

# Chiropractically Speaking



**Robert D. Jackson, DC • Applewood Chiropractic Health Center**

12505 W. 32nd Avenue • Wheat Ridge, CO 80033 • (303)237-9617 • [www.ApplewoodChiropractic.com](http://www.ApplewoodChiropractic.com)

## HUMAN FACTS:

-  On average, falling asleep while driving results in 550 accidents per day in the U.S.
-  Intelligent people have more zinc and copper in their hair.
-  Grapefruit scent will make middle-aged women appear six years younger to men.
-  Most dust particles in your house are made of dead skin.
-  Babies are born without kneecaps. They begin to appear when a child is 2.
-  Thinking about your muscles can make you stronger.
-  The index finger is the most sensitive.
-  After overeating, your hearing is less sharp.
-  A person swallows about 295 times while eating dinner.
-  Your body is creating and killing 15 million red blood cells per second.
-  The lifespan of a taste bud is 10 days.
-  The hardest bone in the body is the jawbone.
-  Women's hair is half the diameter of men's hair.



## STRESS

Today's economic concerns combined with the stress of work, project deadlines, personal conflicts, and the demands on our time, take a huge toll on our health. However, 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 spinal joint dysfunction. Finding the "weak links" in your spine, which is 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 but with the help of your chiropractic doctor, you can respond better to the unique challenges you face. Ask us how we can help.

## Spring Fitness Fun

With the warmer months approaching, many folks are jumping back on the fitness wagon to get ready for summer clothing and swimsuits. As you begin your fitness regimen, remember the following tips to lessen the risk of injury from starting too quickly!

**Slow and Steady:** Try to get some exercise 3-4 days a week, even for short periods of time. Trying to fit it all in over one weekend is likely to overuse untrained muscles and take you out of the game altogether.

**Train with others at your level:** Sometimes it takes a partner to

motivate you to reach your goals. If you workout with others, be sure that they are at the same level as you so you don't overdo it or impair your ability to progress at a pace that you should.

**Keep records:** Take note of your achievements. Adding a few minutes or a little distance to your daily walk is a great way to boost your enthusiasm for working out.

**Have fun!** Don't waste your time with exercises or activities you dislike. Do the things you enjoy or want to learn and your likeliness of success will be much higher.





## Teenage Skin: A Holistic Approach

Having acne as a teenager may just seem like a rite of passage for most but it actually can have a devastating effect on young people for the rest of their lives. Recent studies show that common acne remedies are chemicals that when applied to the skin are absorbed into the bloodstream potentially burdening the developing teenage body. There are some natural things that every teenager can do to help keep the skin clear and healthy.

**Drink Water:** Teenage skin is often dehydrated by a diet high in sugar but low in water so drinking plenty of water will help keep the skin clear and hydrated.

**Feed Your Skin:** Diets that include fruit, vegetables and whole grains are far healthier for the skin than fatty, greasy and processed foods.

**Keep it Clean:** Cleansing skin with organic skin wash is important to clean pores from the daily grime which can add to the cause of acne.

*Chronic acne can have a huge effect on the self-esteem of young people, so if your child or someone you know is dealing with these issues, take them seriously, be supportive and help them to make positive choices to lessen the problem.*

**Kaboose.com** was founded in 1999 and is now one of the largest family-focused online media companies. From pregnancy to parenting and entertainment to education, Kaboose has the content and applications to help parents plan and share their family life.

Their mission is *"To inspire, inform, and mobilize moms at every stage from planning for a baby to planning for college."*



Kaboose.com's regular columns include parenting, health, food, crafts, and parties. Additional items include qualitative information on family activities, behavioral issues, family dynamics, as well as physical, mental, emotional and social development.

Kaboose.com also keeps up with the holidays and seasons offering fun ways and recipes to celebrate the days ahead.

Spend a few minutes reviewing this site and you'll immediately see a bunch of great features you can put to use in your own home every day!

## 6 FAST FAT BURNERS

**Interval train:** Women who did 20-minute intervals on an exercise bike burned three times as much fat as those who stayed at one pace for 40 minutes. Break up your aerobic exercise into two shorter sessions to maximize results.

**Standing when possible:** Standing or pacing while you take a phone call will burn 20% more calories than sitting.

**Don't forget the tunes:** Exercisers who listened to music while working out lost more weight and body fat than those who didn't. They also worked out more consistently.

**Concentrate:** People who pictured themselves working out, performing specific exercises step-by-step gained almost as much strength as those who actually did it!

**Strength train last:** You'll burn more calories if you lift weights after you are done with the cardio portion of your workout.

**Believe you will become fit:** Housekeepers who were told their cleaning was beneficial exercise lost weight and were healthier than those who were told nothing. Stay positive and results will come.



# Healthy Sleep



Healthy sleep is the single most important determinant in predicting longevity.

*Does it take you more than 30 minutes to fall asleep? Do you wake frequently throughout the night? Do you feel groggy during the day?*

If you answered “yes” to any of these questions, you may be suffering from sleep debt that can be greatly affecting your life. Eliminate the obstacles that stand in the way to a healthy nights sleep.

**1) Visit your chiropractor:** Occasional or chronic pain can both interfere with sleep. In recent polls, 64% of those with nighttime pain cited back pain while 44% to 56% cited headaches, muscular aches, pains, and leg cramps.

**2) Exercise regularly:** Vigorous exercise, when approved by your doctor, can enhance sleep if not undertaken within 3 hours of bedtime.

