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Patients for Life

Chiropractic/Nutritional/Fitness/Successful Living Breakthroughs • Fast Facts • News
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CHIROPRACTIC BREAKTHROUGHS!

Lighten Up and Laugh

A patient recently reported coming off a particularly difficult week at work. "Everything hurt," he exclaimed. Not surprising since everything in our bodies is inter-related and anxiety and stress often manifest themselves physically in the form of back pain. Two days later, after the stressful events had sub-sided, he reported feeling better and that his back didn't hurt; he had more energy and felt normal again.

Sadly, as the challenges of daily living seem to mount with each passing year a few more of the strong weaken. This guy is normally rock solid, nerves of steel and not one to internalize issues, but more and more in our post-September 11th world people are feeling the pressure. Stress management can help. So can relaxation techniques and taking a vacation. And, of course, chiropractic can do much to relieve the tight muscles and joints and keep the body properly aligned. But the best medicine is still laughter.

Interestingly enough, science is beginning to explore the benefits of laughter as a way of managing the ups and downs of every day living. And that's good because research shows that emotional distress can lead to disease. Laughing reduces stress and improves the body's response to pain. Laughter just might be the health intervention medical science has been seeking all along.

Nutrition Breakthroughs!

Eating Out and Eating Right. Impossible?

Only recently has it come to light that many of the foods served in America's restaurants every day are so unhealthy. These findings and others reported by the Center for Science in the Public Interest, a Washington D.C.-based consumer group, have resulted public awareness that's never been higher.

Eating right when eating out is more important than ever because Americans are consuming more of their minimum daily requirements away from home. Think about it. Many Americans rely on restaurants more than ever to provide them with the food they don't have time to make at home. So what can people on the go do to eat right while eating out? The biggest thing: Be aware of what's *really* on the menu.

- **Watch the appetizers.** Every time I see a potato skins with bacon bits appetizer I cringe. Why? Most Americans probably would not make a platter-size portion to accompany their dinner at home, but served in a restaurant it's a green light to eat 500 more calories than most mere mortals should eat.
- **Watch the fat.** I firmly believe one of the reasons Fettuccine Alfredo tastes so good is because diners can't see it being made. At 1000+ calories and two day's worth of fat, even the most oblivious home chef could not miss the deadly combination of ingredients.
- **Avoid the mall.** There's something wrong when the mall can turn a hot pretzel into a dietary disaster, but it's true.
- **Supersize it. Not!** Fast food is not only getting faster, but it's getting fatter—literally. Portion sizes continue to soar, adding calories and fat

Fast Facts for Life!

In shopping for produce do you ever pause or puzzle over which vegetables to choose. As humans we tend to pick that with which we are most familiar. *Try this little trick: To add variety to your diet try moving right or left of the vegetables you usually pick in the store.* You might just end up trying something you like.

Successful Living Breakthroughs!

Looking good is more than just diet and exercise. It's also feeling good about how you look and that's where clothes come in. Whether you are a fashion diva or not, seek fashion advice to accentuate your good features.

Breakthroughs/Fast Facts for Life

Keeping Back Pain at Bay Surgery Isn't Always A Solution

Back pain is frustrating. Just ask someone who suffers. Invariably you will hear stories about seemingly undiagnosable aches and pains.

In our society patients are almost programmed to seek the services of a conventional medical doctor first and if that doesn't work next seek out a specialist (i.e., surgeon). There's nothing wrong with that. Conventional medical care and chiropractic are not mutually exclusive, but waiting weeks for an appointment with a specialist while in agony is not always the best approach. This is especially so when the doctor determines that surgery may not be your only option. The result: back to square one.

Most back pain can be treated better by carefully considering the range of options available through chiropractic. Case in point: A young woman in the prime of life suddenly becomes incapacitated by low-back pain. There appears to be no precipitating event, though we all know that pain is usually the manifestation of injury somewhere along the line. Her first line of defense was to head to the doctor who dispensed the standard advice, prescription and "call me if it's not better" regimen. A week later she is still crippled.

