



Spring is in the air

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April is Physical Wellness Month

Springtime often brings thoughts of renewal and rebirth. The sun is warmer, the air seems cleaner, the grass becomes green again, flowers bloom, birds sing, and humans begin to shed their layers of winter clothing. For some of us, this is a time of wondrous feelings of beauty and rebirth, for others this is a time of dread. Some of us do not want to dispose of our "protective layers" from winter. We have allowed ourselves to put on a little extra weight and have neglected to take care of our physical bodies.

Well, like it or not, spring



is here. We can no longer hide ourselves under multiple layers of thick clothing. It is time to consider improving our physical wellness. This can be done using many different strategies. Contrary to what the media likes to portray, physical wellness does not only include looking good, physical wellness means actively working on your physical, emotional, intellectual, and spiritual well-being.

We live in a very stressful society. This stress can have very negative consequences for our bodies. Therefore, we need to spend some time focusing on our physical wellness, and April happens to be physical wellness month.

Practicing methods to reduce the effects of stress on our bodies will greatly improve our physical wellness. Some ways to reduce the effects of stress include:

- Taking a nap

- Reading a book
- Exercise
- Tai Chi
- Getting a Massage
- Meditating
- Laughing with a friend
- Having a "pamper me" day—go get a manicure, pedicure, etc.

There are no rules when it comes to finding a way that will help you relax and reduce the effects of stress. The key is to find a method of relaxation and practice that method regularly.

Improving physical wellness is very important to our quality and quantity of life. According to the American Institute of Stress, 75-90% of all visits to primary care physicians are for stress related problems. Stress can cause problems in the body that mimic other serious conditions, or can be the precursor to those conditions. Stress causes an increase in heart rate

and blood pressure (heart attack or stroke), increase in blood sugar and fat stores (obesity and diabetes), and can shunt blood away from the digestive organs (digestive problems, irritable bowel syndrome, constipation).

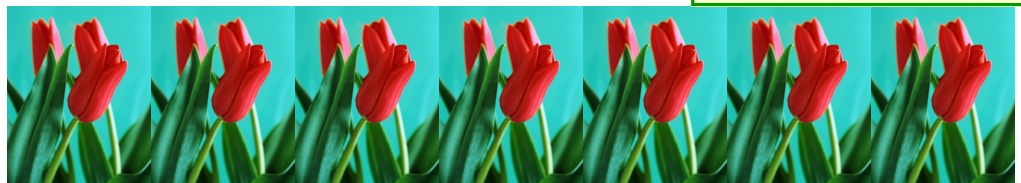
Working on reducing the effects of stress and increasing the relaxation that we experience can greatly enhance our physical wellness. Exercise, proper diet, meditation, and adequate sleep will help to improve the physical body, and when we experience less physical complaints, our emotional and spiritual well-being improves also.

This month, on **April 21 from 1:00-3:00pm**, Dr. Julie Howard and Angie Neumiller, LMT will be offering a free "seminar" on relaxation and renewal strategies. Please come out and join us for an afternoon of relaxation. Seating is limited so registration is required.

(see attached flier)

On the other side:

Diet and Health



Our Diet is Directly Related to Our Health

Last month Dr. Howard attended the Nebraska Chiropractic Physician's Association Spring Convention in Lincoln, Nebraska. This convention occurs twice per year, and this past one provided Dr. Howard with some wonderful information that she wants to pass on to you. This information was presented by Dr. David Seaman. Dr. Seaman is a chiropractor and an instructor at the Palmer College of Chiropractic Florida Campus. He has done extensive research and review of information regarding diet and how it effects our health.

Dr. Seaman illustrated the pathway in our body that elicits the sensation of pain. Within this pathway are substances that promote inflammation in the body, and these substances are directly influenced by our diet. When there is an increase of inflammation in the body, pain is a common symptom that we feel. Unsurprisingly, pain is the common symptom in fibromyalgia, osteoarthritis, headache, and disc pain. All of these symptoms and disease conditions, along with many more, can be altered and more effectively managed by altering our diet.

Dr. Seaman provided scientific evidence of this chronic inflammation that occurs in the body, and the dietary changes

that can reduce this state of inflammation.

Way back in the history of man-kind, the diet that humans ate was significantly different than our diet today. Our ancestors of 300+ years ago did not have McDonald's, Burger King, etc. to go get food from. They had to go hunt and gather their food. Therefore, man tended to eat wild game and vegetation. There was not the abundance of grains, sugars, sweets, etc. that we have today.



According to the American Heart Association, 1 in 3 Americans have some form of cardiovascular disease. This includes those individuals with high lipids, high cholesterol, etc. Additionally, 65% of our population is obese. Because our diets are full of trans fats and saturated fatty acids, we are seeing the incidence of heart disease, diabetes, and obesity rise.

