

Danubio Chiropractic Newsletter

Volume 2, Issue 5

August-September 2009

I can't believe that Labor Day is just around the corner. Although summer is winding down, it's also a great time to restart your fitness & healthy lifestyle routine.

Studies reported in the Journal of the American Medical Association, found that even a mild amount of activity or exercise can improve heart and lung functions. Routine activities like raking grass and leaves or climbing stairs can produce a positive cardiovascular effect. A comparison of a vigorous exercise groups and a mild-moderate "lifestyle" exercise groups showed similar and significant improvement in cholesterol levels, blood pressure, and body fat ratios - all independently linked to improved body health and wellness. In short, when it come to exercise, some is better than none.

Bodily stress, both physical and mental, can also cause vertebral subluxations that interfere with the body's ability to heal itself. Chiropractic care can help rebalance the nervous system, so your body can begin to repair the damage. Chiropractic care, combined with exercise, nutrition, and lifestyle changes are key parts of a comprehensive body health and lifestyle management program. Dr. D

Health Bytes

Increase Sleep, Lower Blood Pressure

New research indicates **adults who get inadequate amounts of sleep experience an increased incidence of high blood pressure.** In middle-aged adults, missing on average of just one hour of sleep per night over five years raises the risk of developing high blood pressure by 37 percent. This is concerning as high blood pressure significantly increases the risk for heart disease and stroke, and is the first and third leading cause of death in Americans. Other complications include heart failure, kidney disease and blindness. So if you're looking for a valid excuse to get your beauty sleep, you've now got it!

Source: Reuters. June 8, 2009.

Chiropractic Safety Check

Chiropractic is not only one of the most effective forms of care for a number of different health conditions, it's also extremely safe. Numerous studies have been conducted showing this to be true. Chiropractic's natural, non-invasive approach helps to minimize adverse effects and helps ensure a safe, successful outcome to care. **In fact, according to a recent study published in the new issue of Spine, the leading international medical journal focusing on the spine and spinal region, "There is no robust data concerning the incidence or prevalence of adverse reactions after chiropractic."** Chiropractic is and continues to be safe, natural and effective health

Source: Spine. May 15, 2009. Volume 34. Issue 11.

How to Rehab the Right Way

By Jasper Sidhu, DC

With the exception of professional athletes, few people know where to turn after suffering an injury that limits their ability to exercise, perform daily activities - or in worse-case scenarios, even move. The rehabilitation process may seem complicated, but, depending on the injury, it's actually fairly straightforward once you know the basics. Here's a little insight on how to rehab right.

A patient once told me that to really understand their pain and difficulty in getting better, all doctors should experience the same pain so they are more sensitive to what it's really like. Now that I have been undergoing rehab for several months following knee surgery late last year, I can see her point. Rehab is not simply about doing a group of exercises and getting better. It's about knowing what works, what doesn't, what you should avoid, and what you can expect with your rehab. Do you know how to rehab right? Let's review a few of the most important rehab points to remember if you're ever faced (or are currently suffering) an injury, particularly one that causes pain in the low back, the shoulder or the knee - three of the most commonly injured areas of the body.

What Is Rehab?

Without relying too much on medical terminology, rehab essentially involves any sort of exercise or exercises that will help get you back to as normal as possible following an injury. For most people, this usually consists of basic stretching and strengthening exercises. But did you know that it also involves *proprioception* (balance) training, endurance exercises, and functional training (training that improves activities of daily living that may have been compromised by your injury)? Rehab also requires a step-by-step system that builds on your successes for you to get to the next level.

Successful Rehab: Six Steps to Remember

1. Control the pain naturally. To do this, **some say use ice; some say use heat.** Just remember one thing: If you are exercising and experience pain and swelling afterward, use ice to take the swelling down. If you feel your muscles are too stiff and painful before you start exercising, use a few minutes of heat to warm up the area. Using ice or heat during rehab is a good way to control pain and discomfort.

