

# Absolute Wellness & Rehab

## Wellness News

### You Can Use

#### Inspiring Health and Wellness

Welcome to the August 2011 edition of Wellness News You Can Use.

In this month's issue the article "What's Your Plan" gives you information on how to create health by choice, not by chance, by having a plan for healthy aging. In the article "Give It Time" we discuss how all processes in nature, including healing, take time, and in the article "Speak Up" we discuss the importance of communication with your health care providers, specifically your chiropractor!

Lastly, in the article "Ticked Off" we will discuss ways to protect yourself from those pesky little arachnids we call ticks...shivers!

We hope you find this information useful and that you share it with your friends and family.

Until next time, Live Well!!!

*Randy Horning DC, CCSP*

### Inside This Issue:

## What's Your Plan?

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**1-2** What's your plan?

All of us are getting older every second, but are you passively letting time tick by and simply accepting the outcome or are you actively engaged so that you have a greater say as to how you age? A few months ago we lost a pioneer in health and fitness, Jack LaLanne. Jack, known as the Godfather of Fitness, lived a long and fulfilling life until his passing at the age of 96. He is a great example of a human being that lived life on his terms in a healthy manner. "The only way you can hurt the body is not use it," LaLanne said.

"Inactivity is the killer, and remember, it's never too late."

We can see all around us how the health of the average American is getting worse because of chronic disease primarily due to unhealthy lifestyle. Jack's example stands in stark contrast to how most Americans live. The question we all have to deal with is which path are we going to follow?

Often, when the subject of longevity and lifestyle come up there is always someone who knows someone that smoked, drank, and ate fast food their whole life and lived to 100. That does happen sometimes and if you want to take your chances with that model I wish you all the best. However, we all know that those examples are rare and your chances of attaining the same result are extremely slim.

On the other hand, by living a healthy lifestyle there are no guarantees, but you do greatly increase the odds that you can avoid many of the health challenges that are plaguing

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***The only way you can hurt the body is not use it,***

# What's Your Plan?

...continued

millions of Americans.

you on your journey towards a long and fulfilling life.

So what is your plan? If you want to make changes toward a healthier lifestyle and don't know where to start, talk to your chiropractor. As chiropractors we understand the connection between lifestyle and health. We want to help

By the way, Jack LaLanne was a chiropractor. Not a bad example to follow!

## Give It Time

Have you ever found yourself standing at a microwave and getting aggravated because it is taking so long to heat your food? We definitely live in a time where we want instant gratification. While I have nothing against immediate gratification, we can't always count on it.

In chiropractic we have a principle that states, all processes take time. In some instances the time is so short we can't register it with our conscious mind, and other processes are measured over hundreds or thousands of years. One

question all patients have is, how long is it going to take to feel better and get well? Unfortunately, there are rarely simple answers to this question.

Here is an undeniable truth; your body wants to be well. It is always working to create balance or homeostasis. Through the detection and correction of subluxations, by way of an adjustment, your chiropractor is removing an obstacle for your body to achieve that balance. Once an adjustment has been made, then the body requires time to integrate that adjustment, restore balance and heal itself. Of course, this assumes that you have not surpassed your body's healing capacity, which can happen.

Once an adjustment has been made there are many variables that will determine how long it will take for a

person to get well. First, is it possible for the body to heal or has there been too much damage? What is the severity of the damage, how long has it been there, and what is the overall health of the individual? A person that lives a healthy lifestyle and is actively engaged in their care will generally respond better than the malnourished, stressed out couch potato that wants the doctor to fix them.

So if you are having a health challenge and you are feeling anxious to start feeling better, we understand. We want to help you get well as soon as possible. While we can help the process along by working together to create a plan that is going to help you achieve your goals, you need to work the plan and give it time!

Here is an undeniable truth; your body wants to be well!



## Speak Up

As with any good relationship, communication is key. This is not only true in your personal relationships, but also with your healthcare providers. In this article I'm going to give you some insight into the importance of communication between you and your chiropractor.

When most people come to a chiropractor they come because of back or neck pain. However, it is important for

you as a client to tell us about all health challenges you may be experiencing. Why? Because when working with the spine we are working to correct problems that not only may cause back and neck pain, but may contribute to other health problems. When there is stress on the spine there is also stress on your master controller, the nervous system. The symptoms that brought you into your chiropractor's office may be related to other problems you are having. So,

## Speak Up

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it's important to mention these issues even if you think they are not related. For instance, you might be coming in for mid back pain, but also have heartburn or reflux. The nerves in this area of your spine go to your stomach and other upper digestive organs. Interference from stress at these levels can interfere with optimal function and lead to digestive complaints. The same rings true at other levels in your spine. Headaches are commonly associated with problems in the neck. Constipation and menstrual issues may be related to stress in the lower back. The list goes on and on because all functions in the body are controlled and regulated by your nervous system which is housed and protected by your spine. I can't tell you how many times I've been working with a client and they realize that since starting care they haven't been experiencing a problem they were having that they never even mentioned in their initial visit.

Chiropractors use literally hundreds of adjusting techniques and not everyone responds the same to every technique. What works well for one may not work as well for another. So it is imperative that you let your chiropractor know how you are responding. I've had a handful of clients who have discontinued care for unknown reasons. Then I see them somewhere and ask how they are doing and they say well, I'm still having the problems I was having when I came to



**As with any good relationship, communication is key.**

see you but when I got adjusted I was sore for awhile afterwards or I would get a little bit of a headache. Now these reactions are not common, but sometimes people have these experiences when first starting care because of all the pent up stress in their spine. So in these cases it may be normal to experience some mild discomfort initially. It can be like starting a new exercise routine. In other cases, however, it may be that they don't respond well to a specific technique. I've had clients who achieve dramatically different results with what seems like minor adjustments in technique. If there are multiple doctors in the office you are going to, you may ask to be adjusted by another doctor. Sometimes a different set of hands makes all the difference.

