



chiropractic
WORKS

Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"

28 Lowell Rd • Hudson • NH • 603-595-2205

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Have we got a speaker for you!

Book:

Dr. Scott Szela

As A Speaker For Your Organization

Topics Include:

- **What is Chiropractic?**
- **Chiropractic & Kids**
- **Good Posture**
- **Ergonomics**
- **Nutritional Concepts:**
 - > **Vitamins: How do they work, which ones and how much?**
 - > **Fad Diets: The Facts**

Presentations can be customized for your audience and time available.

Contact our office to schedule!

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IT'S SUMMER TIME! GO OUTSIDE AND PLAY!

Backpacker Magazine and the Outdoor Foundation recently published an article ranking the top 25 cities to raise an outdoor kid. Two of the top 25 cities were in New Hampshire! Lebanon, NH was ranked 10th and Manchester, NH came in at 14th place. The towns were ranked by evaluating the local amenities, overall livability, and proximity to outdoor activities.

Now you may be asking, what does this have to do with my spine and Chiropractic? I mention this article because it highlights some of the reasons we are so lucky to live where we do. Nature's playground is right outside our door. Getting out and enjoying it will make our bodies healthier and hiking is one the healthiest activities we can do for our spines.

Our spines are surrounded and controlled by two types of muscles. The first are called prime movers, these would be the muscles which allow us to twist, bend forward and backward, or to the side. The other type of muscles are stabilizing and control the fine movements of our spine. These are the muscles that are trained when we go out hiking on an uneven surface as opposed to just walking on pavement.

Another benefit to getting outside and playing is getting dirty! Studies have shown that people who

get their hands dirty in the soil are healthier. So gardening and allowing our kids to play outside will actually improve the immune system. Exposure to the bacteria and microorganisms in the soil enhance the immune system by training it to work properly. Your immune system works the same as any other system in your body. It needs to "learn" how to work and the more exposure it gets the more efficient it can perform.

Need some incentive to turn off the TV and get the kids outside to play? Many studies have been done showing the benefits of limiting TV exposure in children. Children who watch more TV tend to be more obese due to inactivity and constant exposure to commercials promoting poor food choices. Increased TV viewing also increases risk of attention problems and reduces sleep quality.

From 1981 to the late 1990's children's free play time has decreased by 25% seemingly driven by the amount of time spent in structured activities, such as watching TV, using the computer or playing video games. Free play time is essential for the proper development of a child's brain and body.

Physical activity has been shown to translate to increased attention and brain function in learning environments. So more play time translates to them being better able to sit and



learn when it is time.

Free play outdoors provides the most likely environment where a child has to make more choices for themselves, stimulating their brains to problem solve. It also teaches them proper social interaction. The children playing make the decisions on what to play, who will do what and when a particular game begins and ends.

Any physical activity also has the added benefit of improving mood and decreasing stress. While we may not think of the average healthy child's life as stressful to them it can be. By being allowed to play and exercise freely, they will naturally, and unknowingly, be relieving stress. These healthy stress relieving patterns will then hopefully be carried on to adulthood.

Finally outdoor play gets us out in the sun for our Vitamin D we all need!

So get adjusted, make sure your spine is functioning properly and is structurally aligned, then get outside and PLAY!

THE FARMERS MARKETS ARE OPEN. EAT LOCAL!

The Top Ten Reasons to Eat Local Food:

1. Locally grown food tastes better. Food grown in your own community is usually picked within the past day or two. It's crisp, sweet, and loaded with flavor. Produce flown or trucked in is much older. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles.
2. Local produce is better for you. Fresh produce loses nutrients quickly. Locally grown food, purchased soon after harvest, retains its nutrients.
3. Local food preserves genetic diversity. In the modern industrial agricultural system, varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment. Only a handful of varieties of fruits and vegetables meet those rigorous demands, so there is little genetic diversity in the plants grown. Local farms, in contrast, grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colors, and the best flavors.
4. Local food is GMO-free the drops have not been Genetically modified. Although biotechnology companies have been trying to commercialize genetically modified fruits and vegetables, they are currently licensing them only to large factory-style farms. Local farmers don't have access to genetically modified seed, and most of them wouldn't use it even if they could.
5. Local food supports local farm families. With fewer than 1 million Americans now listing farming as their primary occupation, farmers are a vanishing breed. Local farmers who sell direct to consumers cut out the middle man and get full retail price for their crops.
6. Local food builds a stronger community. When you buy direct from the farmer, you are re-establishing a time-honored connection between the eater and the grower.
7. Local food preserves open space. As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. The rural landscape will survive only as long as farms are financially viable.
8. Local food helps to keep your taxes in check. Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes.
9. Local food supports a clean environment and benefits wildlife. A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops to prevent erosion and replace nutrients used by their crops. Cover crops also capture carbon emissions and help combat global warming.
10. Local food is about the future. By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, so that future generations will have access to nourishing, flavorful, and abundant food.

From: GreenRightNow.com October 14, 2008

Where do you find locally grown food? Below is a list of some of the local farms and farmers markets to find healthier options than the grocery store.

