

Chiropractically Speaking



RANDOM FACTS

You will tend to chew your food on the side you write with.

Chewing gum while peeling onions will keep you from crying.

Your tongue is germ free only if it is pink. If it is white there is a thin film of bacteria on it.

The Titanic was the first ship to use the SOS signal.

The pupil of the eye can expand 45 percent when a person looks at something pleasing.

The average person who stops smoking requires one hour less sleep a night.

Laughing lowers levels of stress hormones and strengthens the immune system.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

The reason honey is so easy to digest is that it's already been digested by a bee.

When you blush, the lining of your stomach also turns red.

The sound you hear when you crack your knuckles is actually the sound of nitrogen gas bubbles bursting.



Disc Problems

The disc is a small cartilage pad that is situated between spinal bones. The soft jelly-like center is contained by layers of fibrous tissues. Each disc serves as a connector, spacer and shock absorber for the spine. When healthy, discs allow normal turning and bending.

Since spinal discs have a very poor blood supply, they also depend upon the circulation of joint fluids to bring in nutrients and expel waste. If a spinal joint loses its normal motion and this pumping action becomes impaired, the health of the disc deteriorates. Like a wet sponge, a healthy disc is flexible. A dry sponge is hard, stiff, and can crack easily. This is how many disc problems begin.

Because of the way each disc is attached to the vertebra above and below it, a disc cannot "slip" as commonly thought. However, trauma or injury to the spine can cause discs to bulge, herniate, or worse, rupture. This can be quite painful, putting pressure on the spinal cord and nerve roots, often interfering with their function.

The chiropractic approach to disc problems is to help restore better motion and position to the spinal joints. Besides reducing disc bulging, better spinal function helps decrease inflammation so the slow process of healing the surrounding soft tissues can begin. Many patients have avoided needless surgery or a dependency on pain pills by choosing conservative chiropractic care.

Laughter: The Perfect Medicine

Researchers have been studying the effects of laughter on the body and the findings are interesting!

1) Blood flow. A study at the University of Maryland found that people who watch comedies have easily expanding and contracting blood vessels but those who watch dramas have tensed up blood vessels which restricts blood flow.

2) Immune response. Studies have shown that the ability to use humor may raise the level of infection-fighting antibodies and boost the levels of immune cells.

3) Blood sugar levels. In a study of diabetics, a study group ate a meal then attended a lecture. The following day, they ate the same meal and watched a comedy. After the comedy, the group had lower sugar levels than they did after the lecture.

There is still a lot to learn about the benefits of laughter, but what is known is that we laugh more in groups than when alone, so keep some beloved friends and family around and reap the benefits.



FACING YOUR FEARS



Why doing something that scares you can enhance your life.

Why, when everything is just humming along smoothly, would you take a risk and perhaps shake up your whole life?

According to Dr. Michael Frank, Ph.D., assistant professor of cognitive, linguistic and psychological science at Brown University in Rhode Island, stepping out of your comfort zone can boost your mood and even improve your health. Taking a risk spikes dopamine which is a neurotransmitter that improves muscle movement, attention and concentration.

The good news is, the risk you take need not be life-endangering. One challenge you may want to overcome is telling someone a truth that you've wanted to discuss, but have yet to do so. This can be a real act of courage, as it may risk a current relationship but at the same time, it may enhance one.

Other simple things that may be out of your comfort zone include going on a blind date, apologizing to someone you've wronged, attending a place of worship for the first time or taking an adult education class.

Regardless of your challenge, realize that stress boosts the level of cortisol in your body, the hormone associated with insomnia, weight gain and a list of other health issues. Instead, view a risk as a challenge, and the body responds on a more positive note.

HOLIDAY HAVOC!

MINIMIZE FAMILY STRESS

Regardless of the holidays you celebrate, there's nothing we want more as parents, then to see our children's eyes light up at the pure magic of the season.

However, we tend to overcommit at the holiday's, trying to please everyone while potentially putting a damper on our expectations, as well as that of our young children. Sure, shuffling off to Grandma's house at 8:00am seems like a spirited thing to do but by 11:00am, you have a exhausted child and a picture of the holidays that's very different than what you've been planning for weeks. Just a few small modifications may keep your visions of sugarplums intact for your whole family.

- 1) Tell your hostess your plans ahead of time. Holidays seem to involve a full day commitment, or even more, but that need not be the case. No one likes to find out that you're leaving as you race out the door. Inform your family of your plans so they know how long you'll be there, avoiding all surprises.
- 2) Pack comfortable clothes. As much as we love dressing up our little ones because "it's soooooo cute," it really isn't all that practical. Bring soft clothes so the irritation of tight shoes and itchy tights don't become a factor.
- 3) Go for a walk. Sometimes a walk with just mom and dad in the cool, winter air is the perfect escape from a warm, noisy house. Put junior in the stroller with a blanket and give your little squad a break. Perhaps your little one can take a nap on this journey, or just decompress a bit.



