



chiropractic
W O R K S

Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”

Volume 3, Issue 2

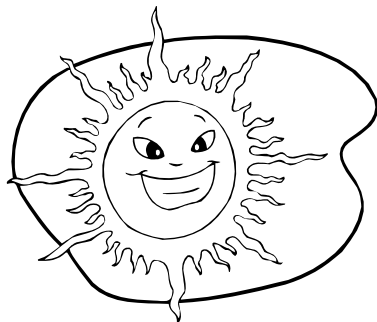
Spring 2007

Understanding Vitamin D

Vitamin D is an extremely important vitamin which many people are deficient in. We get it from two sources food and **sunlight**. It isn't present in many foods, liver, egg yolks and some fish have it, but we don't eat enough of these to get all of our requirements.

As we know the main disease associated with a Vitamin D deficiency is **rickets**, which is a softening and weakening of the bones. Prevention of this disease is where the suggested intake of Vitamin D level, 400 I.U.s, comes from. However to fully optimize your health most people need more than this. I don't recommend taking Vitamin D supplements unless you are having your levels checked regularly, as you can develop many health issues from taking too much.

That is why **regular exposure to sunlight** is so important. In the winter months, especially here in the northeast, it can be tough to get enough exposure to the sun since the sun isn't as strong due to the higher latitude. Even in the summer months we often don't get enough exposure due to the paranoia created by “experts” that claim we need to avoid the sun due to skin can-



cer risks. Even if you are out in the sun most people cover themselves in so much sunscreen and sunblock that they block the **essential rays** from the sun which produce Vitamin D. Studies have shown that those with the best levels of Vitamin D live in Hawaii or the southwest, and those with the worst levels are in Alaska and urban areas of the Northeast. Recommendations to reach at least the minimum levels of Vitamin D are **15 to 30 minutes in the sun per day with face and hands exposed in the mid latitudes for fair skinned people**. That means here in the Northeast we need **longer** exposure with more of our skin exposed.

To get proper exposure without doing damage to your skin start with shorter trips in the sun or use sun screen sparingly to prevent burning. If any redness develops cover up or put sun screen on. As your skin darkens and tans you can increase your exposure.

A decrease in bone strength is not the only health effect from a Vitamin D deficiency. Studies have shown that Vitamin D is used by every cell in your body. A decrease in Vitamin D levels has been shown to play a role in such conditions as **cancer, diabetes, heart disease, fatigue and depression**.

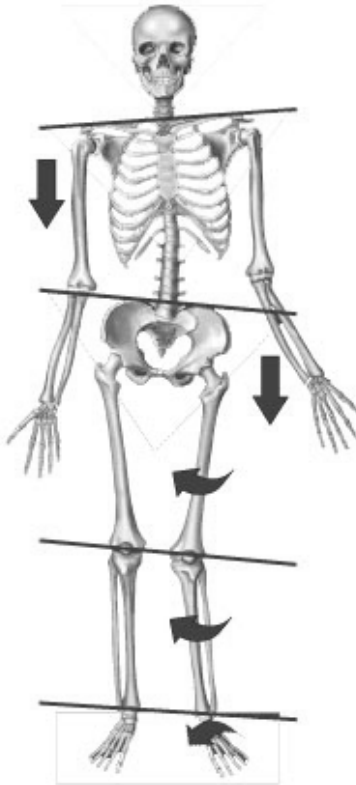
As if the beautiful scenery here in New Hampshire wasn't enough motivation now you have even more reasons to **go outside and play!**

New equipment and services in the office!

Recently Dr. Scott attended a continuing education seminar hosted by the Footlevelers company. At this event he learned the latest information for fitting patients with orthotics.

Orthotics are important for correcting the structure of your feet. If you have fallen arches or other misalignment of your feet the problems can be far reaching. As you would expect a misalignment of your feet could cause foot or ankle pain, but it can also affect knees, hips, lower back and pelvis or anywhere in your spine!

The foot is the foundation everything above is based on. If one arch is fallen that will put uneven pressure on your knees which puts unequal stresses on your hip joint and will cause your pelvis to be uneven. Your pelvis is the foundation for your spine so an unlevelled pelvis will cause your spine to be misaligned.



