

HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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IT'S ALL ABOUT THE BABIES!



During the month of February the Chiropractic Offices of Gonstead & Stangl are helping to raise money for the March of Dimes! When you donate to the March of Dimes 77% of every dollar supports research and programs that help moms have full-term pregnancies and babies begin healthy lives!

Toss some spare coins into our "change for America's babies" box or donate at least a dollar and sign your name to a card that we'll proudly display in our office to let everyone know you helped with the efforts to give every baby a healthy start.

FIND OUT MORE AT marchforbabies.org

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HOMERUN FOR CHIROPRACTIC



According to the February 15, 2008 sports section of the Philadelphia Enquirer, the Philadelphia Phillies fulfilled pitcher Cole Hamels request for a team chiropractor for the 2009 season. Hamel believes that not having chiropractic care played a role in his being on the disabled list last season. "It's a vast majority of things that I could have done to prevent it, but I know it (chiropractic) would have helped" he said.

It's a homerun for chiropractic with another team of professional athletes choosing chiropractic for injury prevention, health promotion and improved body performance. Add the Philadelphia Phillies to the list of professional athletes that utilize chiropractic

which includes multiple Olympic athletes and the National Football League (NFL), who has a network of chiropractors in place for their players!

FITNESS ON A BUDGET

Don't claim budget or money as an excuse that keeps you from a regular exercise program! You do not need an expensive gym membership or fancy equipment to take exercise seriously. There are plenty of low-cost alternatives that can help you get fit without causing your budget to bloat. Consider these tips:

1. Carpe Diem!

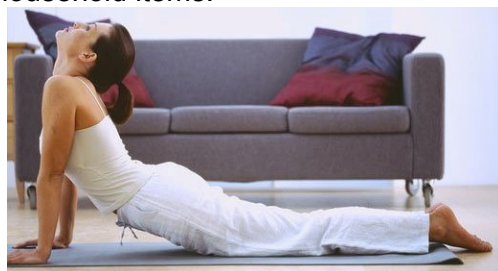
- Seize the day by taking advantage of daily opportunities! Instead of a treadmill or elliptical make full use of typical activities and make them part of your exercise routine.
 - Step it up! Take a brisk walk every day through your neighborhood or at the mall, use the stairs when possible, and park further away from your destination to sneak in extra steps
 - Workout with chores! Mow the law, weed the garden, rake the leaves or shovel the snow. Even vacuuming and scrubbing count as a workout if you increase your heart rate for a period of time.
 - Join the fun! Don't just watch your kids play, join in. Take a bike ride, walk to the park, join in a game of tag or kickball, play catch or a round of H-O-R-S-E, go to open swim, dance, go ice skating, do yoga, practice balancing in funny positions.... Play!

2. Look for fitness bargains

- Inexpensive exercise products may be a good bet
 - Use dumbbells and/or resistance tubing to build strength
 - Jump-rope for a great cardiovascular workout
 - Get an inexpensive stability ball for core strength, flexibility and balance
 - Try a fitness instructor endorsed exercises video/DVDs to create a health club exercise class in your own living room.
 - Share costs with a friend by trading exercise videos so neither of you get bored!

3. Improvise!

- If fitness bargains don't fit in your budget use ordinary household items!
 - Canned goods can serve double duty as hand weights
 - Milk or water jugs can be filled and used as a type of weight too. Wonder how much you're lifting? Fill the jug to the desired level and weigh it on your bathroom scale!
 - A sturdy step stool can become an aerobic tool that resembles a stair climber.

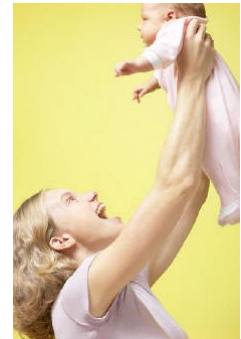


CHIROPRACTIC SAFE FOR CHILDREN, RETROSPECTIVE STUDY SHOWS

The following article appeared on our website, www.TogetherForYou.com. If you're interested in other articles on children and chiropractic, or any other health topic, go to our home page and use the article search feature!

