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Chiropractor

Patients for Life

Chiropractic/Nutritional/Fitness/Successful Living Breakthroughs • Fast Facts • News

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CHIROPRACTIC BREAKTHROUGHS! Risk and Reward in Sports

I tell patients who complain of low-back pain that they can't live in a bubble and that they need to get up and move. That means exercising and doing whatever sport or activity rings their chimes.

This is often difficult for patients in pain to imagine. It's because we've been conditioned by traditional health care to pop a pill, sit back, rest and wait for what ails you to subside. Now, I am not suggesting that ill or injured people should go run a marathon. Rather, I am suggesting that people look at what they enjoy doing and make informed choices.

More specifically, some sports and athletic activities are clearly more high-risk than others are. But if cardiovascular is your goal there is still a great deal you can do—cycling and swimming to name a few.

Other sports clearly aren't such good choices. For back-pain sufferers these include obvious ones like gymnastics, wrestling, weight lifting and rowing. Again, with a little creativity, the solution often involves substituting a high-risk activity with a lower-risk one. Hockey, lacrosse, skiing and tennis are all relatively low-risk sports.

Of course, the intensity of play makes a difference, but for weekend athletes and modest exercisers making substitutions should pose no problem.

Nutrition Breakthroughs!

Savoring Seeds

Little things can mean a great deal. Take for example the humble seed. I am not talking about the kind you plant in the garden. Rather, I am referring to the seeds that we commonly use for seasoning. Sesame. Pumpkin. Flax. Sunflower. They're easy to take for granted.

For example, did you know that the humble **flaxseed** with a low 59 calories and 4 grams of fat per tablespoon provides life-giving benefits? These include heart-healthy alpha-linolenic acid. Without going into all the details, if you're concerned about heart disease flax may be something you would want to add to your diet. Simply grind three tablespoons in a coffee grinder and stir into cereal, yogurt or smoothies.

Pumpkinseeds—the favorite of kids of all ages at Halloween are good for more than just trick or treat. Pumpkinseeds are high in magnesium and protein. Best of all they're easy to snack on; simply toss in salads or serve as snacks.

Sesame—wonderful sesame seeds—packs a nutritional punch worth mentioning. A good source of iron, calcium, protein, phosphorus and zinc, these little nutritional wonders add zest to salad dressing and stir-fry. At 5 grams of fat per tablespoon, you've got to eat a lot to rack up the fat calories.

Question: What little wonder seed provides more than 90 percent of your daily vitamin E needs? **Sunflower seeds!** Toasted, these high fat, but nutritionally rich seeds bring much potassium and folate to the table.

The conclusion is clear: Seeds pack a powerful nutritional punch in snacks, side dishes and entrees—a punch you shouldn't live without!

Fast Facts for Life!

Salt. Americans love salt. Our pre-occupation with prepared or packaged foods often flush with salt is unhealthy. In response, the American Public Health Association has issued a new policy challenging food producers to reduce sodium content in processed foods by 50 percent over the next ten years. If successful, this could lead to a 20-percent reduction in high blood

Successful Living Breakthroughs!

Managing expectations. Do you find yourself the victim of expectations? The key is managing them. The first step is being aware of them and not holding yourself accountable to everyone else's standards. Successfully handling expectations requires a strong sense of self and

Breakthroughs/Fast Facts for Life

Keeping Back Pain at Bay

Pain and Peril in the Home Office

More Americans than ever work from home. That means more Americans than ever need a place to do the work and that place is usually their home office. But when it comes to outfitting home offices budgets are usually anything but flush and furniture and fixture choices may not be the most ergonomic.

There are things the home-office worker can and should do keep back pain at bay. Ask yourself a few questions.

1. How do I work at home? Standing? Leaning? Sitting? Kneeling? Do I need lots of room to spread out in order to do my job?
2. Am I tied to a computer or other office machine?
3. What are the seating requirements of my office? If you spend a lot of time on the computer then spending the bucks on good chairs may be well worth the investment.
4. What are the lighting requirements? Straining your eyes may cause you to lean and aggravate your back.
5. Would a footrest help relieve back strain for those hours at the desk?
6. Do I need waist- or chest-high work surfaces to do my job?
7. Does your computer screen need privacy from prying eyes or do you need for customers to be able to see what's on your screen? These are important factors that can mean the difference between a comfortable office set-up and one that simply doesn't work for your business.

Obviously, this list of questions is not all-inclusive. A good office designer experienced in specifying ergonomically friendly office environments can help, but it never hurts to be an informed consumer. So, look at your office and ask

Living Well: Vitamin & Mineral Nutrition

Magnesium, Manganese & Molybdenum

Magnesium, Manganese and Molybdenum—three words I bet you've heard bantered about but couldn't differentiate on a bet. So, consider this a short primer on the "3 M's" you surely can't live without.

Magnesium is a mineral invaluable in helping heal cardiovascular illnesses, chronic fatigue syndrome and muscle cramps. It can also help prevent kidney stones.

