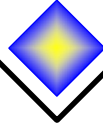


HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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Did You Know?

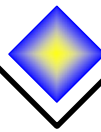
The transition from your mid-back to your low back is considered your thoracolumbar junction. This junction consists of T11, T12, L1, and L2.

Nerves from this area supply your kidneys, ureters, intestines, lymph circulation, inguinal rings, appendix, abdomen, and upper leg.

Misalignments in this area may lead to skin conditions (acne, pimples, eczema, or boils), rheumatism, gas pains, constipation, colitis, dysentery, diarrhea, and some hernias!

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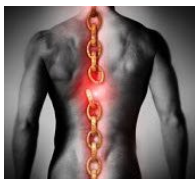


Doctor of Cause

Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (or disease): the subluxation complex. Subluxations are areas of stress inside your body that interfere with your internal communications causing body/mind disharmony. Subluxations lead to lowered resistance to disease, inefficient body function, altered chemistry, distorted posture and balance, accelerated aging and premature death. Without subluxations your natural healing wisdom, your innate intelligence or inner doctor, can function more efficiently. The initials DC stand for Doctor of Chiropractic, but to many it also stands for "Doctor of Cause."



Chiropractic Research



A 9-year-old female with diabetes mellitus, hypothyroidism and vertebral subluxations was experiencing hypoglycemic episodes and sleep disturbance. She received chiropractic care to correct her subluxations. Mother reported decreased need for insulin, decreased frequency of hypoglycemic episodes and improvement in sleeping pattern. Control of blood glucose levels was achieved and stabilization of the amount of insulin needed per day was reported. (1)

Minimize Menopause Discomfort

Hot flashes can come on like an unexpected grease fire in a fry pan leaving women red faced and doused in sweat. Besides dressing in layers, participating in regular exercise, and sleeping with the windows open in the dead of winter there may be another option to help minimize menopause discomfort. Try Soy!

Soy is very abundant in the diets of the eastern cultures. Demographic studies show that about 9% of women in Asia experience hot flashes during mid-life in contrast to the more than 75% of US women in mid-life who experience them!

Soy contains estrogen-like compounds called isoflavones. The isoflavones trick the estrogen receptors in your body into thinking they have all the estrogen they want, even though they don't, and therefore hot flashes and other menopause related discomforts may reduce!



Soy supplements are available but studies have shown that this form of soy is 50% or less effective in reducing menopause symptoms. There is also some concern about increased cancer risk. Experts generally consider whole foods containing soy or isoflavones to be healthy and safe, in moderation. Plus, studies show that soy from whole foods is more effective in reducing menopause discomforts. ****Bonus**** Soy is also thought to benefit bone density! (2,3)

Back to School: Spine Safety

While standing in the cart packed aisle of your local retail store analyzing with your child the latest styles, sizes, colors, and fabrics of backpacks take a moment to consider not only their personal sense of style but their spine! A new and disturbing trend is emerging among young children suffering from back pain.



Many factors may lead to adolescent back pain – increased participation in sports or exercise, poor posture while sitting, and long periods of inactivity – some children have back pain because they're lugging around their entire locker's worth of books, supplies, and personal items during the day. In fact, the U.S. Consumer Product Safety Commission reports that backpack-related injuries sent more than 7,000 people to the emergency room in 2001 alone!

This new back pain trend among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks which are often slung over just one shoulder. A study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for the average adult man or 29-pound burden for the average adult woman. Of those children in the study who carried heavy backpacks to school, 60% had experienced back pain as a result. (4,5)

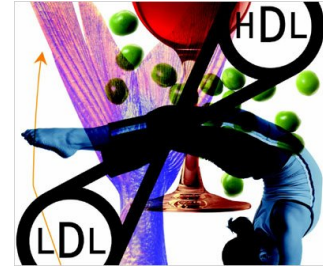
The Chiropractic Offices of Gonstead & Stangl offers the following tips to help prevent the needless pain that backpack misuse could cause the students in your household;

- Make sure your child's backpack weighs **no more than 10%** of his or her body weight.
- The backpack should never hang more than 4 inches below the waistline. A low hanging backpack causes increased weight on the shoulder and forward leaning.
- Purchasing a backpack with individualized compartments helps in positioning the contents more effectively.
- Load books and other items into the pack with the heaviest items closest to the child's back to help maintain a more proper center of gravity.
- Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry and the heavier the backpack will become.
- Choose a backpack with wide padded straps and urge your child to wear both shoulder straps when carrying a load. Lugging the pack with one strap can cause a disproportionate shift of weight to one side, leading to neck and muscle spasms as well as low back pain.
- Shoulder straps should be adjustable so that backpack can fit to your child's body. Straps that are too loose can cause the backpack to dangle, causing spinal misalignment and pain.



