

Tune In to Posture

Your body is a massive communication system, and your nervous system hard-wires it all together. Good posture is key to forming a smooth, uninterrupted flow of information rather than broken, inefficient paths.

Your posture affects everything from breathing to hormone production. There is even a theory that poor posture creates disease states in organs because they are out of their proper position in space as they relate to the body. Recent discoveries have also shown that nerve endings are directly connected to the immune system.

Just as when you listen to your FM radio, signals that pass from systems in your body to your brain and back again are frequently modulated (FM). Radio waves, for example, travel in a straight line and when they are forced to deviate from their intended path, the listener receives a signal that is interrupted or has interference. When your car enters a tunnel, your radio reception fades.

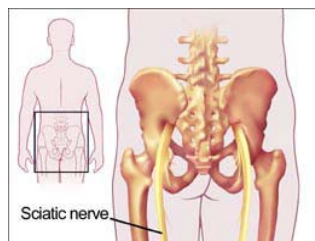


Analogously, your body works perfectly only when your nervous energy flows properly both in length and direction. If your posture is misaligned, the energy is diverted and your brain does not get the exact, correct information it needs to make the critical decisions it makes every second of every day.

So get with the flow and tune in to your posture.

Sciatica

The sciatic nerves are the largest nerves in the body, almost as big around as a finger. They start in the lower spine, pass behind the hip joint and go all the way down the leg to the foot. Pain from this nerve is called *sciatica* and may be felt from the hip all the way down to the big toe. (Image Source: WebMd.com)



There are several things that cause sciatica, including pinching between vertebrae, narrowing of passageways due to arthritis or swelling of a sprained ligament, a disk problem, and other less common causes. Sometimes sciatica can come on suddenly when a movement that is normally harmless, such as bending over to pick up a pencil, brings on sudden violent pain.

Sciatica is different from general back pain in several ways. Usually, sciatica affects only one side and the pain often radiates down the buttock and into the leg. It can range from tingling, burning, or a feeling of “pins-and-needles” to excruciating, shooting pain that makes standing up nearly impossible. Coughing, sneezing and sitting can make the pain worse.

Depending on the severity of the case, there are several things you can do to remedy the situation. Mild cases can be helped by applying cold packs and using over-the-counter anti-inflammatory drugs like aspirin or ibuprofen. If you don’t see improvement in two days, you should see a healthcare professional. Of course, I recommend a chiropractor; however physical therapy and acupuncture have also been known to work. Only as a last resort should you undergo surgery.

Some tips on avoiding sciatica are:

1. Lift with your back straight, bringing yourself up with your hips and legs and holding the object close to your chest.
2. Strengthen back and abdominal muscles that support your spine with swimming or walking.
3. Use good posture to relieve pressure on your back.
4. Avoid sitting for long periods of time.

Thank You

Thank you for all of your recent referrals:

Ana Garcia	Le & Lenox Wilson
Ann Praven	Tammy Gingrich
Carrie Johnson	Tangela Gibson

In case you’ve forgotten, we give a free 30-minute massage with each referral.

\$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. For an appointment call 404.231.8770.

[Note that this coupon is for services in office and has no cash value. Not valid for personal injury or workman’s compensation.]

Brainteasers

This issue's trivia question is ...

What is the 2nd largest health-care system in America?



As a reminder, each issue now has 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.

Popeye's Comeback

Remember the cartoon sailor with bulging muscles, famous for powering up on spinach? It's how generations of moms got their kids to eat the green stuff. Don't be surprised if you see spinach back on dinner tables. Scientists from the Department of Energy's Oak Ridge National Laboratory and the University of Southern California have found a chemical in spinach that can restore vision to some legally blind people by replacing a nonfunctioning light receptor in their eyes. Surprised? I'm not. Anything that tastes like spinach has to be good for you!

Creating a Healthy Work Environment

What is ergonomics? Ergonomics is the study of how people fit in their work environment. Ergonomic improvements don't have to involve expensive office changes. Simple tools combined with appropriate advice is often all that is needed. A foot stool, for example, can reduce stress from common activities. Correct trunk posture (maintaining the lumbar lordosis or "neutral spine") can improve head/neck alignment and result in less fatigue when sitting at a desk for prolonged periods of time.

What types of disorders are associated with office tasks? Millions of Americans are suffering from neck and back pain for which they can't find a specific cause. Most of these cases are due to "repetitive strain" from occupational overuse syndromes. The human body was not meant to stay in one, constrained position for prolonged periods of time. It requires regular motion and activity to maintain normal circulation and keep muscles relaxed. The result of prolonged static postural strain is fatigue in the muscles and eventually joint, nerve, or disc injury. The pain may start suddenly or gradually, but the problem was inevitably brewing for months, years or even decades. Common disorders include:

- Neck/shoulder tension
- Headache
- Tendonitis of the wrist and forearm
- Carpal tunnel syndrome
- Pain in the lower back, mid-back, or between shoulder blades
- Sciatica

What can I do? It is essential to break the cycle of repetitive strain, muscle fatigue, and pain. To do this, recharge your muscles and take strain off your joints and discs every 20 minutes—even if it's just for 10-30 seconds!

Below are some useful checklists for adjusting your work station to ease strain:

Chair

- Is your seat height adjustable?
- Are your feet firmly on the floor?
- Are hips at same level as your knees?
- Is there a good lumbar support?
- Do you have arm rests?

Desk and Equipment

- Is your desk or keyboard at a height where your wrists are not bent?
- Are your elbows flexed 90 degrees?
- Are your shoulders relaxed, not shrugged?
- Is the center of your monitor at nose level?
- Is there glare on your computer screen?
- Do you have a document holder?
- Do you have a headset? (Source: chiroweb.com)

Children's Corner

Parents Who Smoke

Research shows that if a parent smokes, the child of that parent is six times more likely to already be planning to smoke when they grow up. Researchers interviewed 504 preschoolers in upstate New York and note that 70% said they expected to smoke when they were older. The largest percentage of these had mothers who smoked. Fathers also had an impact, but only to half the extent. (Source: American Heart Association)



What's New?

A BIG congratulations to Julie and Dave Gairing on the birth of their first child Nathan David. He was born on July 10, weighing 6 lbs., 5 oz.



Many of you may already have seen a new face at our front desk. We are very happy to welcome Pam Stack to the team. She has only been with us for a few weeks but is already making a huge difference. Please be sure to welcome her on your next visit. Also, if you are wondering what happened to Jolinda, she moved to Phoenix to be closer to her family. We wish her all the luck in her new home. The same goes for Lisa (massage therapist) who is in the process of driving across country to follow a long-time dream of hers to live in Portland. Drive Safely.



We will be participating in a Listener Lunch at the Pinnacle Building on September 5. Please come join us for a free lunch and lots of free stuff.



We are also scheduled for several health fairs and lunch & learns this fall but are always looking for more. This is one of the few ways, other than direct referrals, that we market ourselves. Any assistance you can give us is greatly appreciated.