

June 2008 Issue

HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

431 E. Clairemont Ave. ♦ Eau Claire, WI ♦ 54701
715-832-2223 ♦ www.TogetherForYou.com



Did JUNE-O?

The top bone (vertebrae) in your spine is called the Atlas (C1). It affects blood supply to the head, the pituitary gland, scalp, bones of the face, brain, inner and middle ear, and the sympathetic nervous system. If you have a misalignment (subluxation) at C1 you may be experiencing headaches, nervousness, insomnia, head colds, high blood pressure, amnesia, chronic tiredness, and/or dizziness

TABLE OF CONTENTS

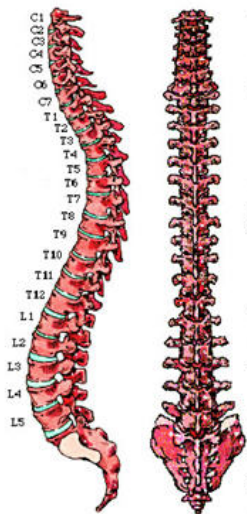
- ConGRADulations!
- Your Spinal Column
- If The Shoe Fits
- Words Of Wisdom
- Save Your Neck
- Magnesium Miracles
- Bear Biscuits
- Humor

ConGRADulations!



The Chiropractic Offices of Gonstead & Stangl along with Accent on Massage would like to offer our **congratulations to all 2008 graduates!** We wish you well and hope that the path you now embark upon leads you to the future you dream of. **A special congratulation goes out to Samantha, daughter of Dr. MJ Gonstead-Lahti and Robert Lahti, for her accomplishment of graduating as a member of the Memorial High School Class of 2008!**

Your Spinal Column



Without a healthy spine you cannot live a healthy life. Why? Because your spine does so much.

First, what is your spine (spinal column or backbone)?

It is a column (or stack) of spinal bones or vertebrae that start under your skull and end at your tail. It is made up of seven neck (cervical) vertebrae, 12 mid back (thoracic) vertebrae and 5 lower back (lumbar) vertebrae. At the bottom is your sacrum – a large triangular shaped bone made up of 5 fused bones and under that is your tailbone or coccyx, made up of 4 fused small bones.

All the bones in your body attach (directly or indirectly) to these vertebrae.

For example, your head sits on top of your spine, and your shoulders, ribs, sternum and hips connect to it. Your arms, wrists, hands and legs, ankles and feet connect to your spine through your shoulders and hips.

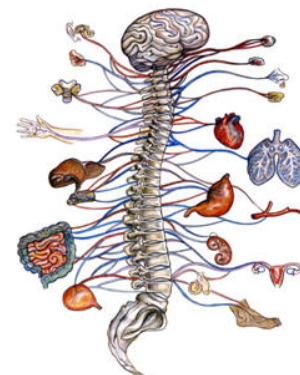
Muscles move you because they are attached to your bones. Therefore your spinal column is involved in nearly all of your movements.

But if the spine contains subluxations (tiny spinal distortions) it is unbalanced.

If your spine is unbalanced your muscles will not work smoothly, your energies will be drained and you will age faster than you should.

But subluxations can also interfere with the flow of energy and information to the nerves that connect to your internal organs. Your ability to fight infections (immune system), digest and assimilate food (digestive system), eliminate wastes (excretory system), produce hormones in the proper balance (endocrine system) – in short, your ability to live a fully healthy life can be undermined.

Chiropractors are trained to locate and correct subluxations. Do you have any in your body? Get a chiropractic check-up and find out!



If The Shoe Fits¹

Feet are to the skeletal system what a foundation is to a house. Our human foundation is important for musculoskeletal function. Unfortunately we tend to forget our feet by wearing worn out shoes or choosing fashion over function. If the foot has a structural abnormality, the body must compensate and often it can lead to the detriment of the legs, low back or other areas. Choosing the right shoe is important for everyone – especially for athletes and others who spend a lot of time on their feet. Unfortunately, there is no such thing as the best shoe. Every pair of feet is different and comfort is a personal preference. Try using the following points to help you choose properly fitting athletic shoes.

1. Fit the shoe to YOUR foot.
 - a. “Normal” feet - stability shoes with a slightly curved shape are usually recommended.
 - b. Flat feet - stay away from high cushioned or highly curved shoes. Motion-control or high-stability shoes with firm midsoles are typically best.
 - c. High-arched feet - flexible cushioned shoes are best. Avoid shoes which reduce foot mobility.
2. Match the shoe with the activity!
 - a. Running shoes are built to absorb shock as your heel hits the ground.
 - b. Tennis shoes provide a higher level of side to side stability.
 - c. Walking shoes allow the foot to roll and push off naturally during walking and have a fairly rigid arch, well-cushioned sole, and a stiff heel support.
3. Shop for shoes late in the day or after a workout, when your feet are at their largest and wear the type of socks that you typically wear during exercise.
4. Choose shoes for their fit and not by the size you’ve worn in the past! Foot sizes change with age and most people have one foot that is larger than the other. Have your feet measured while you are standing.
5. Your shoes should fit with an index finger’s width between the end of the shoe and the longest toe. The toe box should not feel tight. Your heel should fit snugly without sliding up or down as you walk/run.
6. Do not run your shoes into the ground! When they begin to show wear, especially in the cushioning layer, they also begin to lose their shock absorption capabilities. Worn shoes may cause injuries like shin splints, heel spurs, and plantar fasciitis. On average, shoes should be replaced every 300-600 miles (3-6 months) depending on individual use.



