

Chiropractically Speaking



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CRITTER FACTS:

It takes a lobster about seven years to grow to be one pound.

The giant tortoise is the longest living animal on the planet - about 150 years.

A giraffe can clean its ears with its 21-inch tongue.

A hummingbird weighs less than a penny.

A male emperor moth can smell a female emperor moth 7 miles away.

A hippo can open its mouth wide enough to fit a 4 foot child inside.

A dragonfly has a lifespan of 24 hours.

Camels milk does not curdle.

All porcupines float in water.

An ostrich's eye is bigger than its brain.

Baby robins eat 14 feet of earthworms every day.

Bats always turn left when exiting a cave.

A shark is the only fish that can blink with both eyes.

Honeybees have hair on their eyes.

Cats can produce over 100 vocal sounds while dogs can only produce about 10.



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 either forward and back, back and forward, or side to side, the muscles, ligaments and other soft tissues supporting the spine 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 position, reducing range of motion. The spinal cord and nerve roots in the neck can get stretched and irritated.

Whiplash

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 restore normal spinal function. After a thorough case history and examination, the doctor will recommend a series of visits to help regain 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.

3 Steps to Making That Cold Go Away

Though cold symptoms can subside in only 2 days, studies show that 70% disappear within a week. However, for those who suffer longer, it can be because we don't heed these simple steps to speed recovery.

1) Lack of Rest - It's been proven that people who got less than seven hours of sleep per night were almost three times as likely to catch a cold than were people who slept for 8 or more hours. Once you have a cold, get a lot of rest.

2) Dehydration - Water demands within your body increase when you are sick. Drinking plenty of water will help flush congestion out of your system.

3) Drying medications - Sure, it's no fun to function with a stuffy nose, but decongestants leech the moisture from your system which makes it impossible for your body to drain and get well. Plus, these medications can cause other symptoms including high blood pressure, tremors and constipation.



The Value of Friendship



In 1988, a significant study at the *University of Michigan at Ann Arbor* found that people who lead isolated lives have an increased risk for mortality similar to that of cigarette smokers. More recent studies show that lonely people are more likely to develop dementia, get high blood pressure, sleep poorly and have a weakened immunity.

It's easy to make friends when you're in school and surrounded by those your age who have the same interests and goals as you. However, once we pair off, get married and have children, old friendships are hard to maintain due to conflicts in time, distance and even points-of view.

Though your network of friends will change, realize that even the casual contacts you have every day are valid reinforcement for feeling good about yourself. Chatting with a fellow mom at the playground or joining a group for lunch at the office are all emotionally important interactions.

You may boast a cool 250 friends on a web social network, but true impact on your life is made by those you see every day. Be open to meeting new people and trying new things every now and then to enhance your social circle and make each day a bit more interesting. You'll be glad you did and your health depends on it.

Create a happy transition between work and home.

One of the most difficult times of the work day is the moment when we first arrive home. The kids tend to be needy at this time of day and the list of things to do is tremendous. Homework, activities, dinner, laundry... the jobs are endless and there is rarely a moment for yourself. It's no wonder tempers flare and the kids get frustrated. Lessening this stress is not impossible if you are willing to make a few small changes.

1) Before you begin your evening tasks, take a moment for yourself. Listen to a song you like, say a prayer, plan your evening in your head. Do whatever it takes to transition from the work you to the home you.

2) Put out a healthy snack for the kids that require no effort. Apple or orange slices, trail mix or yogurt are all tasty and will allow the kids to deal with their hunger while you have a minute to relax.

3) Change your clothes. Walking around in work attire may be a bit uncomfortable and keeps you in a work mindset. Change into comfortable clothes to soften the mood and remind yourself it's family time.

4) Leave work at work. Your family is not responsible for your work life nor can they fix anything that makes you unhappy there so learn to let it go the minute you punch out.

5) Prepare when possible. Dinner time can be hugely stressful if you don't know what to prepare or haven't planned a meal. The simple act of mapping out the weeks meals and shopping for the ingredients eliminates the mental struggle over dinner. You can prepare many meals ahead of time and heat them up or use the crock pot to do the job for you while at work.

6) Set up routines. Kids are used to routines and greatly benefit from them. They like knowing what to expect and a few weeks of tending to yourself after a busy work day will give your family the best you have to offer.



5 HOME CURES THAT REALLY WORK!



Whiter Teeth

Apples act as little toothbrushes when you chew them and contain malic acid that helps dissolve stains.



