



Wellness in the News

December 2008
Volume 1 Issue 12

Unruh Chiropractic and Wellness Center, 301 N 8th St. Suite 1, Rogers, AR 72756
www.yourwellnesspractice.com info@yourwellnesspractice.com 479 621-9006

**“The Wise Man
Should Consider
That Health is The
Greatest of
Human Blessings.
Let Food Be Your
Medicine”**

- Hippocrates -

INSIDE THIS ISSUE

- 1 Getting Healthy
- 2 How Chiropractic Can Help
- 3 Interesting Tips, Tricks, & Facts

To read Dr. Hayes' full article
go to
www.ToYourHealth.com

★★★★★★★★★
**It's Not Only What
You Eat,
But
What You Don't
Eat
That Makes The
Difference!**

★★★★★★★★★

Eating for Good Health

Compiled by Laura Weyer, CA

Last month you read about the importance of **Rest** and its powerful effect on neck and spine health. This month we'll focus on **NUTRITION**.

Dr. Donald L. Hayes, D.C. in *To Your Health* Magazine suggests if you've ever struggled to stay awake after eating a heavy, fatty meal or tried desperately to concentrate at work on an empty stomach, you begin to know how much food affects your body.

“For instance let's take a look at the standard American diet (SAD) to see why most people feel tired and rundown after lunch. Many people think nothing of eating a double cheeseburger, medium fries and a medium cola. If you dissect this “meal,” you'll find that on average, it contains an unbelievable 68 grams of fat (17 teaspoons), almost half of which are saturated; 15 grams of trans fatty acids; 150 mg of cholesterol; 1,200 mg of salt; and 20 teaspoons of sugar (all from the cola)! If you factor in that the fries were probably cooked in hydrogenated cottonseed oil, one of the most heavily pesticide-laden crops in the world, and that the meat, if overcooked, could contain carcinogens, or if undercooked, could result in food poisoning from *E. coli*, you may agree it's time to find a new all-American meal”!

High levels of fats and cholesterol have been strongly and consistently linked with heart disease, insulin resistance, and several forms of cancer. Most fat and all cholesterol in the Western diet come from animal products. Milk contains more than 60% saturated fat, beef about 40%, chicken about 30% - yet plant foods contain low fat levels of only 10-15%.

How much fat should we have in our diets? The 2002 World Health Organization and the United Nations suggests optimal intake of no more than 7% of your total daily calorie intake. So, you could choose to eat a small 4 oz steak OR dine on 10 servings of fruits and vegetables, 6 servings of whole grains, 1 serving of beans, 1 serving of tofu, 1 oz of nuts and 1 oz of seeds and still keep under the recommended level of 12 grams of saturated fat! (Based upon a 1,600 calorie diet).

Dr. Hayes reminds us “cholesterol is made by animals, not plants; all animal foods contain cholesterol, while plant foods are all cholesterol-free.” The recommended maximum intake of cholesterol is less than 200 mg, which is less than the amount of cholesterol in one egg yolk. Science has known for a very long time that vegetables, fruits, whole grains, beans, nuts and seeds are healthful foods. Maximize your health by eating 10 servings of fruits and vegetables every day! “It's all about replacing bad food choices with good ones to give your body what it needs and to keep it healthy for a long, happy life!”

It's REALLY Working!

"For many years I had been getting injections in my spine to ease the pain from 3 herniated discs; I had pain running down into my legs and my right foot was half numb...I knew I was headed for back surgery. Dr. Unruh told me he could help me. He treated me on the DRX and gave me adjustments and now I won't need surgery. I have no pain going down my legs and my foot isn't numb anymore. These treatments are a miracle from God!"

*Marjorie S.
Bentonville, AR*



The best lightning rod
For your own protection
Is your own spine!

Ralph Waldo Emerson

**"Because I would
give it all back to
have my health"**

David Beck

How Chiropractic Can Help

Compiled by John Unruh, D.C. & Ryan Monson, D.C.

Chiropractic & Spinal Disc Problems

Many people believe severe back pain is a "slipped" or "torn" disc. Often this is not true. We know disc problems constitute only a small fraction of the causes of back pain and rarely require surgery for pain relief.

What are spinal discs? They are the thick ligament-like outer rings that attach to the top and bottom of each vertebra. They act as shock absorption and protect the spinal cord, ensuring flexibility of the spinal cord. The jelly-like filling helps it to act as a fulcrum to direct the movement of the vertebrae.

What are the most common disc problems?

- A disc "bulge" results from a slight tear in the outer-most fibers. They can be painful for a short time.
- A disc protrusion/extrusion (called "herniation") is a more significant injury. The fibers are significantly torn and allow some of the nucleus to leak through. This is quite painful and can cause nerve compression, and in severe cases spinal cord compression.
- Degenerative disc disease occurs when the nucleus loses water and small tears develop. The body forms bone spurs along the edges of the vertebrae and the disc space narrows.

What are signs of disc problems?