- 3) Maintain a healthy weight:** Excessive weight plays a significant role in snoring, restricted breathing, and sleep apnea.
- 4) Avoid caffeine, nicotine and alcohol:** Coffee and nicotine are stimulants that make it more difficult to fall asleep. Though consumption of alcohol can make it easier to fall asleep, it often disturbs the quality of sleep throughout the night.
- 5) Have relaxing bedtime rituals:** Taking a warm bath or shower before bed helps lower your body temperature enough for you to doze off.
- 6) Keep a regular schedule:** If possible, go to sleep and wake at the same time each day.
- 7) Reduce allergies:** Blocked nasal passages can induce snoring and interrupt sleep. Your chiropractor can offer alternative options for reducing your allergy symptoms without the use of daily medication.
- 8) Use an appropriate sleep surface:** Orthopedically correct mattresses are a better choice for both partners. Shop your bed carefully and get all the details you need to make an informed decision.

*Your chiropractic doctor is an excellent resource for healthy sleep information.*

## FINANCIAL HEALTH



### STRETCHING YOUR DOLLARS

**1) Bypass Brands.** Instead, buy the store brand, especially when its staple goods. These are usually made by the brand name competitors and cost much less.

**2) Buy Frozen Meat.** If you prepare a lot of meat, buy frozen. It's often half the the price and tastes just as good.

**3) Cold Water Washing.** Up to 90% of the cost of using your washing machine comes from heating the water.

**4) Water to Go.** Start carrying around a reusable water bottle. You'll drink more water and you can stop buying plastic water bottles.

**5) Love Your Leftovers.** If you have leftovers, save and eat them for lunch the next day. Food that was tasty at dinner can smell fabulous when reheated for lunch.

**6) Ditch The Gym.** Why pay to exercise when the outdoors are free?

## HEALTHFUL FOODS: Bananas



As common as the banana may seem, it actually has a wide variety of health benefits that should not be dismissed. Bananas are originally from Malaysia and were brought to India around the 6th century. By 200 A.D., there were banana plantations in southern China where they were considered to be exotic fruits.

Bananas are high in potassium, an essential ingredient in keeping your heart and nervous system functioning well. Potassium also has positive effects on the kidneys and bones, minimizing the risk of kidney stones and osteoporosis. Bananas are a good source of dietary fiber which has been linked to a lower risk of coronary heart disease and type 2 diabetes.

Bananas are very affordable, available in almost all grocery stores and don't need to be cooked or washed. They are ideal and quick snacks and a smart dietary supplement. If you want to further enjoy bananas, give this recipe a try!



### Whole Wheat Banana Bread

- |                            |                           |
|----------------------------|---------------------------|
| ½ cup vegetable oil        | 1¾ cups whole wheat flour |
| ½ cup honey                | ½ tsp salt                |
| 1 teaspoon vanilla extract | 1 tsp baking soda         |
| 2 eggs                     | ¼ cup hot water           |
| 1 cup mashed bananas       |                           |

- 1) Preheat oven to 325 degrees F.
- 2) In a large bowl beat oil and honey together. Add eggs and mix. Stir in bananas, vanilla, flour and salt. Add baking soda to hot water and then add to batter. Pour batter into a greased 9 x 5" loaf pan.
- 3) Bake for 55 minutes. Cool on rack for 30 minutes. Slice and serve.

# Bad Breath: What to do?

Occasionally we find ourself in contact with someone whose breath is so bad, it makes it hard for us to even concentrate on what they're saying. Sometimes that "someone" can even be us! Here is a few ideas to try to conquer this dilemma.

- 1) **Brush Your Tongue:** Decaying food particles create bacteria in your mouth that sit in the crevices of your tongue. Get in the habit of cleaning your tongue daily with a toothbrush or tongue cleaner. Also make sure that any devices like temporary bridges are cleaned daily as well.
- 2) **Chew Gum:** Saliva contains antiseptic and enzymes that kill bacteria. Chewing gum increases saliva production naturally rinsing away odor-causing bacteria.
- 3) **See the Dentist:** Rule out any dental conditions that may be causing the problem. Cavities, decay and gum disease may all cause bad breath so mention this symptom to your dentist at your next cleaning.
- 4) **Consider a Water Pik:** Irrigators do a far better job cleaning out around the gums and teeth than a toothbrush can do. This investment is guaranteed to pay off.
- 5) **Drink More Water:** As if you need yet another reason to drink water! Dehydration is a major cause of bad breath. Water keeps bacteria to a minimum.



Dr. Rob Jackson

## Clinic Hours

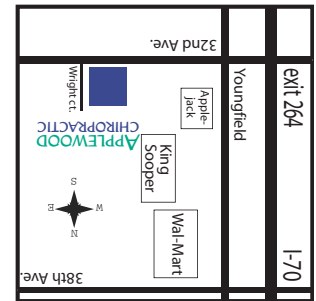
Monday 6:30am - 6:00pm  
 Tuesday 12:00pm - 6:00pm  
 Wednesday 6:30am - 6:00pm  
 Thursday 12:00pm - 6:00pm  
 Friday 6:30am - 2:00pm  
 Saturday 7:30am - 1:00pm

**(303)237-9617**

Walk-ins welcome!  
 We appreciate your referrals.  
 Please visit us at  
[www.ApplewoodChiropractic.com](http://www.ApplewoodChiropractic.com)

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**ACTUAL CUSTOMIZED  
 NEWSLETTER SAMPLE**



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