

Absolute Wellness & Rehab

Wellness News

You Can Use

Inspiring Health and Wellness

As we come up with ideas for our monthly newsletter we work to maintain a balance around the three dimensions of health; the physical, mental and biochemical. This month we share some thoughts and ideas in each area and we review a condition that affects millions of people every year.

First of all, it is September. That means fall is approaching and with the fall comes the fall harvest. One of the great products of the fall harvest is the apple. That being said we thought it would be fitting to highlight the benefits of the apple in the article, 'An Apple a Day'.

For most people, work is a big part of their lives and takes up a lot of time. This can create challenges in living a healthy lifestyle. Many people find it difficult to find time to exercise around their

work schedule and many people don't like their work and that creates a lot of stress that has a negative impact on their health. In 'Another Day in Paradise', we discuss the power to choose our attitude even in difficult circumstances. In 'Fitness at Work' we offer some ideas to break down some of those barriers that make it difficult to fit exercise into the work day.

Finally, as a chiropractor I see what happens to the body when it breaks down. One of the most common conditions we see is sciatica. In our article, 'Sciatica' we explain what sciatica is and how it is treated.

I hope you have had a wonderful Summer and have an even better Fall.

Dr. Randy Horning

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Another Day in Paradise

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How satisfied are you with your life? Are you happy with your situation? How about your job? Do you spend countless hours a day watching the clock and wishing it was the weekend?

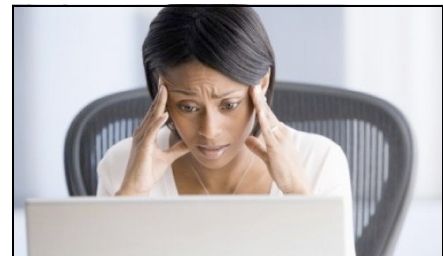
According to a survey conducted by the Conference Board research group, only 45% of Americans are satisfied with their work. Their first survey was conducted in 1987 when 67 percent of those surveyed were satisfied. There are many factors that influence people's job satisfaction, such as economic recession, high unemployment rates, poor management, and undesirable coworkers. However, the most important factor, and the factor that we have the most control over, is our attitude.

Have you ever noticed how things change when you change the way you look at things? I know all of us would love to have our job feel like a vacation in paradise, but let's face it, you may be in a job right now that you don't love. Every day in every moment we have choices. It's the choices we make each day that have

brought us to our current place in life. So the first thing you do is CHOOSE to be HAPPY!

I can hear the rebuttals coming in already, but it's true, you can choose to be happy at work. You must think positive and not focus on all the negative aspects of your job. Focus on the things that you enjoy, and if it makes sense, try to change or improve the things you don't enjoy. Be creative and engaged! Work on personal and professional development so that you can move up or at least have more options within your workplace. Create balance in your life by doing something every day that

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*How satisfied are you with your life?
Are you happy with your situation?
How about your job?*

Another Day in Paradise

...continued

you do love! I love my work as a Chiropractor but I also make it a point to spend quality and quantity time with my family.

Make friends at work, it's so much easier to be happy when you are working with friends and people you enjoy being around. If there are people you work with that you don't enjoy so much, at least be tolerant and seek to understand and accept differences. Be flexible and open minded!

Lastly, if you just aren't satisfied with your job, search for something new or go back to school! Be willing to take risks. Very rarely is someone successful and happy without taking risks. You must be willing to get out of your comfort zone if you are going to turn your vocation into your vacation in paradise!



PLAYING
GUITAR



DINNER WITH FRIENDS

Create balance in your life
by doing something every
day that you do love!



An Apple a Day

The old saying, "An apple a day keeps the doctor away" comes from an old English adage, "To eat an apple before going to bed will make the doctor beg his bread." While this may not be completely true, a regular dose of apples in your diet is a good choice.

As we approach fall apple orchards across the country are preparing for the fall harvest. Most people have a favorite apple variety and with 100 commercially grown varieties in the

Apples are a diverse fruit found around the world and are packed with nutrients and fiber.



U.S. there is no shortage of options. Apples are a diverse fruit found around the world and are packed with nutrients and fiber.

Nutritionally, apples are an all star. Vitamins A, C, E, K and B are all found in apples. Minerals, electrolytes, and phytonutrients are also abundant in apples. Apples contain no sodium, fat, or cholesterol and for a medium-sized apple you are looking at about 80 calories. So as you can see it really is a great choice for anyone that is conscientious about what they eat.

For the maximum benefit eat your apples raw with the skin. The skin of the apple is where you will find your highest concentration of fiber and nutrients. I recommend that you eat organically grown fruit whenever possible, but if that is not an option apples are a fruit that can be easily washed. You don't want to offset the

benefits of the apple with the harmful effects of chemicals that may have been sprayed on the fruit.

Finally, if where you live allows it, take advantage of the fall weather and the apple harvest, pile into the car and go apple picking. Many orchards allow you to pick your own apples and often have special events throughout the fall to draw people in. Make an afternoon of it. Enjoying the sunshine with loved ones, walking around the orchard in the fresh fall air, and of course eating the fruits of your labor makes for a well rounded day of health and wellness. If you don't live in a region where you can pick apples, still make a day of it. Pack a picnic with your favorite food, including apples, and take a trip that includes a nice outdoor hike and picnic! How do you like them apples?

Sciatica

Hey Doc, my Sciatica bone is out!

