

Chiropractically Speaking

RANDOM FACTS

Hippo milk is pink.

The skin on your lips is 200 times more sensitive than your fingertips.

When people eat large restaurant portions, they consume about 25%-30% extra calories.

29% of women spend more time shopping for shoes than looking for a mate.

The most productive day of the workweek is Tuesday.

Kids who eat dinner at home most days of the week are 45% more likely to get their daily servings of fruits and vegetables than kids who don't.

Nearly 22,000 checks will be deducted from the wrong account over the next hour.

90% of all restaurants fail in their first year of operation.

Getting regular exercise can reduce a family's genetic risk of becoming obese by 40%.

Henry Ford, father of the automobile, is also father of the charcoal briquette.

The human brain has the capacity to store everything that you experience.



Sports Injuries

Problems often start with the spine and affect the extremities, or they can begin with an extremity, like a knee or an ankle, and then create further compensation problems in the spine. Either way, many sports-related injuries involve the spine. Even seemingly low-impact sports can put stress and strain on unprepared muscle groups, causing pain or injury. Professional athletes, "weekend warriors" and those who just want to remain fit, are discovering the benefits of regular chiropractic care.

Chiropractic care helps restore function to spinal joints that are fixated and not moving properly. Besides helping to relieve pain, chiropractic care can also help reduce inflammation. Muscles, tendons and ligaments depend upon proper joint movement for peak performance. Injuries to these tissues can reduce range of motion, decrease blood supply, and literally take you out of the game.

Is your best friend overweight?

According to the Association for Pet Obesity Prevention (APOP), Americans aren't the only ones who are getting larger. They report that just over half of all cats and dogs in American households are overweight or obese. The reason? Because just as we have no time to exercise, we have less time to exercise our pets as well.

However, there are real effects to enabling our four legged friends to become overweight. An inactive pet is more likely to be depressed or anxious and is prone to chewing, barking and other annoying behaviors. Obese pets not only have shorter lifespans but are more likely to have various medical problems including back pain, arthritis, kidney disease and diabetes. So how can you help your four-legged friend slim up?

1) Begin exercising your pet gradually. One heavy day to make up for six lazy ones can cause joint injuries and sore muscles. Don't exhaust

your dog. It took them a long time to become overweight, give them some time to slim down.

2) Don't use a retractable leash. If it jams or doesn't retract fast enough, dogs can lunge at others, get entangled in bikes, strollers and other dogs.

3) Let your dog run on softer ground like wet sand or grass. It is easier on the joints than cement.

4) Discuss your dogs' diet with a vet who can recommend a better nutrition alternative that helps your pet reach their goals.





Food Cures

There are a great many foods that you probably have in your house already that can have a positive effect on your well-being by just adding them to your diet.

1) **Alleviate Stress:** With only 105 calories and 14 grams of sugar, a medium *banana* helps the brain produce brain mellowing serotonin.

2) **Ease Gas:** *Chamomile* tea can ease digestive inflammation and spasms though you may have to drink it a few times in a day to get relief.

3) **Lessen Headache:** The smell of a *green apple* has been shown to reduce muscle contractions in the head and neck.

4) **Prevent Kidney Stones:** Eight dried *apricot* halves have the nutrients you need to keep minerals from accumulating in urine, forming kidney stones.

5) **Cure Ulcers:** Sulforaphane, a powerful compound in *cabbage* fights off the bacteria that causes gastric and peptic ulcers before it gets to your gut.

6) **Lighten Mood:** A 3 oz. serving of canned white *tuna* has 800 mg of omega-3s, which research suggests can cure the blues!

7) **Lower Blood Pressure:** One handful of *raisins* contains the polyphenols that maintain cardiovascular health including bringing down blood pressure.

8) **Lower Cholesterol:** One medium *pear* has enough dietary fiber in the form of pectin, to flush out bad cholesterol, a risk factor in heart disease.

9) **Wake Up:** The fructose in a 4 oz. glass of *orange juice* has vitamin C which provides energy and metabolizes iron which helps your body move oxygen through your bloodstream.



