes that following a few safety guidelines will ensure that the products you choose are used safely. Apply repellent only once per day; do not use it under clothing or on the hands of young children, avoid applying it around the eyes and mouth or on any skin that has cuts, wounds or irritation; wash the treated areas with soap and water after returning indoors and wash treated clothing; do not spray repellent indoors, in enclosed areas or near food. Also, don't use sunscreens that contain repellent, as the application directions for these two items are completely different.



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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