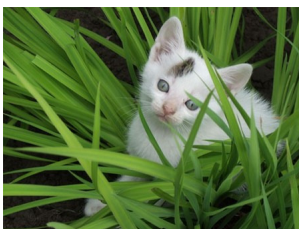




### **New Receptionist!**

I would like to take this opportunity to introduce Jenny. I *finally* hired a receptionist, and Jenny started work here at LifeArts—Howard Chiropractic on February 26th. Initially, she will be working part-time hours, and her position will grow as the clinic grows. So, depending on when you call and/or stop in, you will see a new face at LifeArts!

Jenny graduated from Plattsburgh High School in 1995. She has lived in Plattsburgh her entire life and has worked here as well at both Jack & Jill and at the courthouse.



## **Daylight Saving—March 11th “Spring Ahead”**

Studies have shown that the “spring ahead” of daylight savings can be devastating on our health. According to the National Center on Sleep Disorders Research, people find it generally easier to adjust to a longer day than a shorter day. At the start of daylight savings time in the spring, we actually have one longer “25 hour” day. Losing the hour of sleep can affect the ability to focus. Also, it is more difficult to wake up with one less hour of sleep, therefore people are often running late and rushing to work or school.

### **7 ways to spring ahead safely**

1. Change your clocks early in the day on Saturday so that you can start to adjust to the time shift mentally and physically.
2. Get plenty of rest over the weekend so that waking up “earlier” isn’t overly difficult, but do stick to your usual bedtime on Saturday night and your usual wake up time on Sunday morning.
3. Avoid napping on

Sunday and set your alarm for your usual wake-up time on Monday.

4. Keep your schedule as light as possible on Monday; try to minimize driving and any activities that require strenuous mental effort or difficult judgment calls.
5. Don’t rely on caffeine to wake you up or alcohol to put you to sleep.
6. Eat properly, stay well hydrated, and remain physically active.
7. Keep reminding yourself that you’ll adjust to the time change soon.

medical troubles such as reduced immunity and heart disease.

A sleepless night or two or a short-lived bout of insomnia is generally nothing to worry about. The bigger concern is chronic partial sleep loss — that is, failing to get enough sleep night after night. That can happen because you have a medical condition that interferes with sleep or your hectic lifestyle simply means less time for sleep. Researchers have found that after two weeks, people sleeping four to six hours a night are as cognitively impaired as those who have been awake for two or three days.

### **Importance of sleep**

The National Sleep Foundation and other health organizations point out that we don’t get as much sleep as we should — and we’re paying the price in drowsiness and fatigue that affect our physical and mental health and threaten public safety. For example, poor or inadequate sleep contributes to memory lapses, trouble learning, mood problems, and

Some people have a very rigid internal clock and have trouble adjusting to daylight savings time. If after a few days you find that you haven’t adjusted to your new sleep schedule, talk to your doctor or a sleep specialist.

(from the Harvard Medical School HEALTHbeat publication)

# Chronic Fatigue Syndrome Awareness Month

Chronic Fatigue Syndrome (CFS) is described as a profound, debilitating fatigue lasting at least six months. This results in a substantial reduction in social, occupational, personal, and educational activities. It is not improved by rest and can worsen with physical or mental activities. Some common symptoms include: poor memory and concentration, unrefreshing sleep, muscle and joint pain, headaches, tender lymph nodes, recurrent sore throat and an increase in fatigue.

At least 1 million Americans suffer from CFS. Less than 20% of people suffering from CFS have been diagnosed. CFS sufferers are functionally impaired and disabled causing a severe economic impact.

Risk factors of CFS include have been identified even though there is no definite cause of the disability.

- CFS occurs 4x more often in females than in males
- It occurs most often in people 40-59 years of age
- It occurs in all ethnic groups and races
- People from all income levels can be effected but it is more common in lower-income individuals
- It can sometimes be seen in members of the

same family, however, it is not contagious—it may have a genetic link but researchers are still unsure

The recovery rate of CFS is unknown. Some patients do recover over time and others may grow progressively worse. The CDC has reported studies that have found 40-60% of people report partial or total recovery.

Managing CFS includes helping patients develop coping strategies, symptom relief, and effective management of activity levels. There is no known cure of CFS and managing the condition can be quite frustrating.

Supportive care is key to helping these sufferers. These individuals don't "look sick" and therefore often don't have validation that they have a true illness. They often require professional counseling to help with the anxiety, anger, depression, and grief that occur with the illness. Seeking out alternative therapies can be beneficial. Some individuals find help in support groups.

Some alternative therapies to help manage CFS include nutritional changes, herbal therapy, acupuncture, chiropractic care and massage therapy.

CFS sufferers should avoid refined foods, sugar, caffeine, alcohol, saturated fats, dairy, and gluten-containing

grains. They need to eat more vegetables, legumes, whole grains, protein, and essential fatty acids. Some supplements may help reduce symptoms. These include Beta-carotene (strengthen immune function) Vitamin C (increase endurance), B-Complex vitamins (reduce effects of stress), Magnesium aspartate and L-carnitine (to support energy production).

Some herbs can be used to help with symptom management as well. Most herbal formulas are best taken as a tea or a tincture, although some capsules have been developed. The herbal therapies need to be balanced to the individuals needs and therefore should be prescribed by a naturalpath or holistic health care provider.

Acupuncture has been found to be very beneficial for similar conditions, however, no specific trials have been performed testing acupuncture's ability to treat CFS. Similar conditions that have been helped by acupuncture include: fibromyalgia, depression, headaches, and irritable bowel syndrome. Acupuncture can also boost immune function.

Chiropractic care can help boost energy and decrease pain as well. Again, no specific trials have been conducted at this time.

Massage therapy can provide relief of stress-related symptoms, improve circulation, and improve the overall sense of well-being. Therapeutic touch can be quite beneficial for those with chronic illnesses.

**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 (whichever you prefer)!

## LifeArts - Howard Chiropractic, PC

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Fax: 402-296-2197  
E-mail: lifearts@alltel.net



LifeArts

Website:  
Lifearts.8k.com

### 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 for**  
**lunch**