

Chiropractically

Speaking

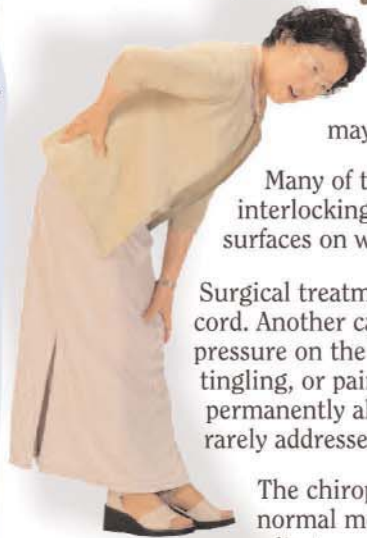


Robert D. Jackson, DC • Kelli Dodge, DC • Kathryn Bohks, DC • Applewood Chiropractic Health Center
12505 W. 32nd Avenue • Wheat Ridge, CO 80033 • (303)237-9617 • www.ApplewoodChiropractic.com

TERRIFIC TRIVIA

- Bananas are high in B vitamins, which can help calm the nervous system.
- One plain milk chocolate candy bar has more protein than a banana.
- The average person will consume 10,000 chocolate bars in a lifetime.
- Humans shed and re-grow outer skin cells about every 27 days - almost 1,000 new skins in a lifetime.
- The human brain is about 85% water.
- The left lung is smaller than the right lung to make room for the heart.
- There are 45 miles of nerves in the skin of an adult human being.
- A fetus acquires fingerprints at the age of three months.
- A honey bee must tap two million flowers to make one pound of honey.
- The pound cake got its name from the pound of butter it contained.
- Each year, insects eat 1/3 of the Earth's food crop.

"Oh, my achin' back!"



Low back pain results in millions of dollars of lost work and suffering every day. It is estimated that eight out of ten people have some form of back pain within their lives. Improper sitting or lifting, overexertion, trauma, or inherited spinal abnormalities may contribute to the cause.

Many of the pain-sensing nerves of the spine are in the facet joints, the two interlocking "fingers" at the back of each spinal bone. The normally smooth surfaces on which these joints glide can become rough, irritated, and inflamed.

Surgical treatment often involves removing these facet joints, exposing the spinal cord. Another cause of lower back pain can be a bulging or herniated disc putting pressure on the spinal cord or a nearby nerve root. The result is often numbness, tingling, or pain down the arm or leg. Cutting away the herniated disc tissue can permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause of the problem.

The chiropractic approach to lower back pain is to help restore a more normal motion and position of affected spinal bones with specific chiropractic adjustments. The simplicity and success of this approach has been documented in numerous research projects and has helped many patients avoid risky surgery.

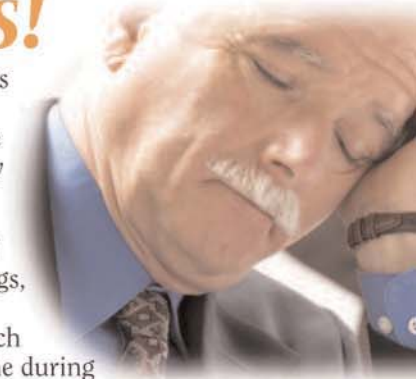
Find out if yours is a chiropractic case and enjoy the positive results that millions of patients have discovered. Get started today!

CATCH SOME ZZZZZs!

A new British study found that women who routinely slept for six hours or less were considerably more likely than women who slept seven or more hours a night, to develop high blood pressure. Oddly enough, the same study of 10,000 adults showed no clear difference in how quantity of sleep may contribute to blood pressure changes among men.

Though this study has spurred the need for additional research, lack of sleep contributes to a long list of ailments including severe mood swings, anxiety, depression and bipolar disorder. Sleep deprivation is strongly connected to an inability to cope with normal emotional challenges such as resolving basic conflicts appropriately and a diminished reaction time during a threat of danger.

