

# Chiropractically Speaking



## FOOD FACTS

20% of Americans have never flossed their teeth.

Eating peppermint may help relieve stress.

For every dollar you spend on produce at the supermarket, only 5¢ goes to the farmer who grew those items.

North Americans consume 19 teaspoons of sugar each day in processed food and beverages.

The Animal Crackers box was designed with a string handle so it could be hung on Christmas trees.

The Herring is the most widely eaten fish in the world.

Madagascar produces 75% of the world's vanilla.

Milton Hershey switched from making caramels to chocolate bars in 1903 because caramels didn't retain the imprint of his name in the summertime.

Americans drink 2.6 times more alcohol per capita than Russians.

## THAT Pain IN THE NECK



Is it hard to look over your shoulder? Is there a constant throbbing in your neck? Do you notice a "grinding" sound as you turn your head? It sounds like you need a thorough chiropractic examination.

A popular response to neck pain is taking pain-killers to cover up the problem or by treating its symptoms through the use of muscle relaxers, massage and hot packs. But neck pain isn't caused by a lack of aspirin or drugs. The most common cause of stiffness, loss of mobility and neck pain are biomechanical disorders resulting from strains and sprains of the surrounding soft tissues. This can occur through a sudden movement, poor posture when using a computer,

driving, lifting heavy objects, or contact sports. Injuries such as contusions and tearing of the muscles, ligaments and tendons or fractures of the vertebrae can occur in severe cases.

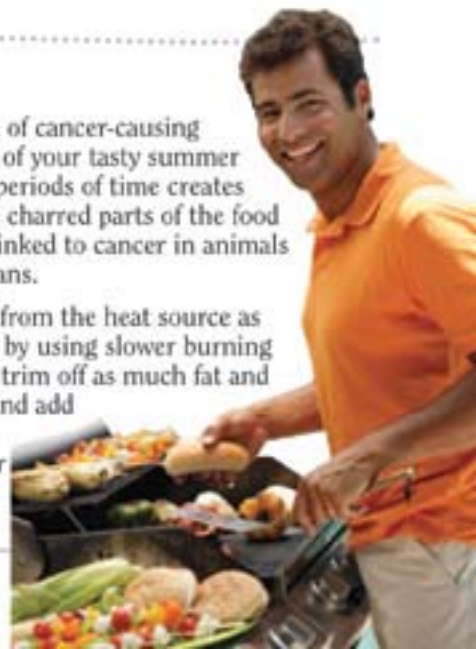
The chiropractic approach to neck pain is to locate its underlying cause. This begins with a complete case history and thorough examination. Special attention is given to the structures and function of the spine and its effect on the nervous system.

With improved structure and function, neck pain often diminishes or totally disappears—without addictive drugs or harmful side effects.

## Grilling with greatness

While it's true that the backyard barbecue grill may be the source of cancer-causing agents in animals, an ounce of knowledge will take the worry out of your tasty summer traditions. Research shows that barbecuing at high heat for long periods of time creates polycyclic aromatic hydrocarbons (PAHs). PAHs are formed on the charred parts of the food and in the smoke from dripping juices and fats. PAHs have been linked to cancer in animals though studies have not confirmed that they are harmful to humans.

To ease your mind, the solution is simple. Cook foods as far away from the heat source as possible and don't let flames touch the meat. Keep the heat down by using slower burning woods or slower burning briquettes. Use low-fat cuts of meat and trim off as much fat and skin as possible before cooking. Precook your meats in the oven and add them to the grill later for flavor. Don't grill frozen foods, as they will char on the outside before the inside is fully cooked. Consider these ideas and make your next outing worry-free, safe and delicious.



# Help for Bad Breath

While nobody wants to be the bearer of bad news, if you're friends with someone who consistently has bad breath, you should tell them. People cannot effectively smell their own breath. Because the oral cavity is connected to our nose at the back of our mouth, our noses tend to filter out background odors ignoring our own bad breath.

