

## Chiropractic Care at the Winter Olympic Games

The American Chiropractic Association (ACA) sponsored speed skater Derek Parra, a double medalist who broke the world record and won a gold medal in the men's 1500-meter event in the 2002 Olympic Games. He stunned the crowd with a record time of 1:43.95—more than a second lower than the pre-Olympic record of 1:45.20 formerly held by South Korea's Lee Kyu-hyuk. Parra has said he helps keep his body at its peak performance by receiving regular chiropractic care. "I've always been a proponent of chiropractic care," Parra said. "I've used a lot of other treatments for injuries and pain, but the problem doesn't get fixed until I go to a doctor of chiropractic." Parra, along with the other world-class athletes representing the United States in Salt Lake City, had access to regular chiropractic care for the duration of the Games. ACA member Dr. Robin Hunter was selected as one of the 2002 U.S. Olympics medical staff.



## Tips for Golfers

This is the time of year that I am itching to return to some outdoor activities. One of the most common activities that will be revisited soon is golf. With the decrease in activity levels during the winter months, the weekend warriors among us are more susceptible to injuries if we fail to properly prepare for the increase in physical activity. As an avid golfer, I am well aware of the urge to dust off the clubs and run to the first tee. In an attempt to optimize performance as well as our enjoyment of the game, I have listed some suggestions that may help to avoid injuries:



- Make sure your clubs fit you
- Stretch before you play
- Visit the range prior to teeing off
- Avoid metal spikes
- Drink plenty of water during the round
- Attempt to shorten your back swing
- Stretch after the round

Following these tips will improve our games as well as our comfort levels on the course. If you have any questions or need more detailed instruction please contact me to set up an appointment. See you on the links, Dr. Gustafson.

## Thank You

Thank you for all of your referrals this past month! Remember, for every referral you send our way, we will give you a certificate for a free 30-minute massage with either Chip or Lisa.

## Enjoy a Brainteaser?

Welcome to the newest section of our newsletter—trivia. From now on, each issue will have a health-related trivia question and everyone who responds back to us with the correct answer will be included in a drawing to receive a free 30-minute massage by either Chip or Lisa. This issue's question is:



**How many freely moveable vertebrae are there in the normal adult spine?**

## Newsletters

Do you receive other newsletters? Would they be interested in health-related articles? If so, give me the contact information of the person in charge of organizing it and I will take it from there. I am currently in 8 other newsletters but am always looking for more.

## Children's Corner

**The Hyperactive Child:** Much controversy surrounds using medications to control hyperactive children. Drugs designed to control these children can be dangerous and unpredictable and may not get to the cause of the child's problem.



Chiropractors have long maintained that neurology plays a strong part in hyperactive children. The chiropractic approach is removal of interference from the nervous system to allow proper function. This interference comes from factors such as diet (especially too much sugar) and subluxations. Chiropractors work to remove subluxations, thereby eliminating interference to the nervous system and allowing the hyperactive child to neurologically function normally. This chiropractic approach, along with attention to diet, offers many families an alternative to potent and dangerous drugs for their hyperactive child.

## **\$50.00 off Your First Chiropractic Exam**

Give this coupon to a friend or use it yourself to get \$50.00 off your first chiropractic exam at Integrated Chiropractic Center. [Note that this coupon is for services in office and has no cash value. Not valid for personal injury or workman's compensation.]

## An Apple a Day: David Olt

I am often asked, "What kind of vitamins should I take?" I have struggled with an answer to that question for years. I always thought it made sense to take supplements but questioned the "cookie cutter" approach. I now feel I finally have an answer that makes sense. I was recently introduced to a company called Ideal Health. They not only offer high-quality vitamins but actually take a scientific approach to supplementation. You'll answer a few health-related questions and send a sample to their lab where it is analyzed for various metabolic markers. They then send you a report along with a first month's supply of vitamins that is customized to your specific needs. I have been taking them for about a month and can definitely feel a difference. For instance, I have yet to catch the flu bug that has been going around, I have more energy, and I seem to be metabolizing my food better.



If you are looking for an easy, scientific approach to supplements, I suggest you call Crystal Russell or Tom Scarborough with Ideal Health at 770.521.2348.

## On a Personal Note

### David Olt

Where did February go? I know it is a short month but this seems a little ridiculous. I did get a chance to get away for a long weekend with my parents in Sarasota, FL, though. I had high hopes of playing golf, lying on the beach, and swimming with the manatees—but unfortunately it rained 3 of the 4 days I was there. Finally on Sunday I got to spend some time on the beach. I also got to see a couple of manatees at a local aquarium, but it just isn't the same as being in the water with them.



I hope everyone is surviving the winter months this year. If you are feeling run down or like a cold is coming on, be sure to make an appointment to get adjusted. Chiropractic is known to give the immune system a boost and may just keep you from getting sick.

## Noel Gustafson

New research from the University of California's Center for Complementary and Alternative Medicine in Irvine, CA, concludes that merely anticipating a funny event improved people's mood. Previous work from these researchers found that laughter increases the body's ability to fight off infection by increasing levels of key immune system components and also by decreasing levels of stress hormones associated with poor immune function. Dr. Lee Berk, lead researcher at the school said, "A study performed on 10 men demonstrated that watching a funny video can stimulate the body's ability to manage stress and fight disease." Apparently television might actually be good for us—if it's funny.



## Chip Jones

I have been practicing massage for almost two years now and I could not be more thrilled to be joining the staff here at Integrated Chiropractic. My philosophy for massage is simple. I wish to bring stress relief, relaxation, and a pain-free life to all clients I have the privilege to work with. My technique includes a personalized blend of Swedish massage, shiatsu trigger-point therapy, and deep tissue therapy. I am looking forward to getting to know all our clients. If you have any questions or wish to make an appointment, contact us at the office anytime.

## Anthony Nearhood

While unsure of what the mood would be like after the tragedy of September 11, my wife and I spent Valentines' weekend in New York City and found that it's still *The City that Never Sleeps!*



Central Park was filled with tourists and residents soaking in an Indian summer day. Times Square and Rockefeller Center were as hectic and full of excitement as we had hoped and anticipated. City streets were filled with banners for local firefighters and police officers even hanging from light poles—reminding us all of the devastation and loss on September 11.

Staying with my sister-in-law gave us an appreciation of Atlanta's reasonable cost of living. Her apartment is a mere 800 square feet and the cost is more than double my mortgage payment in East Cobb. One of the highlights of our trip was visiting with my longtime friend from chiropractic school, Dr. Brian Mehl and his growing practice in New Jersey.

New York City will always be one of our favorite cities to visit and we will always remember and honor those people who lost their lives on that tragic day.

## Lisa Hendrick

Hello once again, friends! Spring is just around the corner and it is the perfect time to start fresh and get out more. Moving your body around increases your blood flow and can actually give you more energy. The body needs oxygen and can only receive it through air and water. Additionally, every part of your body receives oxygen and water through the blood, providing for better neurological and muscular function. Other things that get blood flowing better are deep breathing, drinking more water, and regular massage therapy and chiropractic care.



Starting fresh this spring can begin today! Call to make an appointment to have your spine checked and your muscles and your mind relaxed and refreshed.