From the July 2008 issue of the scientific periodical, the Journal of Manipulative and Physiological Therapeutics (JMPT) comes a 3-year retrospective study of pediatric case files from the Anglo-European College of Chiropractic (AECC) teaching clinic practice in Bournemouth, England. This JMPT study reviewed 781 pediatric cases of children younger than 3 years of age to see if there were any adverse side effects of chiropractic care on children.

The authors of this study also reviewed previous literature to look for reports of any adverse events related to chiropractic care for patients under the age of 18. In this review they found a total of 9 events of problems that could have been related to chiropractic care for all the years between 1969 to 2001. Using the number of children under care in that time period and the number of chiropractic visits for those children the authors estimated that the risk of an adverse effect was 1 in 250,000,000



In their more current review, the authors of the study looked at 781 cases of children younger than 3 years of age between January 2002 to December 2004 that received care at the AECC teaching clinic. Each of these cases was reviewed and information was recorded on how many chiropractic adjustments were received, the type of care rendered, the outcome of care, and whether any negative side effects were reported.

The study noted that of the 781 pediatric patients who presented for examination, 462 (59.15%) were male and 319 (40.85%) were female. Most (73.5%) patients were 12 weeks or younger of age (n=574). The most common age group was between 5 and 8 weeks of age. They also reported that most infants were brought in for care by their parents because of problems with colic or irritability that was attributed to birth trauma.

In this review 699 (89.5%) received chiropractic care, and 82 (10.5%) were referred out to seek help elsewhere. Of the 699 initial children, a follow up was made on 697. Of these children, the parents of 594 (85.22%), reported an improvement in their child's original symptoms. 103 parents (14.78%) reported that there was no change in their child's symptoms. Of the total of 697 pediatric patients whose parents reported outcomes to care, there were 7 cases in which the parents reported some form of an adverse reaction to care. This translates into approximately 1% of patients experiencing some form of a negative side effect.

The study noted that all of these negative reactions were mild and required no medical care. The study also noted that there were no serious complications resulting from chiropractic care. The researchers stated in their conclusion, "This study provides evidence that chiropractic treatment is a safe form of therapy for children younger than the age of 3 and documents that there were no serious complications resulting from chiropractic manipulation in their group of children of this age range." (1)

WALK: REDUCE ALZHEIMER'S RISK

A study published in the September 2008 issue of the Journal of the American Medical Association (JMPT) shows that "older adults who take a brisk stroll just three times a week could boost their brainpower and reduce the risk of memory-robbing illnesses such as Alzheimer's disease." In fact, in a news release regarding the study the authors stated, "Unlike medication, which was found to have no significant effect on mild cognitive impairment at 36 months, physical activity has the advantage of health benefits that are not confined to cognitive function alone, as suggested by findings on depression, quality of life, falls, cardiovascular function, and disability."(2) Find out more at <http://www.webmd.com/healthy-aging/news/20080902/walking-boosts-brainpower>

DOES BACK PAIN GO AWAY ON ITS OWN?

65 million Americans suffer from back problems every year resulting in a loss of over \$100 billion annually in medical bills, disability, and lost productivity at work. According to the American Chiropractic Association (ACA) 80% of people suffer from back pain at some point in their lives. In fact, back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections.

What Causes Back Pain?

Most cases of back pain are mechanical or non-organic, meaning that usually back pain is not caused by serious conditions such as inflammatory arthritis, infection, fracture or cancer. Your back is made up of a complicated structure of bones, joints, ligaments, muscles and tissues. You can sprain ligaments, strain muscles, rupture disks, irritate joints and inflame tissues which can all lead to back pain. More serious injury, an automobile accident or sports injury, can cause back pain but sometimes the simplest movements like picking up a paperclip from the floor or washing your hair in the shower, can have painful results. Many other things may play a part in back pain too like poor posture, arthritis, stress, obesity, poor ergonomics, repetitious movements and incorrect sleeping surfaces. Underlying medical conditions may refer pain to your back as well like kidney infections, gall stones, blood clots or bone loss.

Will back pain go away on its own?