Causes for bad breath can vary and should sometimes be investigated.

The main cause is typically bacteria. When germs that live in the mouth break down food particles, they often foul the air and cling to the back of the tongue or get stuck between your teeth. Bacteria also thrives in mouths that don't produce enough saliva to rinse away



food particles. Postnasal drip, chronic allergies or sinusitis can cause mucus to collect on the back of your tongue providing a food source for bacteria as well. Low carb diets can also cause bad breath, as your body will break down fat and other tissues to produce energy-releasing ketones into your system. Elevated levels of ketones create bad breath. Other causes include periodontal disease, respiratory infections, bronchitis and diabetes.

A recent study in the *Journal of Periodontology* showed that just two weeks of flossing with regular brushing will reduce bad breath immensely by improving the health of the gums. Brushing the tongue with a toothbrush will also help eliminate the bacteria that causes bad breath.



## teenreads.com

By the time your children become teenagers, they are already well versed in the ways of the internet. Here's a website you may want to offer your teen the next time they're surfing the web.

Teenreads is a thoughtful website focused on books written specifically with teens in mind. The website features contests, book reviews by critics as well as fellow teens, a newsletter and interviews with authors, poets and other influential literary professionals that are great role models for young adults. Check it out!



## SPRING is IN THE AIR and that's not always good!

About 35 million, or 1 in 7 Americans have seasonal allergies making springtime an unhappy time. Spring allergies are mostly caused by tree pollen and mold. Factors that complicate pollen counts include windy weather which transports pollen and raises concentration, and rain which reduces tree pollen but spurs the earlier growth of grass. Here are some tips to make spring allergies less difficult.

Change your furnace filter at least once a month. If you haven't done so in awhile, have your air ducts professionally cleaned. Central air conditioning is usually better than open windows for allergy sufferers, but not if the ducts are full of pollen and dust.

Bathe your pets. Animals run in and out like children, often housing the very allergens you're trying to eliminate. Keeping them clean throughout the warmer months will keep them cooler and cleaner.

Shower every night. At the end of the day, put your clothes in the laundry room and wash your skin and hair thoroughly. It will give you a fresh start to the evening and allow you to shake the effects of a day outdoors.

Wash your bedding frequently. Spending 8 hours wrapped up in pollen covered sheets can make sleeping a nightmare! Wash your sheets, blankets and mattress pads in hot water to make bedtime more relaxing.





# SHOULDER PAIN

While other joints are limited in their motion, the shoulder is a freely moving joint, leaving it vulnerable to injury. There are many different soft tissues in the shoulder including ligaments, tendons and muscles. Each of these has the ability to be compromised by improper motion or overuse. These soft tissues all work together to create the movement and strength required for proper function, making diagnosis of the troubled area more difficult.

There are a number of conditions specifically seen in shoulder-related problems. These include rotator cuff injuries, most commonly seen in athletes who throw or use a similar motion such as pitchers, quarterbacks and tennis players. No one is immune to these injuries, as they may also occur from performing routine tasks that put a sudden strain on the shoulder.

While the shoulder is the most movable joint in the body, it is also one of the most unstable. Frequent problems include sprains, strains, dislocations, tendonitis, bursitis, torn rotator cuffs, fractures and arthritis. The shoulder is unlike other joints in the body, as it is not a true ball and socket like the more stable hip joint. The shoulder is much more like a golf ball and tee, where the ball can easily slip off due to problems with muscles, tendons or ligaments.

The shoulder is a significant referral site where pain may occur from injuries or conditions existing in other parts of the body, such as the neck, lower back, hip and leg. Symptoms of cardiovascular disease may also be referred to the shoulder region making the sudden onset of shoulder pain an issue that should be immediately evaluated.

Your doctor of chiropractic is experienced at determining the cause of your shoulder discomfort. An in-depth examination will be conducted and further diagnostics may be required to eliminate or confirm the origin. Chiropractic is an excellent resource to consider for creating a care plan to help you throughout the healing process.