Lack of proper sleep also contributes to a weakened immune system, making you more susceptible to catching a nasty bug. If you are struggling with getting the proper rest you need to maintain good health, ask our staff how we can help.





Exercise your brain

It's truly amazing to follow a child throughout a single day. As they wander through their environment, every single thing they contact is fascinating and needs to be observed, touched and often tasted. As kids, our natural curiosity made everything a learning experience and our brain was able to soak up knowledge with limitless capacity. As we mature, our world becomes more familiar and our brain is less exercised by our daily routine.

The brain has an intellectual urge for exploration and science now has visual evidence through the use of MRI technology, that allows us to see the learning centers in the brain lighting up with each new experience. Regardless of your age, your capacity to learn is unchanged throughout life and even inconsequential events are hugely beneficial to your emotional state of mind and the health of your brain.

Even small changes can make a big difference, so anything outside of your routine will stimulate your brain. Take varied routes to your usual destinations, enjoy new types of puzzles, eat foods you are unfamiliar with, rearrange your furniture or pick a new vacation spot that you have yet to visit. Walking the dog on a new path, shopping in a different mall or using your non-dominant hand to vacuum the floor will all stimulate your brain to grow new cells and perk up your mood!



Brain Science
in Plain English



BrainConnection.com is dedicated to providing accessible, high-quality information about how the brain works and how people learn. Many discoveries are being made in areas that relate to the human brain including language, memory, behavior, aging, illness and injury recovery. This information can provide practical tools for teaching and learning, along with valuable insights into almost every aspect of our daily lives.



This website features games and teasers to strengthen your brain, facts and resources, book reviews and tips on other brain websites. It really is fascinating and loaded with resources for both kids and adults. Take the time to visit.

Organic Foods: Does it matter?

What exactly does "organic" mean anyway! We've all seen the labels while shopping. In fact, organic foods are the fastest growing segment of the agricultural market with sales increasing 22% in 2006. An organic food is one that has met certain criteria as regulated by the U.S. Department of Agriculture. Organic meat, poultry, eggs and dairy products all come from animals that are fed no antibiotics or growth hormones. Organic systems are used to replenish and maintain soil fertility without the use of toxic pesticides and fertilizers. These characteristics alone have made these foods much more enticing and popular in the United States and throughout Europe.

There is a bit of debate as to whether organic foods are healthier, but research does show that on average, organic foods contain higher levels of vitamin C, calcium, magnesium, iron and cancer-fighting antioxidants. Organic farming is friendlier to the environment and requires animals to be kept in more natural, free-range conditions with a more natural diet. Foods labeled "natural" are not the same as "certified organic" so be aware of the actual standards of what you shop for, buy, prepare and feed your family. Research your choices and be an empowered, educated consumer.



A Healthy Pregnancy

Chiropractic care can be quite helpful to the pregnant mother. Besides helping to relieve the discomfort many expectant mothers experience, chiropractic care helps normalize nervous system function. This is an important component of overall good health.

The benefits of chiropractic care may also be noticed during delivery. Many chiropractic patients report that their deliveries were faster and more comfortable than their deliveries prior to chiropractic care!

Women who exercise moderately, quit smoking, eat healthy foods, and avoid alcohol during their pregnancies are to be congratulated. However, during this period of rapid development, hormonal changes, the laxity of connective ligaments, and shifting of weight-bearing structures, may cause many pregnant women to experience back pain.

Your Doctor of Chiropractic will take special precautions with you during your pregnancy.

Modifications to the table or adjusting techniques are made during each stage of pregnancy. Your chiropractor is a specialist in the location, reduction and stabilization of the vertebral subluxation complex, which can be related to many of the uncomfortable symptoms associated with pregnancy and labor.

Pamper yourself with regular chiropractic care

HEALTHFUL FOODS

FABULOUS FLAXSEED

Flaxseed has been getting a lot of attention lately and potentially for good reason. Preliminary studies show that flaxseed may help fight everything from heart disease and diabetes to breast and prostate cancer.