Again, the most important key to all relationships is communication. So speak up!

## Ticked Off

With Summer now in full swing, for some parts of the country that means tick season. Just mentioning the tiny little blood-sucking arachnids gives most people the shivers, and rightly so. Ticks are external parasites that live off the blood of mammals, birds, and occasionally reptiles and amphibians. They are known to carry and transmit a number of diseases, the most common being Lyme Disease. Other diseases include Babesiosis, Ehrlichiosis, Rocky Mountain Spotted Fever, Southern Tick-associated Rash Illness, Tularemia, and Tick-borne Relapsing Fever. The incidence of Lyme Disease is much higher in New England and the Upper

Midwest. However, it is a concern in all states along with other Tick-borne illnesses, so it is important to know how to protect yourself. Below you will find helpful tips on how to do just that!

**Know where to expect ticks:** Depending on the species, ticks live in a variety of environments but usually prefer moist wooded or grassy areas. Usually they are found on blades of grass or stems and leaves of shrubs patiently lying in wait for a passerby to brush up against the vegetation so they can hitch a ride for their next meal. While hiking, staying on the trail where there is less vegetation will help you avoid ticks. They are also found in higher concentrations where deer popula-

tions are high. Various studies have shown that deer and tick populations follow the same trends. If deer are common in your area it would be wise to either fence your yard or eliminate vegetation that deer like to eat.

**Use repellent:** Most sources suggest using a repellent containing DEET. While it is effective, this chemical has



*Ticks carry diseases...so it is important to know how to protect yourself!*

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# Ticked Off

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been shown to have negative side effects. See my article in last month's issue of Wellness News You Can Use for more information on the dangers of DEET. There are a few natural repellants on the market that contain Lemon and Eucalyptus oils that are safer. One example is Swy Flotter Tick and Insect Repellant from Kiss My Face.

**Wear protective clothing:** When hiking or walking in places where you would expect to find ticks, wear long pants with sneakers or hiking boots. Tucking your shirt in and your pant legs into your socks, as ridiculous as you may look, helps stop ticks from getting to your skin. Wearing light colored clothing helps to see ticks crawling on you before they get a chance to bite. Some authorities also suggest treating your clothes with a chemical called

permethrin that repels ticks. However, for those of you concerned about the use of harsh chemicals, this is not a good option, especially since it is not safe to put on your skin.

**Perform daily tick checks on all members of your household, including pets:** Pets can bring ticks in from outside. So it is a good idea to check them for ticks and possibly treat your dogs and cats with a tick repellant such as Frontline. Research has shown that a tick usually has to be attached for 36 hours before transmitting Lyme Disease. Performing daily checks will greatly reduce your risk of contracting this disease. Common places on the body where ticks like to attach themselves include, but are not limited to under the arms, inside and around the ears and hair, inside the belly

button, around the waist, between the legs and behind the knees.

**How to remove a tick:** If you find a tick attached to your skin, don't panic. Use a pair of clean fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. Pull upward with steady, even pressure. Don't twist or jerk the tick as this can cause the mouth-parts to break off and remain in the skin. If this happens, try to remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with the tweezers, leave it alone and let the skin heal. After removing the tick, clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water. If you develop a fever or rash within a couple of weeks of tick removal see your doctor for testing.



## Recipe of the Month: Chopped Greek Salad with Chicken



**Prep & Ready Time:** 25 Minutes

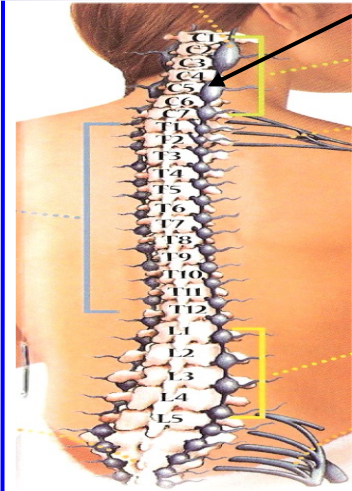
**Yields:** 4 Servings

**Ingredients:**

- 1/3 cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh oregano, or 1 teaspoon dried
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken (about 12 ounces)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 cup crumbled feta cheese

**Directions:**

1. Whisk vinegar, oil, oregano, garlic powder, salt and pepper in a large bowl.
2. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta.
3. Toss to coat.
4. Enjoy!



C5—A subluxation or interference at this spinal level can affect the vocal cords, neck glands, pharynx.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

[www.MyAbsoluteWellness.net](http://www.MyAbsoluteWellness.net)

-or-

847-438-0055

You don't stop  
exercising when you  
reach your fitness goal  
so why would  
you quit your  
chiropractic care when  
you are out of pain???

## Inside the September Issue:

- Sciatica
- Fitness at Work
- Another Day In Paradise
- An Apple A Day
- Recipe of the Month

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straight from the doc!

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and receive important information each week!

## About Absolute Wellness and Rehab



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At Absolute Wellness and Rehab we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.

## Our Mission Statement:

OUR PURPOSE IS TO PROVIDE HIGH QUALITY,  
INDIVIDUALIZED CHIROPRACTIC AND REHABILITATIVE CARE. OUR FOCUS IS TO EXCEED OUR PATIENT'S EXPECTATIONS, PROMOTE WELLNESS FOR THE FUTURE, AND MAKE LIFETIME FRIENDS ALONG THE WAY.