

# Chiropractically Speaking



## RANDOM FACTS

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

The elephant is the only animal with 4 knees.

The tongue is the only body muscle that is attached from one end only.

The percentage of people dreaming in black and white started decreasing after the spread of color TV

Perspiration is odorless; it is the bacteria on the skin that creates an odor.

The average child will eat 1,500 peanut butter and jelly sandwiches by the time he/she graduates from high school.

Strawberries have more vitamin C than oranges.

The chances of you dying on the way to get your lottery tickets are greater than your chances of winning.

10 percent of the Russian government's income comes from the sale of vodka.

Parrots can create 500 pounds of pressure per square inch with their beaks.

A queen bee uses her stinger only to sting another queen bee.

Forensic scientists can determine a person's sex, age, and race by examining a single strand of hair.

## Low Back Pain

*Americans spend at least \$30.5 billion each year on low back pain, the most common cause of job-related disability.*

Many factors can be responsible for low back pain. Improper sitting or lifting, overexertion, trauma, or inherited spinal abnormalities may contribute to the cause.

A great deal of the pain-sensing nerves of the spine are in the facet joints, the two interlocking "fingers" at the back of each spinal bone. The normally smooth surfaces on which these joints glide can become rough, irritated, and inflamed.

Surgical treatment often involves removing these facet joints, exposing the spinal cord. Another cause of lower back pain can be a bulging or herniated disc putting pressure on the spinal cord or a nearby nerve root. The result is often numbness, tingling, or pain down the arm or leg. Cutting away the herniated disc tissue can permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause(s) of the problem.

The chiropractic approach helps restore normal motion and position of affected spinal bones with specific chiropractic adjustments. The simplicity and success of this approach has been documented in numerous research projects and has helped many patients avoid risky surgery. Find out if yours is a chiropractic case and enjoy the positive results that millions of patients have discovered.

***Save precious time and money - try chiropractic first!***



## Hiccups!

*Hiccups are a reflex that occurs when the vagus nerve (or one of its branches) which runs from the brain to the abdomen, is irritated. To stop them, the vagus nerve needs to be overwhelmed with another sensation so that it becomes more concerned with other business.*



**1) A spoonful of sugar.** Place a teaspoon of sugar on the back of the tongue, where "sour" is tasted. This way, the sugar will overload the nerve endings.

**2) Putting your fingers in your ears.** The branches of the vagus nerve also reach into the auditory system so by stimulating the nerve endings there, the vagus nerve goes into action. But be gentle.

**3) Tickle, tickle!** Try placing a cotton swab on the roof of your mouth and tickle the soft palate. Or, if you're the type who enjoys getting tickled, have someone find your ticklish spots.



# Why Does Hair Turn Gray?

There are several factors as to why and when hair turns gray but mostly it has to do with the genes you inherit from your parents. This means that most of us will start having gray hair at the same age our parents or grandparents first did.

Gray hair is more noticeable in those with darker hair but people with lighter hair are just as likely to go gray. The good news? It takes more than 10 years for someone to go completely gray once they notice those first gray hairs.

While stress doesn't actually turn hair gray, the color of hair cannot change once produced by hair follicles. If a strand starts out as brown, black, blonde or red, its never going to turn gray. It will live out it's life that same color. However, your hair follicles produce less color as they age so when hair dies and is regenerated, it can grow back gray. So, can stress play a role in changing hair color? Stress can cause a common condition which causes hair to shed at three times its normal rate, thus allowing new hair to quickly grow in. If it grows back gray, then it may appear your hair is turning gray quickly.

There are also illnesses that cause gray hair, particularly if it occurs at a young age. They include vitamin B12 deficiency, thyroid disease, as well as rapid hair loss disorders which seemingly lead to overnight graying.

## BACK TO SCHOOL



It's not uncommon for even confident and older kids with a lot of friends to bump into some back to school nervousness. Will I have any friends in my classes? Will I be able to open my locker? Who will I eat lunch with? Getting back into the swing of things can cause some nervous feelings in your kids. Minimizing these challenges includes getting started on the school routine one week before opening day.

- 1) **Re-establish the sleep schedule.** Waking up exhausted the first day of school is not a good beginning. Get the kids back on the sleep schedule so the first day is not a snoozer.
- 2) **Go shopping!** Nothing relieves anxiety like feeling prepared. New stuff is exciting to use and feeling ready with some new clothes, shoes and supplies that you want to show off is a great helper.
- 3) **Do a walk-through.** Even if kids are familiar with their school, a pre-first day walk through will help everyone acquaint themselves with where they have to go. For the bigger kids who need to find many classes and figure out how to open their locker, this step can be imperative.
- 4) **Include friends when possible.** One good friend to pal around with makes everything easier. Encourage your child to call a friend and plan to meet them at a specific location on the first day. This can be a huge stress-reliever.