Some common signs are listed but not limited to:

- Back or neck pain
- Leg or arm pain
- Stiffness
- Tenderness of the spine and spinal muscles

How are disc problems treated?

- Most disc problems are easily treated with conservative interventions. Early in the course of an acute injury we will most likely use several different physical modalities to help control your pain.
- Both ice and heat have been shown effective in managing the pain of acute low back injury. We will prescribe the best course of action for your specific pain.
- Getting you back on your feet and moving is critical. Typically, the less time you spend in bed, the better off you are. If you "baby" your back, in most cases, the long-term results will be worse.
- Chiropractic spinal manipulation has been demonstrated to be a safe and effective tool in the management of disc problems, especially when combined with therapeutic exercise. We can prescribe both for you.
- In most circumstances, spine surgery and injections are not necessary in the management of disc problems – and they often cause more problems for you.

Call us today! Let us check into your back pain and identify a treatment that can help you heal and stay well!

Do you have a friend or family member who has been suffering with Back or Spine Pain?

- ❖ Has one of your friends or family suffered from frequent or severe back pain? Back stiffness, tenderness or shooting pain?
- ❖ After reading the above article, you can see how chiropractic can help, and how important it is to check this condition early.
- ❖ So to encourage you to encourage your friend or family member to take care of themselves, I am including a certificate here for you to give to them to come into our office for a check up - at my expense. Print it, cut it and share it.
- ❖ Many serious problems have been averted by Chiropractic Care when addressed early enough.
- ❖ Who knows, . . . you may be responsible for improving someone else's life by taking away their pain.

**PREFERRED FRIENDS & FAMILY GIFT
CERTIFICATE**

**FREE First Visit Including:
Consultation with SEMG Exam- Valued Up
To \$245.00**

ABSOLUTELY NO OBLIGATION FOR FUTURE CARE!

Compliments Of...

*

*

**Unruh Chiropractic and Wellness Center
302 N 8th St, Suite 1; Rogers AR 72756. 479-621-9006**

EXPIRES ON 12/31/08

Interesting Tips, Tricks and Facts About Reading Food Labels

“To eat is a necessity. But to eat intelligently is an art!”

La Rochefaucauld

Have you checked out the labels of some of your favorite foods lately? Let’s look at three of the most common food ingredients found in processed foods (*processed foods are those items in a can, a box or some other container than its natural “skin”*):

- Enriched Wheat
- Partially Hydrogenated Vegetable oil
- High Fructose Corn Syrup

“Enriched wheat” sounds pretty healthy, huh!? Well, consider that whole wheat contains the bran, germ and endosperm. When processed the bran and germ are removed - those are the parts that actually contain most of the nutrients! What’s left (the endosperm) is ground into flour and bleached, giving us white flour. If then combined with water you can make very nice wallpaper glue. When whole grain wheat flour is combined with water you do not get glue! Needless to say, “enriched wheat” and all of its pseudonyms such as “wheat flour,” “stone ground,” “cracked wheat,” “multigrain,” “durum semolina,” “unbleached,” “enriched” and “fortified” - none of these ingredients have any noteworthy nutrients!

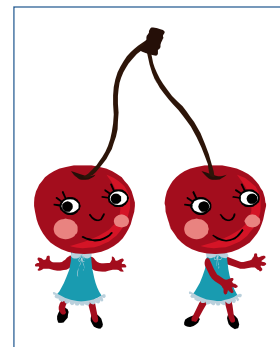
Let’s examine Hydrogenated Vegetable Oil. On the front of food packages you may find the statement “Zero trans fats” however on the list of ingredients you may spot hydrogenated vegetable oil, which actually contains trans fats! A Harvard Women’s Health Watch study revealed nearly 30,000 US women die annually due to trans fat consumption. The Health Watch stated that there is no acceptable level of trans fat consumption, yet there are thousands of processed products on store shelves containing this ingredient. Check the label before you buy!

Americans consume gallons of High-Fructose Corn Syrup (HFCS), a man-made sugar offering no nutritional benefits - only empty calories, or worse:

- HFCS metabolizes differently than sugar and may be responsible for higher triglycerides.
- HFCS does not release the hormone leptin, which make us feel full (can’t eat just one, huh?)
- HFCS’s super sweetness becomes a preferred taste leaving many no longer able to enjoy the sweetness of fruit and other healthy foods.

Lesson? Eat whole foods, as close to nature’s bounty as possible! There are no preservatives, chemicals, or tricks - just good, yummy nutrition your body will recognize and utilize to build a strong body and mind!

Thank-you To Your Health magazine for the above information!

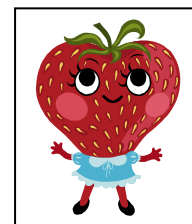


**“Never eat more
Than you can
Lift!”**

Miss Piggy

**I saw few die of
hunger;
Of eating – a
hundred
thousand**

Benjamin Franklin



**You Are What
You Eat!**

**Remember Tuesday’s
Health Classes to
increase your
knowledge and
improve your health
6:15 here at the
office**