

January Newsletter 2019

Temple Chiropractic and Massage

ASK THE DOCTOR?

Q. What is a subluxation?

A. Essentially, a subluxation occurs when the spinal column has somehow misaligned out of its normal, healthy position and does not move normally. A subluxation can cause a lot of health problems and concerns that you may not even notice right away. Still, spinal misalignment can affect everything from the healthy functioning of your digestive system to the manner in which your immune system responds to allergic components of the surrounding nearby environment.

A subluxation can also cause nerve damage from the misalignment of the vertebrae. Since the nerves

become stretched, compressed, or otherwise pinched, your vital organs won't be getting the proper communication they need to function optimally. As a result, your body will be kicked into overdrive, which will increase feelings of pain and fatigue and will make your overall health degraded. After nerve damage comes tissue damage. Since the joints are dealing with such abnormal amounts of pressure, the surrounding soft tissue becomes inflamed, and swelling often takes place. After this, muscle damage occurs in the body. Since muscles are considered components of the soft tissues, the stress and strain caused by a subluxation leads to the muscles tensing up. Ligaments and tendons sur-

rounding the affected area begin to get weaker as a result.

Finally, the damaged nerves and muscles caused by a subluxation lead to damaged organs and weakened bodily functions. A person suffering from a subluxation, whether they realize it or not, may face chronic fatigue, pain, headaches, a weakened immune system, fertility issues, joint degeneration, and possible organ malfunction.

Fortunately, this is where chiropractors can help; they will be able to identify subluxations in your spine and, using natural techniques, will be able to correct them.

Inside this issue:

Food that Tigger the yo-yo diet	2
Bacteria can be Good—Probiotics build health	2
Wear and Tear from Texting Leads to Spinal Degeneration	3
The Santa Project	3
Smoothie on the Run	4
Salmon Tagine Recipe	4
New Year's Resolutions	4

Special Office Hours This Month

- The office will be CLOSED Tuesday January 1st for the New Year!
- Dr. Russell will be in the office on Monday January 14th from 8am- 12pm, & 3pm-6pm. He will be out of the office from Thursday January 17th to Monday January 21th. Dr. Russell will resume his normal hours Tuesday January 22nd.
- Dr. Gdanski will be working her regular hours for the month of January



Quote of the Month:

Tis a shame for a man to grow old without seeing the beauty and strength for which the body is capable

- Socrates

The Foods that Trigger the yo-yo Diet

Avoiding carbohydrates after you've slimmed down will help you keep the weight off. A low-carb diet is an antidote to yo-yo dieting, a common problem for people who lose weight only to put all back on again within a year or so.

Eating fewer carbs can achieve an average weight loss that's 20 lbs (9 Kgs) greater than a high-carb diet, even when the amounts being consumed are similar, say researchers from the Boston Children's Hospital.

And the type of carbs being eaten also matter. For many obese people, their diets mainly consisted of processed foods—often low-fat—that quickly raised insulin levels, which was stored in fat cells.

"With fewer calories available to the rest

of the body, hunger increases and metabolism slows—a recipe for weight gain," said lead researcher David Ludwig.

The researchers tracked 234 overweight people who lost an average of 10 to 14 per cent of body weight when they were put on a standard diet. But what happened next was what interested the researchers—would the dieters put the weight back on? To find out, they put the group on one of three maintenance diets, ranging from high- to low-carb.

For five months, the participants followed one of the three diets—and the carbs being eaten were 'high quality', the researchers said, and weren't from processed foods, but from whole grains.

Even though the high-carb dieters were

eating 'quality carbs', they weren't burning the calories that those on a low-carb diet were achieving. On average, the low-carb group was burning 250 calories a day more than the high-carb dieters, and this translates into a 20-lbs weight loss after three years, the researchers estimated.

The difference was greater still in people who had the highest levels of insulin, and they were burning around 400 fewer calories a day. The researchers discovered that those on the low-carb diet had lower levels of a hormone, ghrelin, that slows calorie burning.

"Our observations challenge the belief that all calories are the same to the body", said Cara Ebbeling, another researcher.

Bacteria Can Be Good - Probiotics Build Health

The word biotic is from the Greek *biotikos* meaning: *of or relating to life*. We often use the word anti-biotic. Which means, "against life." **Antibiotics kill bacteria but not all bacteria *should* be killed.** In fact, "healthy bacteria" are a health building essential to life, vitality and wellbeing.

Healthy bacteria in the soil feed nutrients through the roots of plants to help them grow and flourish, providing us with wholesome foods.

Healthy bacteria in the human body protect and feed us in the same way, by helping with digestion and assimilation of essential nutrients.

That's right! Every healthy person has within their intes-

tines a colony of bacteria nearly as large as their liver. It is estimated that a healthy person maintains more healthy bacteria than the total number of cells making up their body. The human body has approximately 13 trillion cells, a healthy bacterial colonization of the inside and outside of the human body is estimated at 14 trillion microbes of various types. These healthy colonies do the job of keeping unhealthy bacteria in check, and more.

Healthy bacteria in your body:

–Acidify the intestinal tract to make it uninhabitable by unhealthy bacteria, thereby supporting the immune system.

–Assist in the breakdown of carbohydrates and digestion of milk products.

–Provide for better food assimilation and toxin release by the large intestine.

–Healthy bacteria in the intestines can even create for you some vitamins you might not get otherwise!

These healthy bacteria have become known as **PROBIOTICS**. Published medical journals have featured PROBIOTICS over recent years. A recent Med Line search (published medical research internet site) showed 1813 probiotic citations, including 175 discussions of clinical Continued other side trials. A search of the same site for dates before 1990 showed only 13 citations. All of these studies indicate the varied benefits of healthy bacteria in our environment.