Her next thought was to call a specialist. Fortunately, a friend pushed her to go to his chiropractor's office. Three visits later she's walking upright again. The moral of the story: Perhaps chiropractic should be one of the first things patients think about rather than the last thing.

Living Well: Vitamin & Mineral Nutrition Snacking Your Way to a Healthier Life

Americans love to snack, but just take a walk down the snack foods aisle and you're sure to discover that most of what Americans want to eat for snacks aren't very nutritious. But all is not lost, with a little effort you can find snack foods packed with vitamins and minerals the body needs every day, or at least are nutritionally neutral.

- **Candy.** Try licorice, jellybeans or hard candy. You have to really chow down to equal the calorie count of most popular candy bars. An added benefit is that these low-calorie treats satisfy cravings and do it with virtually no fat.
- **Popcorn.** When you think popcorn think fiber. Yes, fiber. A half-hours worth of air-popped popcorn (equal to about five cups) packs six grams of fiber or enough to enable you to skip eating something you like a lot less—like wheat bran. Hold off on the butter or you will blow the benefits. Experiment instead with naturally low-fat seasonings from the spice aisle.
- **A better burger.** A grilled portabella mushroom (26 calories per 4.5-ounce mushroom) is a very tasty alternative and it's naturally fat-free. Just brush with a little olive oil and balsamic vinegar before grilling.
- **Cheese that won't get your goat.** One ounce of goat cheese has only 45 calories and three grams of fat, plus nutritionally it's better than traditional soft cheese spreads and it's low in fat.
- **Nuts.** I know I've written about them before but they are truly a wonder of nature—packed with vitamins and other good stuff they are a healthy alternative to chips.
- **Fruit.** Berries and yogurt can be a nice treat.

These are just a few nutritionally friendly options that you are sure to find at your local food store. Warning: They are likely to be buried between citrus-flavored chips, calorie and fat-laden dips and candy bars with enticing wrappers.

Be strong and try these the next time you have a craving.

Fascinating Facts!

Massage has never been more popular. Schools teaching this ancient art have sprung up all over the country. In fact, more than 50% of the states license it. According to the Miami School of Medicine's Touch Research Center, "...the benefits of massage include heightened alertness, relief from depression and anxiety, an increase in the number of natural 'killer cells' in the immune system, lower levels of the stress hormone cortisol, and reduced difficulty in getting to sleep."

Important News about You!

Thank You for Your Referrals

They say that every dissatisfied customer tells ten people about their dissatisfaction. However, a satisfied customer only tells a handful of people about their successful experience. In our practice, we recognize that happy, well cared for patients are vital to our success. That's why we dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office.

We may not get the chance to say thanks in person, but we take every referral as a compliment and high praise for the job we're doing. Your trust and confidence means the world to us!

Thank you to following patients for sending us a referral:

Tony Rivera
Kim Ortuno
Debbie Garcia
Bernadette and Danny Carrillo

Free Reports, Yours for the Asking!!!

Our office has published a couple of critical reports regarding accidents and injuries. These reports were brought about due to patient demand. The reports give you the in and out of Auto Accidents and Work Injuries. For a free report come by the office and ask Angelica or **call the 24 hours toll free message** below for more information.

Auto Accident?
Free Call: (888) 362-7056

Work Injury?
Free Call: (800) 959-4425

Welcome to our Practice

Patients are the lifeblood of our practice. In today's day and age where so much of health care revolves around insurance companies and HMOs, we want you to know that in our office patients come first.

We proudly welcome:

Cheri Boykin-Smith
Eugene Thomas
Kristen Rhodes
Scott Bell

Trina Garcia
Patricia Beogen
Jimmie Richardson

We are glad to be of service.

