

Chiropractically

Speaking



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RANDOM FACTS

Toxic house plants poison more children than household chemicals.

In the 1800's, people believed that gin could cure stomach problems.

When cats are happy or pleased, they squeeze their eyes shut.

Pumice is the only rock that floats in water.

Acorns were used as a coffee substitute during the American Civil War.

The only "real" food that U.S. Astronauts are allowed to take into space are pecan nuts.

Some Eskimos have been known to use refrigerators to keep their food from freezing.

Chocolate contains the same chemical, phenylethylamine that your brain produces when you fall in love.

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

Sweden is the largest spender on ketchup.

Americans, on average, eat 18 acres of pizza every single day.

There are more bacteria in your mouth than the human population of the U.S.A. and Canada combined.



MID-BACK PAIN

Common, every day activities may compromise the function of your mid-back.

The mid-back area is called the "dorsal" or "thoracic" spine. There are normally twelve bones with a matching twelve pairs of ribs that make up the mid-back area. Symptoms of mid-back pain can range from muscle tightness and spasms, trigger points (areas of acute spasm and pain), restricted range of motion when bending or twisting, and sharp or stabbing pains from the back, radiating to the front. The rib cage can also become distorted causing symptoms that mimic respiratory or cardiac problems such as shortness of breath, irregular heartbeat and fast or slow heart rhythms.

Your chiropractor specializes in the musculoskeletal system and its biomechanical-related functions. A complete history and examination will help determine the origin of the problem and how best to proceed. Chiropractors use their hands or an instrument to perform spinal adjustments that help reposition and align the bones of the skeletal system. This allows for the related soft tissues surrounding the mid-back, (muscles, tendons and ligaments) to reposition and repattern the movements most associated with better health. Chiropractic helps improve and restore motion to joints that are stuck or not moving correctly. If you or someone you love has mid-back pain, contact our office today.

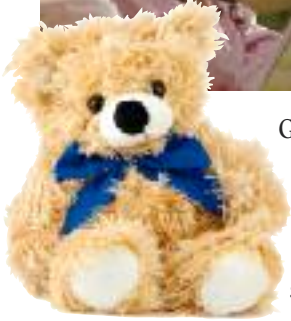
Supporting Your Partner Strengthens Your Marriage

There has long been the assumption that when men come home from a challenging day of work, they just want to be left alone and women, when faced with the same situation, want to be held and heard. Research has shown that this rule is not a rule at all and may not apply to your relationship. The most effective support is learning how your spouse blows off steam from a bad day and enabling them to process their day in a positive way so you can get on with your evening.



Men spend a lot of time trying to fix their spouse's issues often throwing out ideas that cannot be accomplished in the work environment, or telling their wife to find a new job because it's unfixable. What women and men alike typically want is to be heard... period. Our self-esteem is often built on our ability to manage issues and come to resolutions on our own. However, a spouse who wants to fix problems may actually be getting in the way of resolution. Listening, asking questions and validating that it was a challenging day is far more appreciated and relieves frustration faster than a discussion. Women, on the other hand, should not assume that a bad day will result in a sulky husband who doesn't want to talk. Studies show that men do like to discuss their day and feel supported by their spouse. The key to knowing how to help is simply by listening and then offering advice only when it's requested.

THE MONSTER IN THE CLOSET



Growing children need plenty of sleep for their maturing bodies and minds to function well. However, for some kids, bedtime is a stressful time and for parents who are already weary from a long day, bedtime can become a nightmare.

- ✓ A regular bedtime that you don't frequently deviate from helps children know what to expect. This also helps their body rhythms to start the bedtime process before you do.
- ✓ Begin the winding down process 30 minutes before lights out. This includes shutting off the television and video games which are not conducive to restful sleep.
- ✓ Not only is bedtime a great opportunity to teach proper hygiene, but washing up and brushing teeth is a great mental indicator that this is our last bathroom trip until morning.
- ✓ Once the kids are snuggled in, either reading to them or having them read independently is a relaxing way to close out the day and learn to appreciate books.
- ✓ For those who think there may be a monster in the closet or under the bed, remember that those feelings, wherever they come from, are very real for those who believe. A child's bedroom should feel safe so inspect all frightening areas with your child and even post stuffed animals as guards in the locations that are most suspected.



Cosmetic Expiration Dates

How long does your makeup last?



- Oil-Free Foundation:** 1 year
 - Cream Foundation:** 18 months
 - Compact Foundation:** 18 months
 - Powder:** 2 years
 - Blush and Bronzer:** 2 years
 - Cream Blush:** 12-18 months
 - Powder Eye Shadow:** 2 years
 - Eyeliner:** 2 years
 - Liquid Eyeliner:** 3-6 months
 - Mascara:** 3 months
 - Lipstick:** 2 years
 - Lip Liner:** 2 years
 - Lip Gloss:** 18-24 months
 - Nail Color:** 1 year
- ...and if it smells, toss it.