Wear and Tear from Texting Leads to Spinal Degeneration Take steps to avoid the dangers of “Text Neck” and Computer Posture



Research finds that increased usage of phones and computers brings about a variety of health challenges which accumulate over time. Billions of people use cell phones daily all over the world. The majority of cell phone usage occurs with the spine and neck in a flexed position of poor posture. Extended use of a cell phone with the head in forward flexion creates a variety of unwanted health challenges. Those numbers continue to rise at unprecedented rates. Doctors created terminology for new conditions and diagnoses specific to this growing epidemic. Proper care for the spine and neck prove essential to overall health. Strategies exist to counteract the stressors attributed to text neck and computer posture.

Cell phone usage continues to increase globally. A study performed in 2014 evaluated the effects of forward head posture due to the stresses of cell phones and other technology devices. The findings showed that computer screens, tablets, and cell phone use create forward head posture, which adds significant stress to the spine which leads to early degeneration. Loss of the natural curve in the neck leads to incrementally increased stresses on the cervical (neck) spine.

The study determined the increased stress may lead to early wear, tear, and degeneration while increasing the potential needs for future surgeries.

Poor posture invariably occurs with the head in a tilted forward position and the shoulders drooping forward in a rounded position and the hump in between the shoulder. The average person spends 2 to 4 hours a day with their head tilted forward for reading and texting on phones and other electronic devices. This amounts to 7001400 hours of excess of abnormal cervical spine stress per year. Research shows the average high school student spends more time on their phone accounting for an extra 5000 hours of poor posture per year.

Good upper spine and body posture begins with the ears aligned with the shoulders, your chin tucked in, and the scapula retracted. With proper alignment, spinal stress diminishes. Good posture creates less wear and tear on the spine and discs while creating an environment which trans-

lates into other health benefits. Elevated levels of testosterone, increases in serotonin, and decreased levels of cortisol represent a few additional health benefits attributed to better posture. Poor posture contributes to reductions in each of those categories. Regular Chiropractic adjustments combine with good posture habits to help reduce the stressors of text neck and computer posture. Three specific action steps help minimize the risk of spine and onerous system stress due to phone and computer usage. Take the necessary action steps to avoid the long-term outcomes of this worldwide epidemic while still enjoying the benefits which technology affords.

3 Action Steps to Minimize the Risks of Neck and Spine Abnormalities Due to Text Neck

- 1) Stay on track with a Chiropractic Adjustment Plan - adjustments reduce wear and tear in the joints and discs, lower tension in muscles, and improve function of the nervous system.
- 2) Utilize Good Posture Habits and tools to support spinal curves and posture.
- 3) Drink More Water - forces routine movement and trips to the bathroom every 60-90 minutes.

The Santa Project

We wanted to send out a big thank you to all of our patients who donated gifts and boxes to The Santa Project this year. Because of your generous donations our office was able to collect enough toys to fill Lisa's car, \$300 worth of gift certificates from Walmart, Mc Donald's and Bus Passes! Thank you for making a difference!

Thank you!

Smoothie on the Run

This purple powerhouse is chock-full of antioxidant goodness. We've packed a wide variety of produce into this cocktail. Blueberries and acai berries contain anthocyanins and quercetin, which help reduce inflammation and may help sharpen mental faculties. Tomatoes contain lycopene, which may help reduce the risk of cancer. Pineapples and oranges add a tart hit of fiber and vitamin C!

Ingredients

- 4 oz pineapple
- 3 oz tomatoes
- 2 oz blueberries
- 1 orange - peeled
- 1 tsp acai berry powder
- 1 tbsp hemp seed
- 1/2 cup water
- 1 cup ice



Nutrition Facts: 119 calories, 4g fat, 14g sugar, 4g protein, 3g fiber, 21g carbs per 12-ounce serving. Yields 2 servings.

Salmon tagine recipe

- 4 x 125g wild salmon fillets
- 1 tbsp olive or vegetable oil
- 1 onion, sliced
- 1 tsp cumin seeds or ground cumin
- 2 tsp ground paprika
- 400 g can chopped tomatoes
- 298 g can mandarin oranges in juice, drained
- 1 tsp vegetable stock powder
- 50 g sultanas
- 100 g young spinach
- 150 g couscous
- 1 handful chopped fresh coriander

1. Remove the skin from the salmon fillets, if wished.
2. Heat the oil in a large frying pan and cook the onion for 3-4 minutes. Add the cumin and paprika and fry gently for about 20-30 seconds.
3. Stir in the tomatoes, oranges, stock powder and sultanas. Cook for 5 minutes, then add the spinach and stir it in as the leaves wilt.
4. Arrange the salmon fillets on top of the tomato mixture. Cover with a lid or a piece of greased foil and cook over a medium-low heat for 8-10 more minutes. Meanwhile, cook the couscous according to pack instructions. Serve with the salmon tagine, garnished with chopped fresh coriander.



New Year's Resolutions You Will Have Trouble Keeping

I will...

1. Stop drinking orange juice after I just brushed my teeth.
2. Stop licking frozen flag poles.
3. Only eat white snow
4. Keep it to myself that I have trouble with authority when I'm being interviewed.
5. Spend less than \$1825 for coffee at Starbucks this year. Watch more cute and cuddly kitten videos on YouTube
6. Check my work e-mail account at least once this year
7. Switch my username to "password" and my password to "username" to make each a lot harder for hackers to figure out
8. Watch less T.V.... in standard definition
9. Talk with a robot voice all the time
10. Lose weight by hiding it somewhere you'll never find it.