Baby Teeth

Protecting Your Child's Oral Health

According to the American Academy of Pediatric Dentistry, tooth decay is one of the most common chronic diseases of children 6-19. Tooth decay is more common than asthma and seven times more common than hay fever.

1) If your baby has even one tooth, it's time to start brushing

using a baby toothbrush with water or some damp gauze. Doing this twice a day creates a habit they will perform their whole life. Starting early and not deviating from this routine will avoid conflict later.

2) Flossing should begin when baby has just two teeth that touch each other. Your dentist can show you how to floss your child's teeth.

3) Do not give your child a bottle to take to bed. Liquids in bottles create food for bacteria that cling to your child's teeth creating a breeding ground for tooth decay. If you must give a bottle to take to bed, fill it only with water.

4) Limit juice consumption. Sugary drinks are bad for the teeth and have been linked to obesity in children. One 4oz serving of juice a day during mealtime is enough.

5) If your child is on medications for chronic issues, you may want to increase brushing up to four times a day to keep the teeth clean.

6) How long do you need to help your child brush their teeth? General rule of thumb is until they can tie their own shoes or write in cursive.

By the time children enter kindergarten, more than 40% have tooth decay.

SWIMMERS' EAR



Swimmer's Ear, known to doctors as acute otitis externa, is an inflammation of the external ear canal and is typically caused by a bacterial infection. Symptoms may include discharge, pain, tenderness, redness and swelling of the ear canal.

Being in a warm, humid environment for extended periods of time increase the likelihood of contracting swimmers ear. You and your family can reduce your risk of infection by using a bathing cap or ear plugs. The risk increases the longer you are in the pool. Dry your ears thoroughly when you get out of the pool, even if you will be going back in.

Also, leave earwax in your ear. It protects the ear canal from infection.



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, it’s an upset stomach. For others, recurring headaches, back pain, or muscle stiffness. Still others respond 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.

RELATIONSHIPS AND MONEY

Money problems are one of the most troublesome issues in relationships. *The National Foundation for Credit Counseling* offers these problem-solving strategies to ease the burden of financial conversations.



- 1) Don’t approach the subject when things are tense. Instead, plan a time that is convenient for a non-threatening conversation.
- 2) Acknowledge that one partner may be a spender and one a saver. It’s obvious whether it is mentioned or not so it’s best to simply discuss it.
- 3) Don’t hide income or debt. Let your partner know exactly where you stand with statements, insurance policies and credit card reports.
- 4) Create a joint budget that includes savings and decide who will pay the monthly bills. Allow each person to have some monthly money to spend however they please.
- 5) Decide on short-term, long-term and family financial goals too.
- 6) Maybe most importantly, if times are tough or have changed, re-evaluate your budgets and cut out the luxuries or cut back on certain necessities. It’s better to decide now what you don’t need before the bill collectors decide for you.



HEALTHFUL FOODS Watermelon

Nothing says summer like watermelon. Better yet, watermelon is full of nutrition, hydrates and is low-fat.

Some historians say watermelons first grew in the middle of the Kalahari Desert. They were a source of water for thirsty traders, who began to sell the seeds in cities along the ancient Mediterranean trade routes.

Watermelons are a great source of:

- ✓ Vitamin A, which helps maintain eye health and is an anti-oxidant
- ✓ Vitamin C, which helps strengthen immunity, heal wounds, prevent cell damage and promote healthy teeth and gums
- ✓ Vitamin B6, which helps brain function and helps convert protein to energy





Hammocks offer better rest!

A new study suggests that when napping, swaying in a hammock will help you fall asleep faster and more deeply than napping on a bed or couch.

Swiss researchers also found that while rocking, those in the study spent nearly five more minutes in that second stage of sleep, which typically makes up about half of a normal night's rest. They also spent less time in the initial stage that serves as a transition between wakefulness and sleep.

Though doctors are not sure what the relationship between rocking and enhanced sleep may be, this study will be used in future research and in offering new drug free remedies for insomnia.