2. Increase flexibility. Everyone is infatuated with stretching. However, in some cases, it may not be the most important part of your rehab. There are a few things to remember with stretching. Overstretching is just as bad as not stretching. Also, it's not just about stretching the areas where you're experiencing problems. It's also about stretching the tight muscles around the area, because the whole area works

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Grilled Chicken Salad with Olives and Oranges

Serves 4 Source: MayoClinic.com

Ingredients

- 1/2 cup red wine vinegar
- 4 garlic cloves, minced
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon finely chopped red onion
- 1 tablespoon finely chopped celery
- Cracked black pepper, to taste
- 4 boneless, skinless chicken breasts, each 4 oz.
- 2 garlic cloves
- 8 cups leaf lettuce, washed and dried
- 16 large ripe (black) olives
- 2 navel oranges, peeled and sliced

Directions

To make the dressing, in a small bowl combine the vinegar, garlic, olive oil, onion, celery and pepper. Stir to mix evenly. Cover and refrigerate until needed.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Rub the chicken breasts with garlic, then discard the cloves. Grill or broil the chicken until browned and just cooked through, about 5 minutes each side. Transfer the chicken to a cutting board and let rest 5 minutes before slicing into strips.

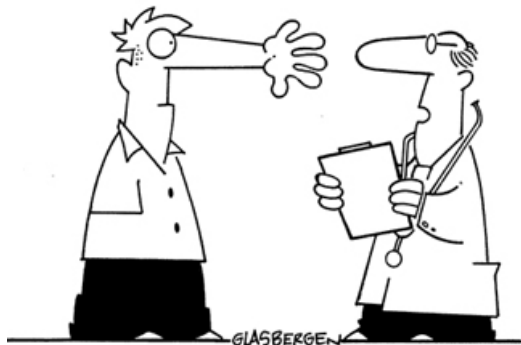
Arrange 2 cups lettuce, 4 olives and 1/4 of the sliced oranges onto 4 plates. Top with 1/4 of the chicken strips and drizzle with dressing. Serve immediately.

Nutritional Analysis (per serving)

Calories 250	Total Fat 7g	Cholesterol 65mg
Proteins 29g	Sodium 264mg	Carbohydrate 14g
Calcium 108mg	Potassium 698mg	Fiber 4g
Saturated Fat 1g	Monounsaturated Fat 4g	

Joke of the Day

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"I'll have to do some x-rays to be sure,
but I'm guessing you dislocated your shoulder."

How to Rehab the Right Way *continued*

together. If one muscle stays tight, it will just pull the other ones into getting tight again. Your doctor can help evaluate which muscles are tight and recommend appropriate stretching exercises.

3. Improve endurance. When we think of rehab, most people think of lifting more weights and getting stronger. However, in some cases, your success in rehab has more to do with doing something at *less* intensity, but improving your ability to do it over and over again. For example, building up endurance is probably one of the most important goals in the initial stages for those with back pain. Concentrate more on doing a higher repetition of exercises with frequent breaks in between, rather than trying to do one thing for a longer period of time. When we overdo it, we fatigue. When we fatigue, we start doing things the wrong way, ruining all the improvements we've made with our rehab and risking re-injury.

4. Regain balance. Regardless of whether you have ankle, knee, or low back pain, or even headaches, balance training is *very* important. You can train your body by lifting more, or by stretching until you can wrap your legs behind your head. But what happens when you get off balance and your back goes out? What happens when your knee is strong when you walk straight, but it can't handle a quick change in direction to the side? That's why balance training is just as important as any of the other rehab strategies.

5. Develop strength. This is probably the most popular goal of all rehab programs. However, make sure you build up your strength while always staying within weight ranges that do not elicit pain. The "no pain, no gain" mentality should be abandoned. Also remember to work on balance and flexibility *with* strength, not just by itself. Most strengthening exercises begin with isometric exercises - example is pushing your arm against a wall. Isometric exercises should always be performed in angles at which there is no pain. Once you can do the isometric exercises at all angles, then progress to using elastic bands, light weights, vibration platforms, and overall weight training.

6. Functional training is really practicing activities you did every day prior to the injury. For workers, this means practicing how to lift, or even how to sit properly if your job is sedentary. For athletes, this means practicing the movements of your sports. All too often, people forget everything they've learned and overdo it in trying to get back to where they used to be. It's a typical response because we can see the light at the end of the tunnel. **Be patient!** Remember, **build up endurance with proper form** first. Functional exercises are similar to balance exercises in that you need to stress your newly rehabbed body in all directions and all positions; in so doing, you'll be confident that you can go back to your normal activities of daily life and not worry about re-injuring yourself.

Keep in mind that these are just guidelines to increase your knowledge of the various elements involved in successful rehab. Which exercises will work for you depends on the precise injury and a comprehensive screening process by your doctor. Remember; always consult with your doctor whenever you suffer an injury and before beginning any rehabilitation process.

This article appeared in the July 2009 edition of To Your Health (Vol. 03, Issue 07)

Have a Safe and Enjoyable Labor Day Weekend!