The fundamentals of the hunter-gatherer diet of old helps to reduce the trans fats and increase the omega-3 fatty acids in our diet. This type of diet should include eating whole, natural, fresh foods—not the

highly processed foods that are high in sugar that we have around our houses. Also, diets rich in fruits, vegetables, and nuts while being low in grains and sugars helps to promote a healthy lifestyle. Increasing fish, fish oil, and plant sources of fat will increase the omega-3's. Avoid the trans fats completely—this means cutting out the fried foods, margarine, commercially baked goods, and most processed and pre-packaged foods. Increase the lean protein intake with skinless poultry, fish, and lean cuts of red meat. Avoid high fat dairy and fatty meats. Drink lots of water and exercise daily.

This diet can be called an "anti-inflammatory" diet as these types of food help promote the function of the anti-inflammatory substances in our bodies. Following this diet for 30 days can help determine if your pain syndrome and symptoms are in fact increased by your diet.

Additionally, there are a few nutritional supplements that can be added to your daily routine to help promote health (however, do not take these if you are on Coumadin without your MD's approval). These supplements include:

- Multivitamin
- Magnesium
- Fish Oil
- Vitamin D

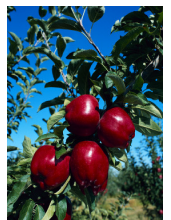
Research has shown that the North American diet is insufficient in vitamin intake and that insufficiency can be a cause of chronic disease. (Journal of the American Medical Association—2002)

Additionally, research has shown that the average American diet is low in Magnesium and Vitamin D. Magnesium deficiency can manifest in a number of symptoms including:

- Headaches
- Sudden death
- Accelerated atherosclerosis
- Cardiovascular disease
- High blood pressure
- Stroke
- Osteoporosis
- Diabetes
- Asthma
- Neurologic conditions
- Psychiatric conditions

Suggestions for magnesium supplementation include taking 400-1000 mg/day.

Vitamin D deficiency has also been researched and documented. Many of us do not get out in the sun for enough time per day for our body to produce enough Vitamin D. Even those who are out in the sun tend to use sunscreen to prevent sunburn and skin cancer, therefore they are blocking the UV rays needed by our bodies to make vitamin D.



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LifeArts

Website:

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Office Hours:

Monday:
7:30-4:00

Tuesday:
8:00-6:00

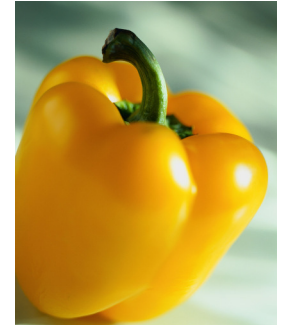
Wednesday:
9:00-3:00

Thursday:
8:00-6:00

Friday:
9:00-5:00

Closed from
11:00-12:00

Referral Incentive Program: Dr. Howard will reward you for your referrals! Send 5 new patients to begin care at LifeArts-Howard Chiropractic, and receive either a free acupuncture treatment or a gift certificate for a free massage!



Supplementing your diet with 1000-2000 IU/day of Vitamin D can help with symptoms associated with:

- Musculoskeletal pain
- Diabetes
- Osteoporosis
- Osteoarthritis
- High blood pressure
- Cardiovascular disease
- Syndrome X
- Multiple sclerosis
- Polycystic ovary syndrome
- Depression
- Epilepsy
- cancer prevention

Diets with excessive omega-6 fatty acids and deficient omega-3 fatty acids promote disorders that are often treated with aspirin-like drugs to slow the effects of the omega-6

fatty acids and help permit normal tissue function. These disorders include:

- Heart attack
- Stroke
- Arthritis
- Colitis
- Headaches
- Inflammation
- Menstrual cramps
- Cancer metastasis
- Osteoporosis

Fish are rich in omega-3 fatty acids and eating fish can help reduce the risk of heart disease. If you are unable to eat fish regularly and eat other foods that are higher in omega-6 fatty acids, supplementing your diet with fish oil tablets may be beneficial. Suggested recommendations for fish oil supplementation include 1000-2000 mg/day.

Many people have also heard about Coenzyme Q10 supplementation for antioxidation and detoxification of the body. It is true that supplementing with CoQ10 has helped treat conditions such as:

- Congestive heart failure
- Muscular dystrophy
- Chronic fatigue syndrome
- Breast cancer
- Migraine headaches
- Parkinson's disease

Suggested supplementation of CoQ10 is to take 100mg/day.

As you can see, there are numerous conditions that can be helped with proper diet and some simple nutritional supplementation. This information is not

provided so that you run out and buy these supplements, however, Dr. Howard wanted to provide some nutritional information for those of us who suffer with these chronic conditions that cause pain on a daily basis.

It is not possible to provide all of the information that was received in a 2-3 page newsletter. If you are interested in discussing this information further, feel free to contact Dr. Howard either by phone or email. Remember to eat your veggies!

