

# HEALTHY TIMES

Your Chiropractic Newsletter



## CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

431 E. Clairemont Ave. ♦ Eau Claire, WI ♦ 54701

715-832-2223 ♦ [www.TogetherForYou.com](http://www.TogetherForYou.com)



### Spring Time Coloring Contest

Kids, Show off your artistic talents and your healthy knowledge! Get out your crayons or makers and color the last page of this newsletter. Then answer the questions and either send or bring in the completed work to the office. We'll proudly display your artwork on our walls. One lucky participant will win a special spring time prize from the Chiropractic Offices of Gonstead and Stangl!

**HAPPY COLORING!**

12 and under only please!  
Prize winner will be chosen at random on April 15<sup>th</sup>.  
Need not be a patient to participate

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We hope you enjoy the April Issue of Healthy Times!

Do you have health and/or chiropractic questions? Submit them via e-mail [togetherforyou@gmail.com](mailto:togetherforyou@gmail.com) or in writing to our front desk and you may see the answers in upcoming issues of Healthy Times!



## Duel Benefit Community Health Events

The events noted below are recreation events going on in the Chippewa Valley during the month of April. They have the duel benefit of raising funds for local community efforts and they're a healthy way to add a bit of variety and excitement to your typical workout routine!

### SUNDAY APRIL 4<sup>TH</sup> ZUMBA FOR A CAUSE

Join 6 area certified Zumba instructors for a CARDIO-party!

Ditch the workout and enjoy the fun!

Cost: 3 non-perishable food items or \$5 donation to benefit Pepin County Food Pantry  
Durand High School Gym,  
604 7<sup>th</sup> St. E, Durand  
(715) 875-4207

### SATURDAY APRIL 18<sup>TH</sup> PUDDLEJUMP

It's a 5K fun run/walk! All proceeds fun Longfellow's after-school 21<sup>st</sup> Century Community Learning Center (C.L.C) and student scholarships for community programs. Registration begins at 7:30am, race at 9am and kids race a quarter mile at 10am.  
Cost: \$15adult/\$5 under 13 in advance or \$20adult/\$10 under 13 day of event.  
Phoenix Park, downtown Eau Claire

### SATURDAY APRIL 25<sup>TH</sup> SUNUP TO SUNDOWN WALK

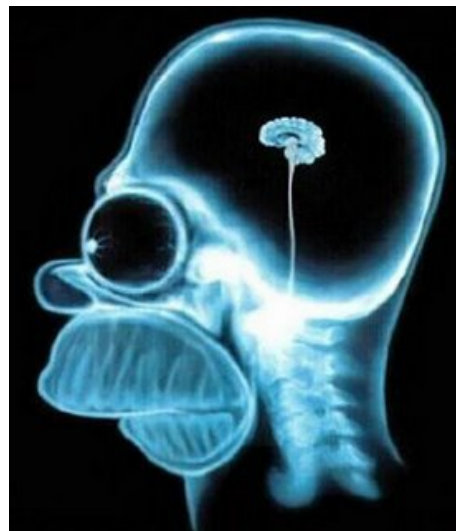
Participants pledge money to walk around the Regis High School track with proceeds going to the St. Francis Food Pantry. The day also hosts music and food donated by sponsors. Register by picking up a pledge sheet at many area locations or by emails [stfranciswalkathon@gmail.com](mailto:stfranciswalkathon@gmail.com).  
Registration deadline April 22  
Regis High School Eau Claire

## Medical Myths

The following article is one of the many that can be found on our website [www.TogetherForYou.com](http://www.TogetherForYou.com). The website also has a search option for you to use to find articles related to topics of interest to you! Check it out!

An interesting article appeared in the December 22, 2007 issue of the British Medical Journal. In that article, the authors tackled the seven most common medical myths and reported on them in the BMJ article. The synopsis of their findings is listed below.