Cholesterol Review

Although it is by no means the only major risk factor, elevated serum (blood) cholesterol is clearly associated with a high risk of heart disease and atherosclerosis (hardening of the arteries). Most doctors suggest that total cholesterol levels should stay under 200 mg/dl. As levels fall below 200, the risk of heart disease continues to decline. (6)



When serum cholesterol levels are tested the results are subdivided into several components; LDL, HDL, and triglycerides.

LDL (L for Lousy) stands for Low Density Lipoprotein, the BAD cholesterol.

- LDL cholesterol's principle function is to deliver cholesterol from the liver to your peripheral (out lying) tissues.
- **HEALTHY blood levels of LDL = BELOW 130 mg/dl**

HDL (H for Happy) stands for High Density Lipoprotein, the GOOD cholesterol.

- HDL cholesterol's principle function is taking excess cholesterol from the cells/tissues and delivering it back to the Liver to get rid of it.
- **HEALTHY blood levels of HDL = ABOVE 40 mg/dl**

Triglycerides are basically dietary fats and are BAD in excess amounts

- The primary function of triglycerides is to be used as a source of energy
- When there is an excess amount of triglycerides the left-overs are delivered to adipose tissue (fat tissue) for storage.
- **HEALTHY blood levels of triglycerides = BELOW 150 mg/dl**

Lifestyle Changes That May Be Helpful

- Exercise (even walking) increases protective HDL cholesterol and typically lowers LDL cholesterol
- Obesity/weight gain lowers HDL and increases your risk for heart disease
- Weight loss reduces the body's ability to make cholesterol, increases HDL levels, and reduces triglycerides.
- Smoking is linked to lowered HDL cholesterol and is also known to cause heart disease. Quitting smoking reduces the risk of having a heart attack.
- If you or someone you know is concerned with or struggles with their cholesterol levels please ask Dr. MJ or Dr. Melissa about an effective dietary supplement called **CHOLESTEROL COMPLETE!**

Types of Dietary Fat

Types of fat	Main sources	Effects
Monounsaturated	Olives and olive oil, canola oil, peanut oil, cashews, almonds, peanuts, and most other nuts, peanut butter, avocados	↑ HDL ↓ LDL
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish	↑ HDL ↓ LDL
Saturated	Whole milk, butter, cheese, and ice cream; red meat; chocolate; coconuts, coconut milk, and coconut oil	↑ HDL ↑ LDL
Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep-fried chips; many fast foods; most commercial baked goods	↑ LDL ↑ triglyc may ↓ HDL

Helpful Hints

- Take your bananas apart when you get them home from the store. If you leave them connected at the stem, they ripen faster.
- Peppers with three bumps on the bottom are sweeter and better for eating. Peppers with four bumps on the bottom are firmer and better for cooking.
- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- Add garlic immediately to a recipe if you want a light taste of garlic. Add garlic to the end of a recipe if you want a stronger taste.
- Heat up left over pizza in a nonstick skillet on top of the stove, set heat to medium-low and heat till warm. This keeps the crust crispy!
- To keep squirrels away from plants sprinkle cayenne pepper. The pepper doesn't hurt the plant and squirrels won't come near it.
- If you seal an envelope and then realize you forgot to include something inside, place the envelope in the freezer for an hour or two. Viola! It unseals.
- Use hair conditioner to shave your legs. It is cheaper than shaving cream and leaves your legs nice and smooth.

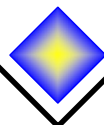


**We hope you enjoyed your Healthy Times Chiropractic Newsletter.
Do you know someone who can benefit from chiropractic care?
WE ARE HONORED BY AND APPRECIATE YOUR REFERRALS!**

Would you like extra copies of this newsletter for friends or family?
Stop by the office or visit our website at www.TogetherForYou.com

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