## THE SLEEP SHORTAGE

**Serious health setbacks you may be facing**

Work, kids, lifestyle or physical discomfort can all play a role in the lack of sleep that we, as a society, are getting. However, continuing research shows that making sleep the last item of importance on your agenda may be reducing your quality of life and even making you vulnerable to disease.



**Craving Junk Food?** Just two nights of a sleep shortage can throw off hormones that regulate your appetite, increasing your taste for high-fat, high carb foods. Over time, this can lead to weight gain and even obesity.



**Getting Sick?** According to studies, people who get less than 7 hours of sleep per night are 3 times more likely to catch a cold and have only half as many disease-fighting antibodies when faced with a virus. Sleep boosts immunity.



**Diabetes Threat.** Your body needs sugar to function but after only 6 days of sleep shortage, people resist insulin, the hormone that transports glucose from the blood into the cells. This could lead to type 2 diabetes.



**Brain Fog?** After only one poor night of sleep, your reaction time decreases and after a few nights, your mood degrades due to brain chemical dysfunction. This can lead to chronic depression.



**Achy?** Sleepiness is proven to lower pain tolerance and actually intensify pain, even in healthy people who wake throughout the night.



# A Healthy Pregnancy



This period of rapid development, hormonal changes, the laxity of connective ligaments, and shifting of weight-bearing structures, may cause many pregnant women to experience low back pain.

Besides helping to relieve the discomfort many expectant mothers experience, chiropractic care helps normalize nervous system function. This is an important component of overall good health.

The benefits of chiropractic care may also be noticed during delivery. Many chiropractic patients report that their deliveries were faster and more comfortable than their deliveries prior to chiropractic care!

Your Doctor of Chiropractic will take special precautions with you during your pregnancy.

Modifications to the table or adjusting techniques are made during each stage of pregnancy. Your chiropractor is a specialist in the location, reduction and stabilization of the vertebral subluxation complex, which can be related to many of the uncomfortable symptoms associated with pregnancy and labor. Pamper yourself and your baby with regular chiropractic checkups.

Women who exercise moderately, quit smoking, eat healthy foods, and avoid alcohol during their pregnancies are to be congratulated. Those receiving prenatal chiropractic checkups can increase their nervous system's capacity to function at its very best. This is an important element in creating a healthy foundation for developing babies.

**Constant structural changes, physical and emotional stresses provide the opportunity for beneficial chiropractic care during all stages of pregnancy.**



## HEALTHFUL FOODS: Garlic

Garlic's health benefits have been known throughout history, as it has long been considered a herbal wonder drug. The truth is, garlic does more than just add flavor to food. It has antiviral, antibacterial and antifungal properties that has been linked with:

- ✓ Improved overall cholesterol levels
- ✓ Lowering blood pressure and decreasing clot formation which can lead to strokes and heart attacks.
- ✓ Combating respiratory infections
- ✓ Minimizing common cold and sore throat symptoms
- ✓ Reducing yeast and fungal infections

Eating raw garlic is the most effective, as it loses its antibiotic properties when it is cooked or dried. Finely chopping and adding it to food or swallowing it whole, like pills, will give you maximum benefit.

## DOGGIE DEPRESSION

Just like people, dogs get depressed but since they can't speak to us, we have to look for symptoms of their unhappiness. Common signs include lack of appetite, lethargy, clinginess or a change in personality. If your pooch is suffering from the loss of a fellow canine, consider a replacement. If that's not an option, adding to your dogs social circle is usually very effective.

Here a few ways to help them through these tough times.

**EXTRA ATTENTION:** Spending more time with your dog, even if it's just calling him over to snuggle while watching football. Take him along while you run errands, go on a few trips to the dog park, scratch him behind the ears a few extra times a day. More love directed at your pet will definitely be noticed.

**HIRE A DOG WALKER:** If your dog is lacking companionship, he may just need a little more company. A friend to walk him mid-day will give him a break from his hum-drum life while giving him some much-needed exercise. Remember to still walk him when you get home.

**DOGGIE DAYCARE:** Dogs like friends too. If your dog is sociable, he may like some playdates with his buddies. A busy dog is often a happy dog. Even just activity for a few days a week is a great escape from barking at the postman.





## *The medicine cabinet of the past... and the future.*

Before there were drugs and vaccinations and modern medication, there were natural remedies created from available fruits, vegetables and every day resources. Today, some of our best cures comes from our very own pantry.

- 1) *Olive oil* is loaded with anti-inflammation antioxidants and is the basis of many moisturizers. Used naturally, it can keep skin from drying out and is effective in treating eczema.
- 2) *Tonic water* contains quinine which helps stop repeated muscle contractions. Only a 6-ounce glass before bed may calm symptoms of restless leg syndrome.
- 3) *Lemon acid* may lighten age spots when placed directly on the skin for 15 minutes a day for 6 to 12 weeks. Stop if the repeated use causes the top layer of skin to peel.
- 4) *Apple cider vinegar* is a natural anti-inflammatory. Dab it on a bruise right out of the bottle to help the healing process along.

Try some of these safe, useful ideas the next time the opportunity arises.