Local Farms:

- **Wilsons Farm** Rt. 3A, Litchfield 882-5551
- **Lull Farm** Rt. 130, Hollis 465-7079
- **McQuesten Farm** Rt. 3A Litchfield 424-9268
- **Durocher Farm** 448 Rt. 3A Litchfield 429-0999
- **Mack's Apples** 230 Mammoth Rd. Londonderry 434-7619
- **Sunnycrest Farm** 59 High Range Rd. Londonderry 432-9652
- **Elwood Orchards** 54 Elwood Rd. Londonderry 434-6017
- **Apple Acres** 52 Searles Rd. Windham 893-8596
- **Brookdale Fruit Farm** 38 Broad St. Hollis 465-2240



Farmers Markets:

- **Farmers' Market Association of Nashua:** 48 West Hollis St., St. Louis de Gonzague Church. July-Oct., 2- 6pm, Tues. Fruit, vegetables, bread, syrup, soap. Rain or shine, 878-3437, nashuafr@netway.com.
- **Main Street Bridge Farmers' Market:** 53-75 Main St., Nashua. May-Oct., 10am-3pm, Sun. Fresh seasonal fruits, vegetables, goat milk soap, candles, apple and fruit wines, breads. Rain or shine, 883-5700, sueb@greatamericandowntown.org, www.downtownnashua.org.
- **Downtown Nashua School Street Farmers' Market:** School Street parking lot. June 5-Oct. 30, 2-6pm, Fri. Vegetables, fruits, meat, eggs, wine, beer, maple syrup, sweaters. Weekly events and entertainment. Rain or shine, 883-5700, sueb@greatamericandowntown.org, www.downtownnashua.org.
- **Pelham Farmers' Market:** St. Patrick Parish, 12 Main St. June 1-Aug. 31, 4-7pm, Mon. Local farm fresh fruits and vegetables, maple sugar products, eggs, baked goods and handmade crafts will be available. Entertainment and fun activities for the kids will vary weekly. A sample of offerings are face painting, balloon shapes and animals, magic tricks, juggling and live music. Rain or shine, 635-3525, 978-500-0023, pelhamfarmersmarket@yahoo.com.
- **Downtown Manchester Farmers' Market:** Pine St. & Concord St. intersection. June-Oct., 3-6:30pm, Thurs.; month of October close at 6pm. Vegetables, herbs, flowers, melons, apples, wine, soaps, bread, cookies, baked goods, prepared foods, strawberries, certified organic products, maple syrup. Rain or shine, 679-8101, day of market telephone 205-1684, charliereid@ttlc.net.

*For the full list of NH farms: www.nhoutdoors.com/farms
For the full list of Farmers Markets: www.nhfma.org*

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BOTTLED WATER VS. TAP WATER



There is no question that we need to be drinking more water. Water aids in all of the processes of our bodies. Our spinal discs are 90 percent water. Along with a **properly functioning** and **structurally aligned spine** remaining properly hydrated will keep those discs as healthy as they can be. Now that summer is finally here and we should be more active outside our requirements for water go up. So we agree there is no doubt water is the best choice of what we should be drinking, but where should that water come from?

Out of convenience and believing it to be healthy more and more people are reaching for bottled water. As mentioned water is the preferred beverage to be drinking but are you really better with bottled over what comes out of your own tap?

If you have public water your water is rigorously tested and those test results are available to the public. Bottled water is not required to publish where their water comes from, what is in it or how it is treated. Many of the largest producers of bottled water just bottle public water sources from larger cities.

The water in the bottle is not the only problem, what about the bottle itself? Making the plastic bottles uses 47 million gallons of oil and releases numerous toxic elements into our environment. Even more oil and resources are used to transport the bottled water. Then what happens to the bottles when we are done. It is estimated that 80% of these bottles are not recycled. In 2006 **36 billion water** bottles

were thrown into landfills. Many bottles did not even make it into landfills. There is a plastic "island" in one of the most remote oceans in the world. In the middle of the pacific ocean between California and Hawaii there is a mass of discarded plastic **the size of Texas!**

So what can you do? For your health you should be drinking more water but not bottled! The water that comes out of our tap is just as good and in most cases **better**. Some municipalities water can have a chlorine taste from the disinfection process. To remove the chlorine taste and any other heavy metals left over from transport in your pipes filter the tap water through a carbon filter either in a pitcher or in a line put on your house. Then transport your water with you in a non-reactive metal or BPA free plastic bottle. On average your filtered water will cost **pennies per gallon** compared to dollars per gallon for someone else to bottle their tap water for you.

Here at Chiropractic Works we are practicing what we preach. In the office you have most likely noticed Dr. Scott with his reusable Sigg bottle, full of filtered tap water from his home, always by his side. Now we are getting rid of our bottled water in the office and converting to a bottle less filtered system from **Pure Waters of New England**. For more information on their system visit www.purewatersne.com and stop in for a drink with your adjustment!



CHICKEN STIR FRY WITH FRESH VEGETABLES

Ingredients

- 2 Tablespoons Cornstarch
- 1 3/4 cups Organic Chicken broth
- 1 Tablespoons low sodium soy sauce
- 1 lb. skinless, boneless chicken breast cut into strips
- 5 Cups cut-up vegetables*
- 1/4 teaspoon fresh ground ginger
- 1/4 teaspoon crushed fresh garlic
- 4 cups hot cooked wild long grain rice

* Here is where all those fresh farm stand vegetables come in. Add in whatever are your favorites, I recommend starting with sugar snap peas, broccoli florets, sliced mushrooms, green onion, carrots, and red or green peppers.

Also experiment with different seasoning options. Use a variety of fresh herbs to make this dish your own!

Directions

1. Mix cornstarch, broth and soy.
2. Spray nonstick skillet with vegetable cooking spray and heat 1 minute. Add chicken and stir fry until browned. Remove chicken.
3. Add vegetables, ginger and garlic. Stir fry until tender crisp.
4. Stir cornstarch mixture and add. Cook and stir until mixture boils and thickens. Return chicken to skillet and heat through. Serve over rice.