Each year, millions of people make a new years resolution. Here's how things usually stack up.

63% of people are still keeping their resolutions after the first two months.

HAPPY NEW YEAR! 67% of people actually make 3 or more resolutions.

The top resolutions usually involve promises to exercise more (37%), increasing the time devoted to study or work (23%), losing weight, stopping smoking or drinking (alcohol and/or coffee), and eating healthier.

People make more resolutions to start a new habit (84%), than to break an old one (16%).

Of those who successfully achieved their resolution, 40% of them did so on the first attempt. The rest made multiple tries, with 17% finally succeeding after more than six attempts.





Symptoms are a WARNING SIGN!

Headaches are not normal. Backaches are not normal. Numbness and tingling are not normal. These and countless other symptoms that prompt people to consult a chiropractic clinic are often the result of years of neglect.

It surprises many patients when they discover chiropractic doctors don't treat symptoms. A traditional medical approach works on symptoms by using drugs or surgery to numb, slow down, speed up, or cut out the malfunctioning body part. Instead, chiropractic doctors find the underlying cause of your ache or pain, and correct it. This improves symptoms naturally.

The first symptom of heart disease could be a fatal heart attack!

Judging your health by how you feel can be dangerous! The first symptom of high blood pressure is often a deadly stroke. The first symptom of heart disease could be a fatal heart attack! Because your body is so adaptive, by the time many symptoms warn you of a problem, it can be well advanced. You can be healthy and still not feel well. Vomiting after eating improperly prepared food is a healthy response.

Taking a drug to prevent your body from expelling the toxic food could be deadly! Fevers, diarrhea, and other symptoms are natural ways your body responds to infection and disease.

Proper function, controlled by your nervous system, is the key to health. This is the primary interest of your chiropractic doctor. When you visit our office, we will conduct a thorough examination and create a detailed plan to help you regain your health.



HEALTHFUL FOODS: Mushrooms

Since 455 B.C., the time of Hippocrates, mushrooms have been used to promote health, longevity and the immune system.

Mushrooms contain about 80 to 90 percent water, and are very low in calories, about 100 per ounce.

Mushrooms are an excellent source of potassium, a mineral that helps lower elevated blood pressure and reduces the risk of stroke.

Mushrooms are a rich source of riboflavin, niacin, and selenium. Selenium is an antioxidant that works with vitamin E to protect cells from the damaging effects of free radicals. Male health professionals who consumed twice the recommended daily intake of selenium cut their risk of prostate cancer by 65 percent.

Interestingly, of the 14,000 mushrooms, only about 3,000 are edible, about 700 have known medicinal properties, and fewer than one percent are recognized as poisonous.



Winter Running

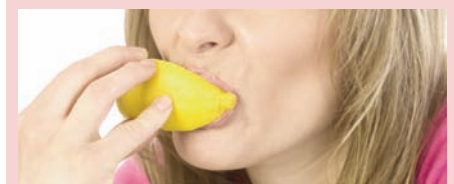
If running is your passion, using the treadmill isn't for everyone! The fresh air has huge physical and mental benefits as long as you heed a few important steps.

1) Don't overdress! Don't begin your run like you're getting ready to build a snowman. Rule of thumb from Jonathan Cane, a triathlete coach, is to dress as though it is 20 degrees warmer than it actually is. You want to feel chilly when you start and wear a sweat wicking fabric that will pull moisture away from the body. Don't forget a hat and gloves.

2) Stretch! Cold muscles pull easily, so a quick walk or light jog will get you ready to pick up the speed in the chilly air.

3) Don't be tentative. Run just as though you were on dirt or grass. Don't tip-toe or try to be gentle when hitting the ground for fear of slipping. This will just cause you to fall. Just shorten your stride when traipsing through slippery spots.

Bring water! Just because it is cold doesn't mean you need less water. Dry air leads to dehydration, so drink up!



If driving to the mall is making you carsick this holiday season, sucking on a lemon may tackle the extra saliva your mouth makes when nauseated.

Scheduling for Success!

According to *Prevention Magazine*, the brain has a rhythm all of its own. Though it's based largely on your human clock, sleep patterns, genetics and exposure to light, getting in sync with your brain can maximize your quality of life.

7am - 9am: Best for Passion Bond with your loved ones over breakfast, cuddle with your spouse.

9am - 11am: Best for Creativity Brainstorm new ideas, write a presentation, reorganize cluttered spaces.

11am - 2pm: Best for Tough Tasks Respond to detailed emails, talk to your boss, work through marital issues.

2pm - 3pm: Best for a Break Meditate, pray, go for a walk.

3pm - 6pm: Best for Collaboration Work on group projects, help with homework, prepare dinner with spouse.

6pm - 8pm: Best for Personal Tasks
Run errands, write to family, clean.

8pm - 10pm: Best for Relaxing
Watch a movie or t.v. show, listen to music, share an interest with your children.

10pm - 7am Best for Sleeping
Read, write in your journal, go to sleep.