*"The shoulder is unlike other joints in the body, as it is not a true ball and socket like the more stable hip joint."*

## HEALTHFUL FOODS

### CARROTS

Carrots are a fabulous source for balanced nutrition and a great vegetable to work into your diet in raw or juice form. You should not store carrots with fruit, as fruits produce a gas when they ripen that decreases the storage life of carrots and other vegetables. Carrots are great as a healthy snack, but after reading this, you may want to consider adding carrot juice to your diet.



8 oz of carrot juice may:

- ✓ Contain as much as 800% of your daily recommended dose of Vitamin A, which is essential for bone growth, and good vision. Be careful though, too much vitamin A can lead to health problems and is not good for people with some specific health concerns.
- ✓ Provide your body with up to 35% of your daily recommended dosage of Vitamin C which helps with collagen production for skin, bones and teeth. It is a powerful antioxidant as well.
- ✓ Has no more than 80 calories giving you a great nutritional supplement while dieting without the calories of a health shake.
- ✓ Carrot juice is also a great source of calcium and potassium, both responsible for neurotransmission.

## THE HIDDEN MEANING OF FOOD LABELS

Though food labeling is regulated in the United States, manufacturer claims are not always as literal as one might think. Consider these guidelines:

**CALORIE FREE** – less than 5 calories per serving.

**FAT FREE** – less than 1/2 gram of fat per serving.

**SUGAR FREE** – less than 1/2 gram of sugar per serving.

**LOW SODIUM** – less than 140 mg of salt per serving.

**LOW CHOLESTEROL** – less than 20 mg of cholesterol and 2 gm of fat/serving.

**HIGH FIBER** – 5 or more grams of fiber per serving.

**LIGHT** – 1/2 fewer calories or 1/2 the fat of the usual food.

**0 TRANS FAT** – less than 1/2 gram of partially hydrogenated oil per serving. This doesn't sound like much but if a serving size is one teaspoon or one cracker, it can add up to a lot of

trans fats. Even when an attractive claim is made, it still pays to read the label. Especially when you have serious dietary concerns.

**Recipe:** Road Runner Energy Boost  
**Serving:** About a pint

- 8 medium carrots
- 3 apples
- 1 inch of ginger



You will need a juicer to make carrot juice and if you don't have one, this is the perfect time of year to make the purchase! Juicing is easy and provides a healthy alternative to the usual breakfast options or snacks. This juice recipe is ideal if you require a bit of a pep in the morning. Follow your juicer's instructions when combining ingredients and don't forget to wash your apples thoroughly in warm water to remove the wax layer that may have been applied to preserve their shelf life. The ginger will help boost your blood circulation and also gives a nice edge to the juice flavor.



## IS YOUR GARAGE A HAZARD?

Dr. Jackson suggests adding the garage to your list of spring cleaning chores. Throughout the colder months we tend to spend less time in the garage causing messes to build up and go unresolved until it's time to grab sporting equipment or haul out the mower. Conduct a safety check and either remove or properly dispose of items that are hazardous to your home, children or pets. Paints, cleaning solvents, gas, motor oil, fertilizer, insecticides, auto products and dirty rags can all poison, burn or blind a child and can ignite a fire. Another common danger to your family is unseen or poorly positioned sharp objects. Check for tools, utility cutters and trimmers that may have been moved while you searched for garage-stored items this winter and place them in a safer location limiting access only to those who will use them responsibly. Don't store sharp or heavy objects so far overhead that you risk dropping them on yourself or someone else as they are retrieved. Remember that your garage is usually an important entry point for emergency personnel, so keep a clear and clean pathway for them to get in and you to get out, should the need arise.



*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](http://www.ApplewoodChiropractic.com)*

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**ACTUAL CUSTOMIZED  
 NEWSLETTER SAMPLE**

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