

Healthy Living Chiropractic Newsletter

ROEDIGER CHIROPRACTIC

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Are you searching for greater health and wholeness for yourself and your family?

Would you like to do more than treat symptoms?

Are you interested in making disease prevention and health enhancement part of your lifestyle?

Are you looking for a drug-free alternative?



Welcome to a more natural world ~ welcome to the world of chiropractic.

There is but one temple in the world, and that is the body of man. Nothing is holier than this high form. We touch heaven when we lay our hand on a human being. – Novalis (Baron Friedrich von Hardenberg)

What can chiropractic do for you?



Chiropractic care re-establishes harmony and balance between your brain, spinal cord, nerves and body structure. This improves the health of your bones, nerves, muscles, glands, brain, organs and tissues, releasing energy for healing.

Chiropractic increases resistance to disease and helps your body cleanse and detoxify.

It may make the difference between a life of suffering and illness and a life of ease and health.

Chiropractic and Spinal Research

Spinal bifida. A 31-year-old such as muscle spasms, poor swollen cervical lymph nodes, After 5 years of chiropractic than a year; bladder control frequency and severity.



female with spina bifida had multiple symptoms bladder control, recurrent bladder infection, and possible immunosuppression. care, her bladder has been infection free for more has improved and leg spasms have decreased in Menstrual cramping is reduced. (1)

Frozen shoulder. A 43-year-old the left shoulder, and pain and began 20 years ago with the headaches for the past 8-10 left hand doubled in grip strength. After one month of care she was "much better" with full range of motion of the left shoulder regained. Within 6 weeks the shoulder and arm pain had completely resolved with a 400% increase in left hand grip strength and a 100% increase in right hand grip strength. A one-year follow-up showed continued resolution. (2)

old woman suffered from neck pain radiating into muscle weakness of the left arm. The problem birth of her first child. She also suffered from years. Immediately after the first adjustment her

References

1. Thomas RJ, Wilkinson RR. Chiropractic care in adult spina bifida: a case report. *Chiropractic Technique*. 1990;2:191-193.
2. Freeley KM. Conservative chiropractic care of frozen shoulder syndrome: a case study. *Chiropr Res J*. 1992;2(2):31-37.

Are you fit?



Before you answer that question, first think a minute on what exactly fitness means. It may surprise you to learn that fitness is not about bulging muscles or the endurance to climb a mountain. Fitness is about being healthy: looking healthy, feeling good about yourself, sharing life's joys with those you love, friendship and having the energy to enjoy life. The reward will be longevity so you can keep doing the things you love. Never ignore exercise and proper eating – when was the last time you made your heart beat strongly and got out of breath?

When was the last time you felt inspired? Use your body, mind and heart to their fullest. Stretch yourself to your limits. Face fear, face flab and overcome.

Staying active, physically and mentally, keeps you young and healthy no matter what your age. It isn't easy to overcome years of inactivity and poor eating habits. But the alternative is poor health, emotional dullness, unhappiness and a shortened life span. The choice is yours – you must choose. Remember, not choosing is a choice.

Chiropractic questions and answers

Can I tell if I have a misaligned

Not always. A misaligned spine may have it for a long time before are so important. One common body structure causes you to lose sleep or you wake up tired. spinal nerve stress, it is rarely spinal checkup is always a good idea.



spine without consulting a chiropractor?

or nerve pressure is like a dental cavity – you symptoms appear. That's why periodic checkups symptom of nerve stress is fatigue. Unbalanced energy – you may feel like you don't get enough Although it may be possible to know you have possible to be sure you don't. An occasional



At what age should chiropractic begin?

Apart from pregnancy (which is an especially important time for chiropractic care for mothers-to-be) newborns may need care after a difficult or traumatic birth. There are case histories of seriously ill infants adjusted in hospitals with miraculous recoveries. When should one begin chiropractic care? Right now! Chiropractic has saved many, from infants to the elderly, from a life of drugs and surgery.

Is chiropractic care addictive?

If only it were (just a little!), there would be a lot fewer hurting & sick people around. It is possible to get used to feeling more balanced, less stressed and more energetic as a result of periodic chiropractic care. You may become more sensitive and know when you've "lost" your adjustment.

Can I go for care only once?

Of course – we'd love to see you and many miracles have been reported from a single chiropractic adjustment. Once is better than never. You can go to a dentist only once as well. But chiropractic can help in so many ways. Why not ask us about your specific needs?