This month I will shed a little light on this “condition” called Sciatica. I have actually had patients ask me if I can adjust their sciatica bone or other variations of inquiries regarding pain they have in their back and/or down their legs.

Sciatica as an entity is a very specific issue caused by an irritation, inflammation, or tension on a specific individual nerve root (between the 4th lumbar and 1st sacral segments) or the accumulation of these nerve fibers called the sciatic nerve after they have exited the spinal column.

First of all, sciatica can and often does exist with little to no back pain and can vary symptomatically from a generalized ache to severe pain anywhere from the buttock to the foot. It can have multiple causes including chemical irritation to sensitive neural tissue, chronic mechanical stress on spinal joints that lead to arthritis, disc swelling and/or herniation, and tension in the piriformis muscle (a muscle in the buttocks) to name a few.

The most important considerations to be made if you or someone you know suffers with sciatica are:

- *What is **causing** the symptoms of sciatica.
- *What needs to be done to correct the **cause**.

You will notice that I have highlighted the word **cause** because the cause is the culprit that is affecting your health and wellbeing and if that is not addressed properly, the symptoms will only get worse as the condition continues to

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manifest in future damage to the bones, ligaments, and nerve tissue in the spinal regions effected.

The first line of evaluation and care for Sciatica **should** be a comprehensive health history followed by a neurological and physical exam and in most cases a spinal x-ray to determine the cause and to develop an effective and safe program of care to correct it. In my opinion this should be done by a chiropractor, as we are best equipped to provide these conservative and effective services. The first line of care or evaluation **should not** be expensive (and in most cases unnecessary) diagnostic procedures, steroid injections, physical therapy, or spinal surgery because these are primarily aimed at treating the symptoms of sciatica as opposed to detecting and correcting the cause.

With 21 years of experience, I truly believe that you are better off making a healthy choice for a lifetime than you are spending a single minute in a medicine cabinet or on an operating table.

Fitness at Work

As a chiropractor I talk to patients on a daily basis about living a healthy lifestyle. One of the keys to a healthy lifestyle is regular exercise. I have heard all the excuses and even used them myself at times. I know you are busy and there are a lot of demands on your time. However, I know it makes life even harder if you are trying to get everything done that

needs to be done but are not functioning at your optimum potential because of an unhealthy lifestyle.

One way to improve your fitness at work is to take advantage of the opportunities that are available to you on a daily basis. Opt for those activities that demand more effort over those that are more convenient. For example, use the stairs whenever possible. If it is an



Opt for those activities that demand more effort over those that are more convenient.

Fitness at Work

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option, use your own horsepower to get to work via running, walking, or biking. Keep it as a part of your consciousness to move as much as possible. Not only will it help you burn calories it will help you stay more alert and focused.

Another benefit to healthy living is that many insurance companies and businesses offer incentives for individuals who demonstrate that they are living a healthy lifestyle. Find out if that applies to you and take advantage of those opportunities. Lunch time walking clubs, company sports teams, and interoffice competitions are great ways to get

more people on board and create a built-in support system.

Finally, put some thought and effort into how you are eating while at work. If you don't plan ahead it is easy to run to the vending machine or order take out to fill the void that is causing your hunger. Unfortunately, your healthy options in those circumstances are severely limited. By packing a lunch you can plan ahead, create a balanced nutritious lunch and save some money. There is no downside and it only takes a bit of planning and a little effort.

These are just a few ideas to get your

wheels turning. I encourage you to start coming up with some of your own ideas of how you can become more active in your work environment. This will be a great start towards a healthy lifestyle that will help you get more years out of your life and more life out of your years.



Try to gather a lunch time walking club!



Recipe of the Month: Zucchini Parmesan



Prep & Ready Time: 25 Minutes

Yields: 6 Servings

Ingredients:

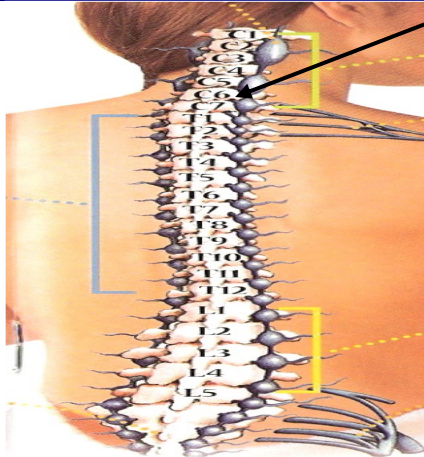
- 1/2 to 1 teaspoon minced garlic
- 1 tablespoon Olive Oil
- 4 medium zucchini, cut into 1/4-inch slices
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/4 cup grated parmesan cheese

Directions:

1. In a large skillet sauté garlic in oil.
2. Add zucchini; cook and stir for 4-5 minutes or until crisp-tender.
3. Stir in the tomatoes, seasoned salt and pepper.
4. Simmer, uncovered, for 9-10 minutes or until liquid is absorbed and mixture is heated through.
5. Sprinkle with Parmesan cheese and serve with slotted spoon.
6. Enjoy!

Inside the October Issue:

- Attitude Adjustment
- Points for Good Posture
- Cup Full of Sugar
- Know Your Oatmeal
- Recipe of the Month



C6—A subluxation or interference at this spinal level can affect the neck muscles, shoulders, tonsils.

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

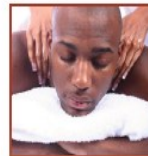
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