LOCATION, LOCATION, LOCATION!

Details to consider when shopping for a new home.

1. **Pride of Ownership:** Are the houses around your prospective house well maintained?
2. **Dining Options:** When dining out, most people travel only a mile or two from their home. Make sure what they're serving is to your taste.
3. **Crime Log:** The local police are supposed to give you a copy of the area crime log at your request so check it out before you buy.
4. **Rush Hour:** Distance doesn't always translate reasonably to time during rush hour so test your drive to work when you'll actually be doing it!
5. **Hanging Out:** Watch who "hangs out" in the neighborhood at all hours of the day and night and are they the people you want around your family?
6. **Downtown:** Is your home close enough to downtown for you to go to a ball game or spend a night at the theatre?



Home Sweet Home!

FIBROMYALGIA PAIN

Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue and multiple tender points. These “tender points” refer to sensitivity that occurs in precise localized areas, particularly in the neck, spine, shoulders and hips. People with this syndrome may also experience sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety and other symptoms.

According to the *American College of Rheumatology*, fibromyalgia affects 3 to 6 million Americans. It primarily occurs in women of childbearing age, though men, children, and the elderly may also be affected. Currently, the exact cause of fibromyalgia is unknown and because many of the symptoms mimic those of other diseases, it is very difficult to diagnose.

Though the cure for fibromyalgia is not yet known, studies suggest that chiropractic care can help provide relief. A recent study in the *Journal of Manipulative and Physiological Therapeutics* stated that more than 60% of the participants who underwent 30 chiropractic treatments showed significant reduction in pain intensity and improvement in their overall fatigue and quality of sleep.

Your chiropractor will take a comprehensive approach in evaluating and designing a specific care plan for those who suffer from fibromyalgia. Nutrition, exercise and regular chiropractic adjustments have all shown to play a role in reducing pain and other symptoms, while improving whole body health. Schedule an appointment today to discuss fibromyalgia care options with our office.



HEALTHFUL FOODS: Mangos

Mangos are a comfort food and really can make you feel better! Beyond being delicious and rich in vitamins, minerals and antioxidants, mangos contain an enzyme with stomach soothing properties. These comforting enzymes act as a digestive aid and can be held partially responsible for a feeling of contentment often experienced after they are eaten.

Research has shown that dietary fiber has a protective effect against degenerative diseases, especially with regards to the heart; may help prevent certain types of cancer, as well as lowering blood cholesterol levels. An average sized mango can contain up to 40% of your daily fiber requirement. Mangos are also a great way to replenish lost potassium. Deliciously rich in antioxidants, potassium and fiber - the mango is the perfect fruit!

Creating Happiness



Get out of the dumps

We all have times when we feel low without any real understanding of why or where those feelings came from. If you're feeling down and think you're just suffering from a bad attitude, these three simple steps can help you perk up.

1) Share Happy Memories

Grab an old photo album and review the happiest times in your life. This activity always attracts another family member who will laugh with you as you reminisce about cherished memories.

2) Stop the Negative Thinking

Quite often what keeps us down is our own negative thinking. Look at the upside of situations that seem to have no benefit. “I burnt dinner but we have plenty of food and won’t starve.” The attitude of gratitude can really change how you see your life.

3) Try Self-Appreciation

These days, our busy lifestyles force us to focus on getting jobs done. Whether it’s a spreadsheet at work, or laundry at home, we feel compelled to complete tasks, but rarely pat ourselves on the back for anything we achieve. Whatever your accomplishment, share it with others and be proud of whatever you start... and finish.

\$34 billion is spent each year treating patients with lower back pain.



*Try Chiropractic First!
Call Today.*



Breakfast: The Most Important Meal of the Day. Sometimes.

Even though we have heard it since we were children, the “most important meal of the day” is still only consumed by 60% of Americans. However,

recent studies show that what we eat makes a huge difference in how beneficial our early morning chow choices really are.

Breakfast fuels your body for all-day energy, thus filling up on empty carbs like muffins, bagels or saturated fats, as in bacon or sausage, may leave you feeling sleepy by mid-morning and starving by lunchtime.

A 2009 *Purdue University* study found that people who ate breakfast high in protein felt more satisfied until their next meal. If you can only take the time to consider three components, make it these:

- 1) **Protein:** Eggs, yogurt, nuts, tofu or sliced turkey will keep you energized throughout the morning.
- 2) **Whole Grains:** Rolled oats or whole-grain toast are a good source of fiber that can keep blood levels steady
- 3) **Fruits and Vegetables:** These are the best sources of vitamins, minerals and antioxidants.

Turn breakfast into a meal that is less on-the-go and more of a useful meal that will work with your body and remember, kids need a healthy breakfast too!