Nutrition



Organic is healthier

A new study in *The Journal of Agriculture and Food Chemistry* found that organic tomatoes are twice as high in flavonoids as conventional tomatoes. Flavonoids protect against heart disease and other chronic ailments. Researchers analyzed and compared organic to conventional tomatoes over a

ten-year period. The organic tomatoes not only scored better, but their flavonoid levels actually increased over time. Prior similar studies have found organic foods to have higher levels of a variety of vitamins and minerals. Scientists attribute the higher quality of organic foods to the healthier soil on organic farms. (1) http://www.organicconsumers.org/articles/article_6181.cfm

For good nutrition do this...

Consume healthy fats from free-range or grass-fed animals (eggs, meat, milk, butter, cheese, yogurt), nuts, and olive and coconut oils. These are some of the healthiest foods you can eat. (As with all foods, look for organic or minimally processed options whenever possible.) Also, avoid processed or fast foods and canola oil, margarine, vegetable oil, soy oil, soy "milk," low fat or skim milk – these man-made substances were never meant for consumption – your body doesn't know what to do with them. They wind up clogging your arteries and putting you on the fast track to heart disease and cancer. (2)

ASK DR. ROEDIGER

IS EXERCISING GOOD FOR EVERY AGE, EVEN FOR OLD BONES?

Exercising at any age can be beneficial. Many of us know that exercise is important for our heart and lungs. It may even help us lose weight, if we walk run or jog many miles each day. Some people even think that exercising with weights, dumbbells, and resistance bands or on machines will cause us to bulk up or look like a body builder.

That is not necessarily true about weight training or resistance training. Weight and resistance exercising makes the body a more efficient and better fat burner. Think of the muscles as furnaces and fat the fuel for the furnaces. The bigger the muscles (bigger furnaces) the more fat (fuel) you will burn, even at rest!

Weight training and resistance exercising is important in increasing bone density. A decrease in bone density is more commonly known as **osteoporosis**. Training with weights and resistance is important for people over 50 years old.

Hints for weight/resistance training: Get yourself in a routine first. Start slowly, 3-5 times per week and begin with walking 20-30 minutes around the neighborhood or carefully on a treadmill at gym. Once you have a routine established try weight training. Many gyms have people to help and guide you with different machines or exercises. Have a support group; work out, walk or exercise with a partner, friend, spouse or family member.

Exercise is a process, not an event; you will not see results over night.

Dr. Roediger would like to put together a class on light weight training for the beginner if there is any interest. You do not have to be an active patient or even a patient at all. Call or stop by the office to let us know if you are interested. We will contact you with the times and days once we see how many are interested. 440-285-0756

YOGA & STRETCHES

Yoga helps with agility, stretching tight muscles, relaxation and calming a stressful body. We feel that it allows people of all ages to gain better control of their body and more in touch with their body. Yoga can help us grow old gracefully.

Dr. Roediger is interested in holding a beginning yoga class for those interested. No experience needed. Please call or stop by the office to let us know you are interested and we will contact you with dates and times. Again, you do not have to be an active patient or even a patient at all to participate.

HAPPENINGS IN THE OFFICE

NEW ADDITION God blessed Sharon and I with a baby boy on Tuesday February 12, 2008. Ty Michael, 7lb 3oz, 18" long and beautiful. Thanks to everyone for your prayers and wishes. Ty and mom are both doing well and home!

CONGRATULATIONS to Kathy F. for winning the baby pool. She guessed the date and "boy" and was the closest on time, weight and length. She wins a "special" prize from Dr. Roediger.

HAPPY BIRTHDAY to all of our patients celebrating birthdays this time of year! We wish you a year full of health and happiness!

WELCOME! to all our new patients these past few months and thank you to all those who referred in family & friends. A referral is the biggest compliment you can give.

Please welcome **Mary & Kelly** to our Chiropractic team! They are both wonderful additions to Roediger Chiropractic and they look forward to helping you achieve your health care goals.

We are now a part of two exciting new non-insurance plans – **Ameriplan (Chiropractic Plans of America) & Union Friendly**. These plans offer some wonderful discounts so if you or any of your family or friends are members of these plans please let them know that we are here to help them.

Bye. See you next month. Don't forget to stop by for a checkup and chiropractic treatment.

Want hard copies of this newsletter? Stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our mailing list.

References

1. Mitchell AE, Hong Y-J, Koh E et al. Ten-year comparison of the influence of organic and conventional crop management practices on the content of flavonoids in tomatoes *J. Agric. Food Chem.* 2007;55(15):6154-6159.
2. www.westonaprice.org