Let's Wish Happy Birthday to the Following Patients

Ray Busch *Esther Theissen*
Kris Narez *Liana Rojas*
Martha Gregory *Thomas Grennan*
Nita Nowakowski
Shakeela Nabizada
Sheila Popal *Lolita Ridgeway*
Manuel Ron *Alex Cahn*
Rogelio Lozarex *Della Ryan*
Guy Chostner *Diane Sanchez*
Kulwinder Gill *Charlie Ham*
Charlene Wykes
Mark Welch *Cathy Goode*
Tara Brown
Misty Adams
Veronica Parra
Frank Aspert
Tom Bobak
Rosalinda Gonzalez
Alan Chen
Janet Sharp
Michael Perez

Family/Personal/ Community News **PROTECT YOUR FAMILY**

*Is the AIR you BREATH
making you SICK?*
(check out the enclosed flyer)

*How much CONTAMINATION
in the WATER is okay with
YOU?*
(check out the enclosed flyer)

Health Story of the Month! **Danger if your Kids Wind Up in Intensive Care**

As many as 12% of pediatric patients in the ICU catch potentially life threatening infections during their care. Research shows that most likely its due to extensive use of invasive devices and procedures. These infections placed children at 3 times the risk of death compared to non infected children. Catheters, IVs or a ventilator were noted to increase risk.
Journal of Pediatrics, June 2002

Fitness & Successful Living Breakthroughs

Fitness for All...

Exercise...the only true magic bullet for back pain.

Have you ever noticed how some back pain sufferers seem to think that sitting still and waiting for the pain to subside is the best treatment for back pain? Fortunately as a reader of this publication you know better.

But where exactly did that course of treatment come from? My guess is that it came from the good old family doctor. But where did he get that treatment regimen? Chances are he picked it up in medical school—the same institution that only recently has come to accept alternative treatments like chiropractic as viable treatment options. Now, I am not wishing to imply that there isn't a place for traditional medicine—some types of pain are prime candidates for conventional medical doctors.

What I am wishing to imply is that for many low-back pain or muscle aches sitting still and waiting isn't the best course of treatment. Exercise is really the best treatment I know. I am not talking about running a mile or bench pressing your body weight.

Simply taking a walk or blowing off steam to relieve stress can do much to relieve pain. Coupled with a little disciplined self-reflection on what might be at the root cause of the pain and you're on the road to recovery. Chiropractors are widely recognized for using their know-ledge of exercise to encourage patients to get up and move. Perhaps you've noticed that I usually try to ask you a few questions about your lifestyle, stress level, etc. each visit. It's not just because I am nosey. It's because a holistic approach and a willingness to listen are what we bring to pain relief. So exercise!

Win Dinner for Two People!

Here's how it works. I will ask you a simple, yet intriguing, health question. You need only to call us and give us your best-shot answer. The best answer (in our opinion) will win *fabulous restaurant tickets for you and your guest... and another couple. FREE!* (I will pay you to pay attention to your health each month. What other doctor does that?) Last month's winner was **Sandy Kullar** from **Hercules, CA**. She and her friends won dinner for four because she answered the following question correctly.

Question: In a recent study, what percentage of people reported that they get no physical activity at all?

Answer: 38%.

This month's question: What delicious alternative to hamburgers has only 26 calories?

We Love Referrals!

I consider it a privilege to be trusted with the health care of my patients. In fact, there are some weeks we are so busy that we have to extend our hours or stay late just to see everyone!

Why have we grown so fast? It's because of patients like you who refer friends, family and co-workers. I don't often have the chance to say thanks for all your support and friendship, but I really do appreciate it.

I consider it a pleasure to work with my patients. That's why I am always so interested in your feedback on this newsletter and any questions you may have about your health, nutrition and chiropractic.

Please feel free to call—even if it's only to get an answer to a quick question. Remember that we are available when you need us, so call anytime! I look forward to seeing you.

A Very Special Offer for Readers of this Newsletter

Once again, my staff and I would like to do something special for our valued patients. When you call us before **July 31, 2002**, you may use this coupon for **one free Family Chiropractic Adjustment Visit worth up to \$150.00**. You have everything to gain and nothing to lose.

So, please take advantage of this special "Patient Appreciation" coupon—*today*. Also, please feel free to call my office with any questions you may have regarding anything in this newsletter.

Call us at **(800) 950-1620** and tell **Angelica** that you'd like to schedule your appointment.