Manganese helps heal inflammatory diseases, osteoporosis, sprains and strains. Best found in whole-wheat flour, peas and brown rice, this mineral is a little tricky. Too much may interfere with neurotransmitter functioning in the brain. High doses of other minerals can cause manganese to be excreted or kept from being absorbed; not good at all.

Molybdenum has recently been discovered to help heal cancer of the esophagus, a recently discovered symptom of deficiency of this mineral. This mineral is now thought to have a detoxifying effect in the body as well and it may help mitigate the harmful effects of alcohol and environmental pollutants. Commonly found in lamb, grains, nuts, lentils and squash, too much molybdenum can decrease copper levels in the body—also not good.

Getting your RDAs. Getting your minimum daily requirements of important minerals like magnesium, manganese and molybdenum isn't hard because minerals work best together with vitamins. And a good quality, multi-vitamin tablet should give you all that you need of both.

Caution. Be careful taking minerals individually unless recommended by your doctor. Remember that the goal should always be to get your vitamin and mineral nutrition from the foods you need. Supplements certainly have their place but there is no substitution for healthy food choices everyday.

No miracle cures. Don't fall for advertising claims about the

Fascinating Facts!

Sleep is vitally important for adults and children. But for kids, getting just a few more hours of sleep a week may mean better test scores. A study out of the journal, *Child Development*, suggests that kids sent to bed an hour earlier than normal v. those sent to bed an hour later than their usual time "performed significantly better on tasks that required sustained attention and the ability to remember new information." The improvement was equivalent to a fourth-grader performing at the fifth-grade level. In contrast, the under-slept kids "lost ground or scored the same."

Important News about You!

Referrals Mean the World to Us!

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:

Kevin Taguchi
Christina Padilla
Jennifer Mitchell-Goldman
Dr. John Turns
Your Name Belongs Here

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:

Mousa Salem
Richard Padilla
Jessica Padilla
Jennifer Blackmore

Misty Wilson
Jacob Padilla
Amy Balogh
Suong Nguyen

We are glad to be of service.

Let's Wish Happy Birthday to the Following Patients!

Diana Campos

Chris and Joanna Potepa

Reva Rivera James Danielson

Janie Im Jacueline Kennedy

Jennifer Mitchell-Goldman

Rosani Syfu Eugene Thomas

Nousha Vijeh Scott Bell

Voltaire Ramirez

Sarah Mascardo

Ayed Ikhlal Trina Asbell

James O'harra

Jacob Miller Mary Bonham

Amy Psomas David Markula

Keith Sasada

Rajni Shah Ian Ordinario

Erlina Arevalo

Kumar Srinivasan

Brenda LaCroix Tan Chen

Jeff Hewes Aaron Baker

Alberto Campos

Sukhabir Sadhu

Evelyn Yee Malay Vermas

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 Success Story
of the Month!

**New FCG Wellness
Club Plans**

*Discounted Wellness Club rates for
Massage and Wellness Chiropractic
Visits.*

Massage Therapy

*Now Available in our San
Ramon and Fremont Offices.
See Special Coupon.*

Fitness & Successful Living Breakthroughs

Fitness for All...

Putting the Fun in Fitness

Let's face it. Most people don't look forward to exercise and that's unfortunate because there's really no choice if you are wishing to ensure your future health. The health club industry knows this and also knows that members who sign up once but don't use their membership regularly are unlikely to renew.

Since money drives just about everything in this world, the fitness industry has responded by creating whole new types or classes of exercise designed to keep exercisers coming in the door year after year.

For example, most every day of the week one health club I know is packed at the crack of dawn. You won't find these early birds in the gym portion of the health club lifting weights and the treadmills are not all that full either. In fact, the fitness floor is almost empty.

Where is everyone? These folks are participating in spinning classes, funky aerobics classes or yoga programs.

Even more ironic is that it's not just stay-at-home moms or seniors with time on their hands, it's work-a-day guys and gals of all ages that are participating. Attracted by the variety, these trendsetters or early adopters are looking for variety, spice or pizzazz to enliven their fitness routine.

So, think outside the box and look for ways near where you live to burn a few calories in non-traditional ways. There are more options today to help you get and stay fit regardless of your age or condition than you might think. I guarantee that you'll be surprised at who's on the fitness

Win Dinner for You and Your Guests on Us!

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 **Kristen Youell** from San Ramon. She and her friends won dinner for four because she answered the following question correctly.

Question: (Fill in the blanks) Free _____ are unstable byproducts of normal _____ processes that can cause bodily damage when combined with _____ and _____ toxins.

Answer: Free radicals are unstable byproducts of normal cellular processes that can cause bodily damage when combined with environmental and lifestyle toxins.

This month's question: Which of the "3 M's" help heal cardiovascular illnesses?

Referrals Mean the World to Us!

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 **May 30, 2003** 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. We're here to help.

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