These issues must be addressed when we are trying to correct the structure of your spine. No amount of adjusting or exercise is going to provide more than temporary pain relief if the underlying issues are not corrected.

The new equipment we use in the office replaces the foam casting kits commonly used. We can now take a digital scan of your feet which shows if the areas of pressure are balanced on your feet. If misalignments of your feet are detected the scan can be sent electronically to the Footlevelers company where they reconstruct the scan in 3D to make your custom orthotics.

The company offers orthotics in many different styles to match activity levels, type of shoes worn, and other special needs.

They even have sandals! So often patients complain that they can't wear their orthotics in summer now they can!

Research Confirms Increase in Club Head Speed When Golfers Wear Orthotics

In a landmark study at Northwestern University of Health Sciences researchers found custom-made, flexible orthotics created by Foot Levelers, Inc. were proven to increase club head speed (which equates to increased ball flight distance) and reduce the influence of fatigue in experienced golfers.

This unique study demonstrated that the improved structural pedal balance created by Foot Levelers' orthotics increased the club head speed by 3-5 mph (9-15 yards of increased distance). It had been previously demonstrated that balance and proprioceptive balance (eyes closed, two

feet and one-footed) improved with the use of Foot Levelers' orthotics.

Other researchers speculated that a stable base of support will help generate more acceleration in the downswing, thus increasing club head speed and greater ball flight. However, they also noted that most players have poor balance and consequently less consistency in contacting the ball. The golfers above were all tested using a Bel-Tronic Swing Mate which offered several options, such as club head speed, average speed for up to ten swings, and extrapolated distance.

For the full article see Dr. Scott

Can chocolate be good for you?

Epicatechin, a compound found in unrefined cocoa, could have health benefits that rival penicillin and anesthesia in terms of importance to public health.

Norman Hollenberg, professor of medicine at Harvard Medical School, has spent years studying the effects of routine cocoa drinking on the Kuna people of Panama. The Kuna, who drink up to 40 cups of cocoa a week, have a less than 10 percent risk of stroke, heart failure, cancer and diabetes.

Hollenberg and other nutrition experts believe that epicatechin is so important that it could even warrant a rethinking of how vitamins are defined.

Epicatechin is removed from commercial cocoas because it tends to have a bitter taste. It is also found in teas, wine, chocolate and some fruits and vegetables.

That said, consuming any run-of-the-mill chocolate won't do. Scientists agree patients derive the most benefits from minimally-processed dark chocolate and only in moderation

Tips for getting a good nights sleep

- Listen to white noise or relaxation CDs.
- Avoid before bed snacks particularly grains and sugars.
- Drink Chamomile tea before bed.
- Sleep in complete darkness or as close as possible.
- Avoid TV right before bed. Avoid watching TV in the bedroom, keep the bed for sleeping.
- Keep the temperature in the bedroom no higher than 70 degrees F.
- Wear socks to bed to keep you warm
- Read something spiritual, religious or anything you'd find relaxing.
- Eat a high protein snack several hours before bed. This can provide the L-tryptophan needed to produce melatonin and serotonin.
- Also eat a small piece of fruit. This can help the tryptophan cross the blood brain barrier.
- Avoid caffeine.
- Avoid alcohol.
- Take a hot bath or shower before bed.
- Remove the clock from view.

Check our website for the full list:
www.ChiropracticWorksNH.com

Healthy recipe: Overnight oatmeal

This recipe utilizes steel cut oats. You can find them at most grocery stores possibly in the refrigerated section. These are much less processed than rolled or instant oats.

Try substituting the dried fruit with whatever is your favorite. This recipe lends itself well to variations.

Make extra on the weekend and refrigerate the leftovers in an airtight container. It microwaves well all week.

- 1 cup steel cut oats
- 1 cup dried cranberries
- 1 cup dried figs
- 4 cups water
- 1/2 cup half and half

In a crock pot slow cooker combine all ingredients, set to low, and cook covered for 8 to 9 hours.

Stir and remove to serving bowls. This method works best if started before you go to bed. This way your oatmeal will be finished by morning