1. We use only 10% of our brains  
The authors found that this myth goes back as far as 1907. This myth probably had more to do with the desire for self improvement than the actual amount of the brain being used. The authors note that this myth is totally false and there are no unused or dormant parts of the brain.
2. Hair and fingernails continue to grow after death  
Again this is untrue. The authors note that dehydration of the body after death may lead to skin retraction which may make the hair and fingernails appear to be more pronounced and therefore look like they have grown.
3. Shaving hair causes it to grow back faster, darker or coarser  
The authors state that this myth continues to be carried by popular media. However, they note that this myth has been scientifically disproved in multiple studies dating back as far as 1928. They clearly state, "recent studies confirm that shaving does not affect the thickness or rate of hair growth."
4. Reading in dim light ruins your eyesight  
The authors note that reading in dim light can create eye strain and decreases the rate of blinking which can lead to discomfort. However, they note that none of these symptoms persist. After consulting many experts, the authors conclude, "reading in low light does not hurt your eyes."
5. Eating turkey makes people especially drowsy  
The authors note that this myth is based on the fact that turkey contains tryptophan, which does contribute to sleepiness. However, they note that turkey contains no more tryptophan than chicken or ground beef. They explain that the sleepiness is more likely related to the volume of food consumed when turkey is eaten as a holiday meal.
6. Mobile phones create considerable electromagnetic interference in hospitals  
This may be the only myth that could be true. Although the researchers could find no scientific evidence to support this myth, there have been a few reported cases of equipment malfunction in hospitals that could be attributed to cell phones. As a result, and probably precautionary, many hospitals have banned cell phones in critical areas.





## Walking for Health

While some fitness enthusiasts relentlessly seek out the latest, trendiest exercise crazes, many others are returning to good old-fashioned walking to help them feel great and get into shape. Whether enjoying the wonder of nature, or simply the company of a friend, walking can be a healthful, invigorating experience. The following are tips and facts offered by the American Chiropractic Association (ACA) about walking for your health!

### Benefits of Walking

- Except for a good pair of walking shoes, walking requires virtually no equipment.
- Walking improves cardiovascular endurance, tones muscles of the lower body, reduces the risk of heart disease, and burns calories (about 80 calories if walking 2 miles per hour, and about 107 if walking 4.5 miles per hour)

### Selecting Shoes

- Make sure the shoes you purchase fit properly. The balls of your feet should rest at the point where the toe end of the shoe bends during walking.
- Select shoes with plenty of cushioning in the soles, to absorb the impact.
- Shop for sneakers at the end of the day or after a workout, when your feet are generally at their largest. Wear the type of socks you usually wear during exercise.
- When trying on shoes, be sure to wear them for at least 10 minutes at the store.
- Replace your shoes after you've walked between 300 and 500 miles in them.

### Getting Started

- To increase your longevity, try to walk 30 minutes, five days per week.
- To be considered "active," try to take 10,000 steps each day. Wearing a pedometer is an easy way to track your progress.
- Consult your doctor of chiropractic before beginning any exercise program. Begin slowly with a walk of perhaps half a mile at a pace that does not cause discomfort. After two weeks, start to increase the pace and length of walking.
- Eventually, depending on your age, you can build your "target" heart rate/pulse to 120 to 140 beats per minute, achieved by walking at about 3 and 4 miles per hour, respectively.

### Walking Tips

- Move your arms freely, in coordination with the opposite leg.
- Don't stoop your head or look down as your walk. This will challenge the normal forward curve of your neck, which, in turn, will cause you to carry your weight improperly.
- Don't carry weights or dumbbells while walking. They're better used as a separate part of your exercise regimen.
- Expect a little soreness in the thighs and calves for the first week or two. If you experience more than soreness, check with your doctor of chiropractic.
- Walk briskly, with "purpose." Simply sauntering, while relaxing and enjoyable, is not an effective cardiovascular exercise.

### Walking Surfaces

- Walking on a cushioned or rubberized track, available at many recreation centers, is ideal, because the cushioning of this type of track absorbs most of the impact of your walking.
- Grass is another good surface, but watch out for hidden dips or holes in the ground.
- Walking on concrete or a mall floor is not the best choice. This type of surface will not absorb much of the impact your body will experience.