Bad Breath

Initial research shows that live bacteria in yogurt suppresses the "smelly" or bad bacteria neutralizes or eliminating odor.



Hiccups

One dry teaspoon of sugar can eliminate hiccups in minutes by modifying nerve muscles that send messages to the diaphragm to contract.



Warts

Apply a piece of duct tape to the wart, remove it after three days, file down dead skin with pumice stone and replace with fresh tape. Repeat.



Peppermint Gum

Chewing peppermint gum in a traffic jam may lower stress, decrease frustration, increase alertness and make the drive seem shorter.

Chiropractic Results



Many of the problems seen in adults can start as early as the birthing process. By the time some adults consult a Doctor of Chiropractic, years of spinal damage has occurred. This makes it difficult to get the instant results most patients want.

Even so-called “normal” births can cause unseen damage to the structure and function of a newborn’s young spine. Muscles that support the spine adapt and become used to supporting the spine incorrectly. Then, after years of neglect, if something happens that exceeds your body’s ability to adapt, obvious symptoms can develop. While your health complaints may seem new, the underlying problem may have existed for years.

Reducing nervous system dysfunction by restoring normal motion or position to spinal bones, is one of your chiropractor’s major goals. Children usually respond quickly. Yet, long-standing spinal problems in adults can be difficult to fully correct, and may require months or even years of regular chiropractic care.

Underlying muscle and soft tissue damage may require continued care long after symptoms disappear. Missing appointments or discontinuing care prematurely can invite a relapse. That’s why many patients elect to continue with regular chiropractic checkups to maintain their progress. How long you decide to benefit from chiropractic care is always up to you.

The sooner chiropractic care begins, the sooner spinal malfunction can be detected, reduced, and future problems avoided.



HEALTHFUL FOODS: Dark Chocolate

Besides just tasting good, dark chocolate stimulates endorphin production which gives a feeling of pleasure. It also contains serotonin which acts as an anti-depressant.

More scientifically, this tasty treat also benefits your heart. Studies have shown that consuming a small bar of chocolate every day can reduce blood pressure in those with high blood pressure. Dark chocolate has also been shown to reduce bad cholesterol by up to 10%.

Other tips to enjoy your chocolate include: skip the caramel filling which is just additional sugar and fat and wash it down with water instead of milk which may prevent the antioxidants in the chocolate from being absorbed by the body.

AN APPLE A DAY KEEPS THE DOCTOR AWAY?

We all have an extensive list of wives tales that we believed as kids, kind of believed as young adults and now say to our children. But is there a shred of truth to any of it?

Feed a cold, starve a fever.

Experts have bounced back and forth on this one for a long time. The truth is, food energizes the immune system so you can fight off infection. Staying well hydrated and eating when hungry is probably the best advice.

Go outside without a jacket and you’ll catch a cold. There has been quite a few studies on this with more evidence to disprove this tale than validate it. However, a recent British study indicated that 14% of those who were exposed to a cold and at the same



time had chilled feet, were more likely to catch the cold than those with warm feet. This should make mothers very happy!

Swallowed gum takes seven years to digest.

Not true but there was a time when swallowing gum was considered a “low class” thing to do so this tale encouraged kids to keep chewing and then spit it out.

Eating carrots will improve your eyesight.

This statement is not true though the origin of it is interesting. During World War II, the British government spread the rumor that their pilots had excellent eyesight because they ate a lot of carrots because they did not want the Germans to know the radar they were using.



StillTasty.com

The dates on food labels can be confusing. The truth is, they often have nothing to do with food safety. Take a peek at this website to find out how long your food will last and whether it’s safe to eat. Learn what storage techniques are the best for every different food imaginable and what expiration dates on foods actually mean.

“Laughter is an instant vacation.”

-Milton Berle



There are times when it seems like we wake up in a bad mood just because we went to bed in a bad mood, and before you know it, negativity and sadness start to define us. However, new research shows that the simple act of laughter is effective for treating diabetes, chronic pain and stress providing yet another reason to snap out of it and cheer up.

One study completed just recently at Loma Linda University found that diabetics who watched funny tv shows or movies for only 30 minutes a day improved their good cholesterol levels and reduced their levels of negative inflammatory compounds. Another study of diabetics showed that their glucose levels also drop when watching a humorous television show.

Other studies showed people who were watching humorous television shows had a greater tolerance to pain and that laughter also helps lower levels of the stress hormone cortisol by 39%.