Are you tired of gas prices spiraling out of control?



“Here’s a way for you and up to 2 friends and family members to actually benefit from the rising gas prices this month ...and even get a few great bonuses that are guaranteed to bring some relief”

Dear Patient and Friend:

Just for fun, I got on Google today and searched for the month of August to see what was really significant about this month. You would be *amazed* at how many “*bizarre, crazy, silly, unknown holidays and observances*” there are this month. You can pretty much have a reason to celebrate every single day in August. And why not...that’s what summer is all about...having a good time.

As for me, I’m happy enough just celebrating the fact that it’s still summer and that there is still time left this month to enjoy summer activities, enjoy time with our families at the beach and enjoy some well needed down time on those lazy Sundays.

If Rising Gas Prices Are Keeping You From Traveling In August...This Should Cheer You Up

What’s NOT so thrilling is the fact that gas prices are *continuing* to rise with no end in sight, and that means much less traveling this month for most people. And, since August is the most popular month for travel there are going to be a lot of people “grounded” this year and staying close to home.

That got the staff and me thinking about how we could make the most of August for all our patients and family and friends who won’t be traveling this August. What we came up with is a “***Beat The Heat End of Summer Package.***” I think you’re really going to get excited about it. Why? Because it benefits not only your referrals, but you also.

The special offer is good for up to two family members who you think will benefit from an *entire* first visit to our office ***absolutely FREE.*** And, we’ve reserved a “special August bonus” for you as well. I will tell you about it in a moment.

Here’s what is included in your referral’s package: Everything...including: **an in-depth consultation...A Chiropractic wellness evaluation...any necessary X-rays...A MyoVision computerized surface EMG...and a Doctor’s Recommended Plan.** Nothing at all has been left out!

Four Great Reasons To Refer Someone To Our Office This Month

1. You will *automatically* qualify for one of our best-ever referral prizes in our raffle to be held on the last day of the month.
2. September traditionally gets pretty busy around here, so August is *always* a good month to get a little extra VIP treatment for your referrals and for you as well.
3. Your referrals will receive their *entire first visit* (normally between \$175 to \$250) **totally FREE**, with no risk and no obligation after that. What other doctor do you know of who’s willing to do that for new patients?
4. Most important, you’ll be able to help the people you care about the most to experience the *life-changing* benefits of Chiropractic care...just as you have.

Here’s what I want you to do right now: Just call our office (or have your friend or family member call) at 978-536-3111 and tell Carol, Daria, or Arlene you want to reserve a spot for our special “***Beat The Heat***”

End of Summer Package". She will block off a day and time for **up to two** of your friends and/or family members.

There Is One Limitation You Need To Know About Though...

As you can see, I went a little *overboard* this month with all the bonuses and services that we are giving away. In fact, the staff told me that they think I might be *delirious* from all the heat. The truth is though, that we love referrals and we also want you to know that we appreciate your being a loyal patient, so it actually makes me happy to give away all of these August goodies. The best part is, there are absolutely no catches or obligations attached as there are with so many offers.

Having said that, I have a feeling a lot of our patients are going to want to take us up on our generous offer. So, please, don't wait too long on this one...have your referrals set up their appointments as soon as you get this letter, so neither you nor they don't miss out on this killer offer. We've reserved **only 15 packages** and I'm sure they are going to go quickly.

Sincerely,



Dr. Richard M. Danubio, D.C.

P.S. Simply cut out one certificate for each of your referrals below and have your friend or family member bring it in on his or her first visit and that first visit and entire first day "*Beat The Heat End of Summer Package*" is absolutely **FREE (normally between \$175 and \$250).**

P.P.S. Oh yeah, **this offer expires promptly on August, 31th**, so make sure your referrals make their appointments as soon as possible.

THIS MONTH'S OUTRAGOUS REFERRAL CONTEST PRIZE

If you refer a friend or family member during August, you will automatically be entered into a raffle for a \$100 gas card. For most of us, this can mean at least a month gas totally paid for. You may even be able to take that trip that you postponed because of rising gas prices. It's totally up to you. And remember, the more people you refer in, the greater the chance of winning the raffle prize. Good luck!


Here's your...
Ultimate "*Beat The Heat End of Summer Package*" Coupon

This referral card entitles you to a...
FREE:

- ✓ Consultation
- ✓ Exam
- ✓ Myovision
- Computerized EMG
- ✓ Posture evaluation
- ✓ X-rays (if needed)
- ✓ Recommended Action Plan

Call... 978-536-3111

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