### Pain and Injury

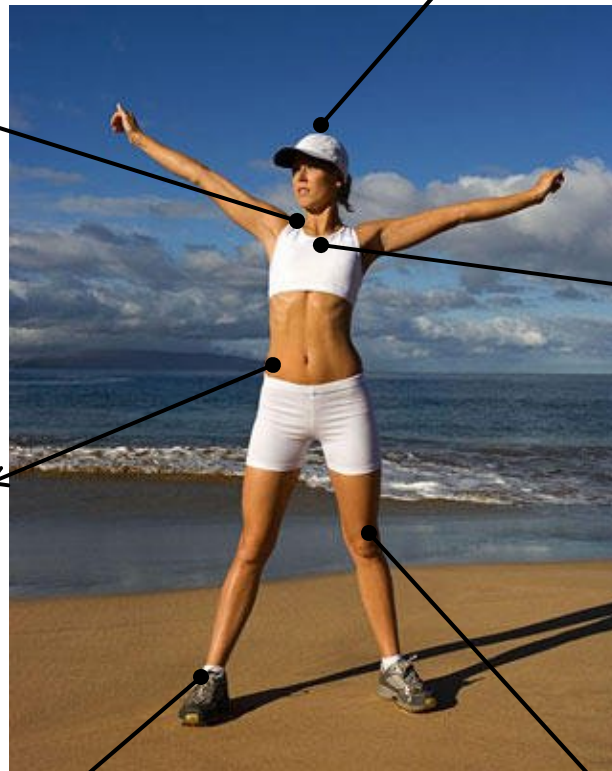
- A problem in the foot or ankle can create an imbalance in every step, leading to discomfort or injury that moves to the knees, hips, low back, or elsewhere.
- If you suffer from pain beyond typical muscle soreness, your doctor of chiropractic can diagnose and treat your pain or injury and get your back into the swing of your walking routine.
- Your doctor of chiropractic can also help customize a wellness program that is right for you.

## 23 Hours and 45 Minutes to a Better Back!

The stresses and strains, knocks and bumps, postures and habits of everyday living that sometimes create imbalances in your body. Just look at some of the people around you, heads forward, slumped shoulders, hollow backs, protuberant bellies, rotated hips. Your doctor of chiropractic can do a great deal of good for your body during the 15 minutes you're in their office but what YOU do with the other 23 hours and 45 minutes of your day can create a world of difference for your body! Be good to yourself, treat your body well, fuel it with healthy foods and take into account the following...

According to the Occupational Health and Safety Administration (OHSA), 1.8 million workers have musculoskeletal injuries related to ergonomic factors! Whether at work or home, spending prolonged periods of time on the telephone can lead to chronic neck, shoulder and upper back pain disorders. Avoid cradling the phone between your shoulder and ear, this position stresses the supporting structures of the neck and can throw the neck out of alignment. Most phone, landline or cell, can be adapted with headsets to avoid irregular postures that lead to irregular function!

76% of Americans own a computer. Poor posture and a work station that is not ergonomic can lead to muscle strain and forward head carriage. For better back health you should carry your head square over top of your shoulders, not in front of them. Forward head posture causes stress and strain on the back of your neck and upper back not to mention increasing your risk for degenerative arthritis! Take a one minute break for every 15 minutes of computer use to reset your body and consciously bring your head inline with your shoulders when working or playing on the computer. Ask your doctor of chiropractic for exercises, stretches and proper computer ergonomics that you can apply to your life at home, school or work!



The sciatic nerve runs from your lower back through your buttock and down the leg. Sitting your backside on a fat wallet not only gives your spine an unequal foundation to function on but applies compression and stress to your sciatic nerve. Be kind to your body, thin out your wallet by removing unneeded items or, better yet, simply transfer the wallet from the back pocket to the front pocket!

Heavy handbags/purses, briefcases, laptop bags, and backpacks can take their toll on backs, necks and shoulders causing spinal problems in adults and kids! Avoid undue stress on your body by following these tips; lighten the load by only carrying essentials, use bags appropriate to your body size (adults and children should be limited to bags that weight NO MORE than 10% of their body weight), choose bags that feature wide, adjustable, and padded straps that evenly distribute the load (when the weight is uneven your body counterbalances the load by hiking up a shoulder which puts extra stress on the neck, upper back, and shoulders.)

Men and women alike fall into the fashion trap of wearing footwear that has heels higher than necessary. Dr. Clum, spokesperson for the Foundation for Chiropractic Progress and president of Life Chiropractic College, states that, "from a health standpoint, there's no good side to heels." Wearing heels changes the biomechanics of walking by increasing the normal forward curve of the back and causing the pelvis to tip forward altering the normal configuration of the body to maintain a center of gravity. For a better back switch to shoes that have a heel of one inch or less and are wider for support. Choose flat, supportive and comfortable shoes especially when walking. If it is fashionably necessary to wear a higher heel, wear it for no more than 2 hours per day and bring a pair of flat shoes along with you to change into.