Words of wisdom

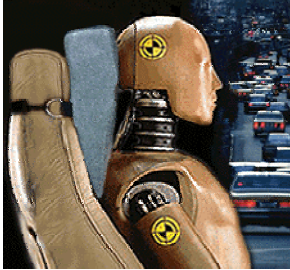


Health nuts are going to feel stupid someday, lying in hospitals dying of nothing. – Redd Foxx

Now that the draft has been abolished, mandatory vaccination remains the only time an American is asked to risk his life for his country. – Harris L. Coulter, Ph.D.

Save Your Neck!

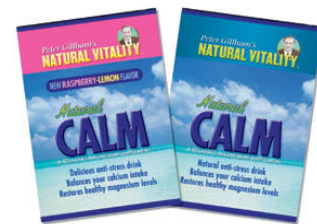
Data collected from test crashes suggests that thin-framed individuals, tall individuals, women, and those with bad necks/back are at a higher risk for severe injury during a rear-end collision. Studies performed at the Spine Research Institute of San Diego show that well aligned rear-impact collisions of 6.2 mph delta V (delta V is change in velocity) had no permanent property damage but resulted in injury symptoms in 38% of females and 19% of males. When property damage was rated minor those percentages rose to 54% and 34% respectfully.² Did you know that a few simple adjustments to your vehicle can help save your neck if you are involved in a rear-end collision? Check your vehicle and take these steps to help reduce your risk of injury.



1. Adjust head restraint height
 - a. If a headrest is too low, the head can quickly pivot over top of the headrest and cause serious injury during a collision. The top of the headrest should be at least as high as the center of your head. Putting the headrest level with the top of your head poses no risk and may prevent injury even better.³
2. Check for a forward head
 - a. Every inch the head sits forward of the head restraint magnifies the injury forces. The distance between the head and the head restraint should be no more than 2-3 inches. A recent crash test done by the Center for Research into Automotive Safety and Health showed that having the head forward by an additional 2 inches magnified the force on the head by 300%!⁴
3. Find your vehicle's head restraint rating
 - a. While adjusting the position of your head restraint can reduce your risk, a poorly designed restraint can also increase injury risk. Log on to the Insurance Institute for Highway Safety (www.iihs.org) to see how they rate your vehicle's head restraint.

Magnesium Miracles

As summer begins to grace us with its presence, we begin to explore the outdoors again. We occupy our time with yard work, repairs, outdoor interests, and increased activity. Due to the change in seasons and change in your body's requirements you might also be experiencing muscle tension, cramps, low energy, fatigue, difficulty sleeping, headaches, or irritability. All of these symptoms are indicators of low magnesium levels. Magnesium is required for hundreds of enzymatic reactions and is important for overall health and well-being. Magnesium influences many bodily processes, including digestion, energy production, muscle function, bone formation, creation of new cells and activation of B vitamins, as well as assisting in the functions of the heart, kidneys, adrenals, brain and nervous system. The fact is that lack of sufficient available magnesium in the body can interfere with any or all of these processes. Low magnesium can be caused by numerous things including inadequate dietary magnesium, emotional stress, some drugs, heavy exercise, diabetes, gastrointestinal disorders, and excessive calcium in the diet.⁵ **Ask Dr. MJ or Dr. Melissa about a magnesium supplement called *Natural Calm* and what it could do for you!**



Bear Biscuits (serves 6)

Try this recipe for a little family fun!

INGREDIENTS

- 10oz tube of refrigerated biscuits
- raisins
- maraschino cherries
- honey

DIRECTIONS

- Separate biscuits. Cut 3 biscuits into 1/8's. Leave 6 whole.
- For each bear biscuit, round 3 of the small dough pieces for the ears and nose.
- Firmly press onto one of the whole biscuits – face
- Press raisins for eyes and nose
- Add ¼ maraschino cherry to each ear.
- Bake on a cookie sheet for 8-10 minutes at 400 degrees.
- Enjoy with honey, of course!

Humor

Energizer Bunny arrested - charged with battery.

A pessimist's blood type is always b-negative.

I fired my massage therapist today. She just rubbed me the wrong way.

Corduroy pillows are making headlines.

Does the name Pavlov ring a bell?

Without geometry, life is pointless.

When you dream in color, it's a pigment of your imagination.

If electricity comes from electrons... does that mean that morality comes from morons?

We hope you enjoyed your Healthy Times Chiropractic Newsletter.

Do you know someone who can benefit from chiropractic care?

We are honored by and appreciate your referrals!

Would you like extra copies of this newsletter for friends or family?

Stop by the office or visit our website at www.TogetherForYou.com

References

1. American Chiropractic Association, www.acatoday.org/HealthyLiving
2. Spine Research Institute of San Diego, www.srisd.org
3. Spinal Injury Foundation, www.spinalinjuryfoundation.org/neck.htm
4. National Injury Diagnostics Newsletter. Issue 32, May 2008
5. Peter Gillham's Natural Vitality Bulletin No. 1, Magnesium: Miracles in Minutes



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