Flaxseed is very high in omega-3 essential fatty acids. These are considered "good" fats because they are believed to lower cholesterol, stabilize blood sugar, lower the risk of many cancers, reduce the inflammation of arthritis and those caused by asthma and Parkinson's disease.

Flaxseed is also made up of lignans and fiber, both of which are proving to have great health benefits of their own acting as antioxidants. Flaxseed is thought to help combat dry eyes which contributes to macular degeneration and is a huge problem among older adults.

Flaxseed is available everywhere we shop and is easily added to many of the meals we make already, allowing us to gain its benefits without extensively restructuring our menus.



AVOID THE DRY ITCHY SKIN OF WINTER

Dry skin is typically a condition of the cooler months when humidity is low, even in regions that don't typically get too cold. Plus, long sleeves and pants covering the body tends to absorb much of the skin's external moisture. It's important to treat dry skin before it leads to more serious forms of dermatitis, so here are some pointers to get through the winter.

Lower the temperature of your baths and showers and limit them to 5 or 10 minutes. Use a moisturizing soap and apply moisturizer right after drying off and each time you wash your hands. Add foods like garlic, onions, eggs and asparagus to your diet which are all high in sulfur and help skin stay smooth and youthful. Also, increase your intake of yellow and orange vegetables which are high in beta-carotene and add cantaloupes, carrots and apricots which are rich in vitamins A and C, both great for supple skin. Increase your water intake, decrease or eliminate your soda consumption and get sufficient sleep, as your skin's cellular repair is at its best while resting.

Orange Bran Flax Muffins (18 muffins)

1 ½ cup oat bran	½ tsp. salt	½ cup canola oil
1 cup all-purpose flour	2 whole oranges (washed, quartered, seeded)	2 eggs
1 cup flaxseed*	1 cup brown sugar	1 tsp. baking soda
1 cup natural bran	1 cup buttermilk	1 ½ cup raisins
1 Tbs. baking powder		

- In a large bowl, combine oat bran, flour, flaxseed, bran, baking powder and salt. Set aside.
- In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs and baking soda. Blend well.
- Pour orange mixture into dry ingredients. Mix until well blended.
- Stir in raisins.

- Fill paper lined muffin tins almost to the top.
 - Bake in 375° oven for 18 to 20 minutes or until wooden pick inserted in center of muffin comes out clean.
 - Cool in tins 5 minutes before removing to cooling rack.
- * Flaxseed may also be ground. Measure first, then grind or mill.

Recipe compliments of Ameriflax.com.

Family Mealtime is Quality Time



It wasn't long ago when dinnertime was considered family time. It was the one time of day when everyone could gather, discuss their day and touch base. Now, double income families or single parent households have a much more difficult time making mealtime, family time.

Studies reviewed by Dr. Jackson reveal that this shared family time is not only important on an obvious level, but its positive effects are much more widespread. Children who eat with their families at the table have better nutritional intake and consume more fresh fruits and vegetables than those who don't. Kids who dine regularly with their parents perform better in school and are less likely to abuse drugs or alcohol. Studies also indicate that family members who eat at least one daily meal together are happier with their lives and are more optimistic about the future.

Kids tend to share their parents' outlook about food, so this tradition of preparing a meal and eating as a family is often passed down through the generations. If dinner doesn't work for your family, breakfast may be the right fit for you! Plan your meals in advance, shop for them using lists and keep it simple. Meals need not be complicated to create quality time together and remember that any mealtime with family is precious and beneficial to everyone.



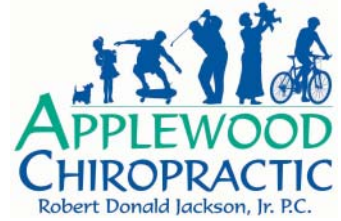
Dr. Rob Jackson



Dr. Kelli Dodge



Dr. Kathryn Bohks



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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ACTUAL CUSTOMIZED
 NEWSLETTER SAMPLE

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