







Chiropractically Speaking



Robert D. Jackson, DC • Kelli Dodge, DC • Applewood Chiropractic Health Center
12505 W. 32nd Avenue • Wheat Ridge, CO 80033 • (303)237-9617 • www.ApplewoodChiropractic.com

HEALTH FACTS

-  Blood is a liquid organ.
-  You have 26 feet of intestine
-  Skin is the body's largest organ.
-  Each hair on your head comes with a tiny muscle that can make it stand upright.
-  Your heart pumps 8,000 gallons of blood 12,000 miles through your body every day.
-  About 56% of the human body is fluid.
-  The average human eyelash lives about 150 days.
-  The thumbnail grows the slowest, the middle nail grows the fastest.
-  The average human body has 14 to 18 square feet of skin.
-  It takes about 20 seconds for a red blood cell to circle the whole body.
-  Ounce for ounce, the thigh bone has a greater pressure tolerance and bearing strength than a steel rod of equivalent size.

whiplash



Whiplash is most commonly received while riding in a car that is struck from the front, back or side. It also occurs from sports injuries, slips and falls or unexpected, rapid motions of the neck. When the head is suddenly jerked in any direction, the muscles, ligaments and other soft tissues supporting the neck and head can be overstretched or torn. The soft, pulpy discs between spinal bones can bulge, tear or rupture. Vertebrae can be forced out of their normal positions, reducing range of motion. The spinal cord and nerve roots in the neck can get stretched and irritated.

The resulting instability of the spine and soft tissues can result in headaches, dizziness, blurred vision, pain in the shoulder, arms and hands, reduced ability to turn and bend, and even low back problems. As the body attempts to adapt, symptoms may not appear for weeks or even months.

The chiropractic approach to these types of injuries is to use specific chiropractic adjustments to help return normal spinal function. After a thorough case history and examination, the doctor will recommend a series of visits to help restore proper motion and position of the spinal bones. If caught early enough, inflammation can be reduced and scar tissue can often be minimized.

Consult a Doctor of Chiropractic before enduring constant headaches, becoming dependent upon addictive pain medication, or submitting to needless surgery.



VOLUNTEERING WORKS!

A new report gathering the results of over 30 studies finds that older people who volunteer enjoy longer lives, higher functional ability and lower rates of depression and heart disease than those who don't.

The results of this report makes sense. Those who volunteer regularly feel a new sense of purpose, are more active and are able to maintain a strong social network. As our older population often finds itself

feeling isolated and alone, which is a great contributor to senior depression, volunteerism is a useful remedy for both the participant and the recipient.

Volunteerism has also proven to be of great benefit to young people, raising childrens' self-esteem by allowing them to actively contribute to the world around them. Young people report that being hands-on in a way that benefits others has changed their outlook and increased their understanding of the struggles of others while helping them appreciate their own good fortune.



We've all seen the pictures of fit people in impossible poses on a breathtaking beach trying to impress you with the power of Yoga. For most of us, those maneuvers seem grossly out of reach. The truth is, young or old, participants find Yoga to be a major component for improving their quality of life and you need not be a near perfect specimen to participate and prosper.

Yoga is practiced by over 20 million Americans daily. Regular participation, whether its in a class or at home, may include reduced stress, enhanced relaxation, greater physical strength, stamina and flexibility, increased muscle tone and an increased sense of balance and peace of mind.

Contrary to popular belief, Yoga positions are not about how far you can reach to touch your toes or how many repetitions you can perform. It is all about paying attention to how your body feels in different positions and breathing deeply, integrating breath into your Yoga poses.

Unlike many aerobic type classes, Yoga is quite individual and non-competitive. Participants don't feel pressured to keep pace with the group and a good class never imposes judgement. Yoga is a very relaxing way to overcome certain injuries and rejuvenate your body and may be just what you are looking for.



Network for Good.

As one of the internet's most charitable resources, NetworkforGood.org brings together donors, volunteers and charities. Since its inception in November 2001, more than 430,000 people have donated over \$100 million to over 20,000 charities while another 232,000 have found volunteer opportunities that suit them perfectly.

The website offers information on being part of an Online Volunteering Service, a great alternative for groups and individuals who cannot travel to offer their services. Network for Good also gives kids, teens and seniors some specific opportunities to contribute their skills and talents in their local areas.



Check out this great website and find out how you, your family or your business can make a significant difference in the lives of others.

CHILDHOOD STRESS

Stress effects everyone, even children who seemingly have a relatively carefree life. However, school age children may feel an enormous amount of pressure coming from all areas of their lives that may greatly affect them. Academic, social and even parental pressures to play certain sports or perform at a certain level can cause a child to react in a number of ways. Symptoms of stress may include mood swings, acting out, changes in sleep patterns and bedwetting, just to name a few. Children may withdraw and want to be alone more or may not be able to concentrate enough to finish their schoolwork. They may also pick up new habits like lying, bullying or defying authority or they may overreact to minor issues.

Help your child cope with stress by reevaluating your expectations and working with them to come up with solutions. Make sure they are involved in the activities that *they* truly have interest in and consider additional help if your increased involvement shows no sign of improvement.