Back injuries are a part of everyday life and the spine is quite good at dealing with these often "pulled" muscles. These very minor injuries usually heal within 1 or 2 days. Some pain, however, continues. Until recently, researchers believed that back pain will "heal" on its own without treatment. We have learned, however, that this is not true. A recent study showed that when back pain is not treated, it may go away temporarily but will most likely return. The study demonstrated that in more than 33% of the people who experience low-back pain, the pain lasts for more than 30 days. Only 9% of the people who had low-back pain for more than 30 days were pain free 5 years later! (3) Another study looked at the available research on the natural history of low-back pain. The results showed that when it is ignored, back pain does not go away on its own. (4)

How can I prevent Back Pain?

- Don't lift by bending over. Instead, bend your hips and knees and then squat to pick up the object.
- Keep your back straight and hold the object close to your body and avoid twisting when lifting.
- Push rather than pull when moving heavy objects
- Take frequent breaks and stretch if you must sit for long periods of time
- Wear flat shoes or shoes with low heels
- Exercise regularly. An inactive lifestyle contributes to lower back pain
- Eat a healthy diet and consume the recommended amount of water to keep your body properly fueled and hydrated
- Make regular visits to your chiropractor to maintain a healthy and balanced spine

What should I tell my doctor of chiropractic?

- Before any treatment session, tell your doctor of chiropractic if you experience any of the following;
 - Pain goes down your leg below your knee
 - Your leg, foot, groin, or rectal area feels numb
 - You have fever, nausea, vomiting, stomach ache, weakness, or sweating
 - You lose bowel control
 - Your pain is caused by an injury
 - Your pain is so intense you can't move around
 - Your pain doesn't seem to be getting better quickly



DON'T SIT ON THAT!

This next tidbit of advice might seem like common sense but yet we catch many of our patients, particularly our male patients, offending this seemingly simple rule.... **Do not sit on your wallet!** Sitting with a billfold in your back pocket is not much different than walking around all day with one shoe on and one shoe off. By tucking a wallet between your backside and your chair, you've created an unlevelled surface for your pelvis to sit on. If your body didn't compensate for imbalances through an unconscious mechanism involving muscles, bones and most importantly the nervous system you'd look like the Leaning Tower of Pisa on top of a chair! Fortunately your body instinctively tries to keep the head centered over the pelvis but unfortunately this sometimes requires tortuous turning and twisting of the spine to accomplish. Sitting on a pack of plastic cards, paper money and business contacts inside a leather wallet in your back pocket may be sending your lower spine off course and somewhere between your lower back and the base of your skull your spine has to take a tortuous turn of action to fix that imbalance. Although keeping a fat wallet in your back pocket is not life-threatening and won't ruin your back all in one day, it does increase your chances of creating a "bad back" or making the back that you have worse! Fortunately the remedy is so simple... follow these steps;

1. Before you sit down, reach around behind you.
2. Reach into your back pocket and pull out your wallet
3. Place the wallet in an alternative safe and secure location.
4. Sit down on the chair, sofa, car seat, etc of your choice



Follow the steps above and you will instantly have a feeling of well-being knowing that your pelvis is perched on a level surface and all the musculoskeletal structures above it are better off for your effort!

A SMALL TRUTH

Here is a small truth to make your life 100%

Using the letters of the alphabet number each one in order 1 to 26. (ie) A=1, B=2, C=3 etc.

Now note the following;

L+U+C+K = 47%	(12+21+3+11 = 47%)
L+O+V+E = 54%	(12+15+22+5 = 54%)
M+O+N+E+Y = 72%	(13+15+14+5+25 = 72%)
L+E+A+D+E+R+S+H+I+P = 89%	(12+5+1+4+5+18+19+9+16 = 89)
K+N+O+W+L+E+D+G+E = 96%	(11+14+15+23+12+5+4+7+5 = 96)
H+A+R+D+W+O+R+K = 98%	(8+1+18+4+23+15+18+11=98)
A+T+T+I+T+U+D+E = 100%	(1+20+20+9+20+21+4+5 = 100)

Change your attitude change your life!

We hope you enjoyed February's issue of Health Times!

Visit our website for another copy. Please direct your family and friends there too.

www.TogetherForYou.com

We appreciate your trust and your referrals

Healthy Wishes ~ Your Natural Health Care Team

Dr. MJ Gonstead, Dr. Melissa Stangl, Ute Boehm CMT, Pam, Karen & Kathy



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