According to research at New Mexico State University crossing your legs increases your systolic blood pressure an average of 5.9 mmHg and you diastolic blood pressure 2.97 mmHg compared to sitting flat footed. Crossing your legs has an effect on more than just your blood pressure! The postural position of crossing your legs at the knees relaxes the muscles of your back and abdomen that are supposed to be supporting your spine. Overtime, this can lead to muscle imbalances, joint misalignment and weaknesses that can aggravate and/or lead to more serious spinal issues. When sitting for long periods it is best to keep both feet flat on the floor with your hips slightly higher than your knees.

## Kids and Chiropractic



Many questions go through the minds of parents who are considering chiropractic care for their kids and some parents hesitate to get their children adjusted even though they are under care themselves. Some of the questions that may go through a parents mind are; how early should children be adjusted? Is it safe? Why do they need adjustments? We'd like to address these questions and leave the door open for you to ask more!

### **How early should children be adjusted?**

It's never too soon! Subluxations can occur at any time. The first one may have occurred at birth which is why parents who understand the importance of being subluxation-free have their newborns examined by their doctor of chiropractic as soon after birth as possible. The longer a subluxation is present, the greater the damage. By correcting subluxations at an early age, the damage that inevitably comes from functioning at less than optimal levels can be prevented. Structure equal function... Infants, toddlers and kids are growing, changing and learning at incredible rates. Keeping their bodies aligned and their nervous systems functioning at the most efficient level will help to insure they're developing with their most optimal potential.

### **Is Chiropractic Safe for the Pediatric Patient?**

Adjusting a baby or child is not a difficult procedure; in fact, in most cases a juvenile spine is much easier to adjust than an adult's. They have not had the long-standing subluxations, their muscles are usually not as tense, they are usually more relaxed in general than adults and they tend to hold their adjustments for longer periods of time. It is naturally inherent as parents to be protective of our kids and very important to weight the expected benefit against the known risks when considering any procedure or form of health care.

Reports of serious complications (regardless of age) following chiropractic adjustments and/or manipulation are extremely rare. The number of children receiving chiropractic care continues to rise and research has overwhelmingly shown the benefit of chiropractic care for children. Since the number of children utilizing chiropractic care is on the rise the need to evaluate the risk potential of chiropractic care for the pediatric patient has become more important. In response to these safety concerns the International Chiropractic Pediatric Association (ICPA) published a paper in the Journal of Vertebral Subluxation Research (JVSR) concerning the safety of adjusting children. Researcher Rich Pistolese concluded the following; In the prevalent scientific/clinical literature spanning the last 32 years, there are only two reported cases of neurovascular complications related to pediatric patients receiving chiropractic care when during the same time span, based on eclectic summation of data derived from three sources, the number of pediatric visits to chiropractors totaled over ½ billion in the US. In fact, the risk of neurovascular complication occurring as the result of chiropractic care is approximately one out of every 250 million visits. Chiropractic care appears to present little risk to the pediatric patient when compared to cited reports related to the benefits of chiropractic care. While some pre-existing conditions may predispose the pediatric patient to a higher probability of complication, the estimate provided is considered applicable to the general pediatric population.

To obtain a copy of the above mentioned report, contact the Journal of Vertebral Subluxation Research, 2950 N. Dobson Road, Suite 1, Chandler, AZ 85524, tel: 1-800-347-1011. You can also contact the ICPA at 5295 Highway 78, Suite D362, Stone Mountain, GA 30087 tel: 770-982-9037.

### **Why Do Children Need Adjustments?**

Chiropractic care is fundamental to your child's health and life! With the falls, accidents and the generally active lives that most kids experience, regular chiropractic check-ups are vital! You work diligently to provide your children with good nutrition, a safe environment and effective education. It is equally important to provide you child's body the ability to develop and grow with its full potential utilizing chiropractic care. A correctly aligned spine empowers the body's structure to function at maximum capacity, enhances the immune system to naturally fight off illness and promotes health and well-being for years to come. The Chiropractic Offices of Gonstead and Stangl feel that every child can benefit from chiropractic care. Children who are adjusted regularly think of their visits to the chiropractor as a regular part of their lives and are not the least bit hesitant to climb onto the adjusting table. For actualization of their full potential in every area of life... choose chiropractic. If you have any questions regarding chiropractic care for children or any health concerns or desires please ask us! We'd love to help.



CHIROPRACTIC OFFICES OF  
**GONSTEAD & STANGL**

431. E. Clairemont Ave ♦ Eau Claire, WI ♦ 715-832-2223

First Name, Last Initial

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

Healthy Things you can do for your body.

- 1.
- 2.
- 3.

Healthy Things you can do for the Earth

- 1.
- 2.
- 3.