The Struggle of Sciatica

The sciatic nerves are the largest and longest nerves of the body, reaching about the size of your thumb in diameter and running down the back of each leg. When these nerves are irritated or affected by the inflammation of nearby soft tissues, doctors refer to this as sciatica.

One of the most common causes of sciatic leg pain is the Vertebral Subluxation Complex. It can be accompanied by the bulging, herniation or degeneration of the soft pulpy discs that separate each spinal bone. This can irritate or put pressure on the sciatic nerve roots as they leave the spinal cord. The result can be an intense pain shooting down either or both legs. In the past, treatment has involved pain medications, muscle relaxers, physical therapy, and even surgery.

The chiropractic approach is to use carefully directed and controlled pressure to remove the interference from spinal structures. These chiropractic adjustments can be quite effective in reducing nerve irritation and its associated pain. Sciatica, like other health problems that can be traced to the spine, often responds dramatically to the restoration of normal spinal function through conservative chiropractic care.

JUST A PINCH OF SALT MAY BE PLENTY.

In the average American diet, 77% of sodium intake comes from processed foods! Though a certain amount of sodium is necessary to maintain the right balance of fluids in your body, maintain nerve impulses and correct muscle function, too much is unhealthy. Heavy amounts of salt can force your heart to work harder and can lead to problems with your kidneys! So why is salt added to foods? Sodium is added to processed foods to help prevent spoilage and kill existing bacteria. Salt is also used to disguise the chemical metallic tastes in many processed foods. To reduce sodium in your diet eat fewer processed foods such as chips, frozen dinners and cured meats. Choose foods with low or reduced sodium, eat more fresh foods and don't grab for the salt shaker until you've tasted your meal.



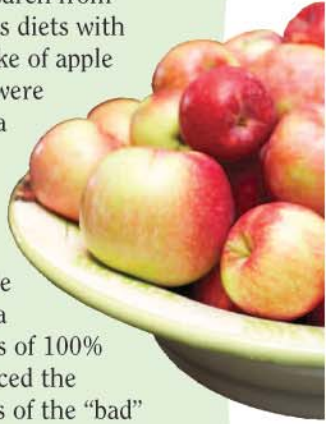
HEALTHFUL FOODS

APPLES

The disease-fighting profile of apples provides a multitude of health benefits including a potential decreased risk of cancer and heart disease.

Several recent studies suggest apples may provide a "whole-body" health benefit. A number of components in apples, most notably fiber and phytonutrients have been found in studies to lower blood cholesterol and improve bowel function, and may be associated with a reduced risk of ischemic heart disease, stroke, prostate cancer, type II diabetes and asthma.

Preliminary research from Finland indicates diets with the highest intake of apple phytonutrients were associated with a 46 percent reduction in the incidence of lung cancer. Findings indicate that two apples a day or 12 ounces of 100% apple juice reduced the damaging effects of the "bad" LDL cholesterol.



Apple Cranberry Nut Bars (Makes 10 bars)

- 1 cup all-purpose flour
- 1 cup quick oats
- 2/3 cup brown sugar
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 2/3 cup buttermilk
- 3 tablespoons vegetable oil
- 2 large egg whites
- 1 Golden Delicious apple, cored and chopped
- 1/2 cup dried cranberries or raisins
- 1/4 cup chopped nuts
- 2 tablespoons flaked coconut (optional)

- 1) Heat oven to 375 degrees F. Lightly grease a 9-inch square baking pan. In large mixing bowl, combine flour, oats, brown sugar, baking soda, salt, and cinnamon; stir to blend.
- 2) Add buttermilk, oil, and egg whites; beat just until blended. Stir in apple, dried fruit, and nuts. Spread batter evenly in pan and top with coconut, if desired. Bake 20 to 25 minutes or until cake tester inserted in center comes out clean. Cool and cut into 10 bars

Recipe compliments of the Washington Apple Commission.



How the weather affects your health

As the weather begins to change, take note of your local forecast. It is Dr. Jackson's experience that there is great significance between weather patterns and how issues you may already have can flare up!

If the weatherman reports high humidity, you're more susceptible to a heart attack. Infarction deaths are

3.5 times higher in high humidity because your body has a harder time cooling off, forcing your heart to work harder. Gusty winds are a problem as well. Wind changes the number of negatively and positively charged molecules in the air and that alters your brain's biochemistry. This can cause pain and result in a migraine. Rain ruptures pollen sacs and increases pollen levels dramatically and cold fronts cause blood vessels to constrict and help your body retain heat. This causes a spike in blood pressure and can raise the risk of strokes!

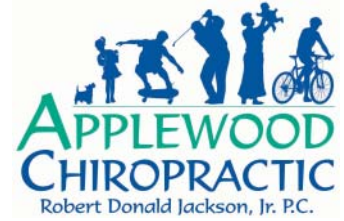
We are pleased to offer the full services of our clinic to help you regain and maintain your health no matter the season. Remember to ask us questions regarding all areas of your well-being and that of your family. We are honored to serve you.



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

Dave and Wendy Coffman
 158 Highline Road
 Old Falls, NY 25411

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