



Wellness in the News

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

April Flowers to our Patients!

Getting Healthy & Staying Healthy

By Nancy Riedesel, CA

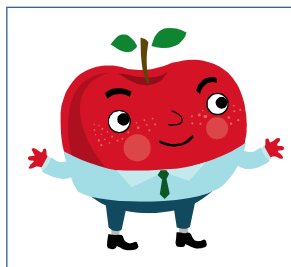
Last month you read about the many benefits of drinking more water and what part it plays in our health. This issue educates you on the importance of including more Sunshine in our lifestyle.

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“The sun radiates energy, strength, healing properties and vitality.”

1. Today’s society is so caught up with corporate America that we tend to forget the healing benefits of sunshine. We’ve been scared silly with all the ads about skin cancer, and drying skin, and skin spots, that we tend to smother our bodies with gooey chemicals and liquid oils (that are often rancid), when we are in the sun, or just avoid it altogether. More oft than not we forget that the skin is our body’s largest organ and absorbs whatever we put on it.
2. It also expels many toxins from within the body. So often times when we get rashes or even skin cancer, we think we ‘caught’ it from something. Could it be that the rashes or cancer is coming from inside the body and finding the path of least resistance, coming out through the skin through a detoxing process? Just a thought. When toxins come in the body, it has to either store them or pass them out.
3. Before applying lotions and crèmes, perhaps we should think about what’s in them and what it’s going to do once the body absorbs them. Ever heard of fibromyalgia . . .? Have you thought that it could be a build-up of toxins in certain joints, muscles and tissues?
4. The sun radiates energy, strength, healing properties and vitality. It has been estimated by clinicians that just 15 minutes in the sun each day on two inches of skin will change the cholesterol in the skin to create enough vitamin D that our bodies need. That’s harder to do in the winter, but now it’s Spring and time to get to moving in the sunshine and gaining on our health. See what a difference it will make in your own energy level and vitality.



*Want to be a healthy apple?
Choose Chiropractic as your first source of education against disease..*

How Chiropractic Can Help

By John Unruh, D.C.

Fibromyalgia - FMS - the waste-basket diagnosis used commonly now by many physicians for a combination of various symptoms. What is it? And how do we get rid of it?

This condition affects millions of Americans every day. Some of the common symptoms are: pain in the joints, muscles, and tissues, headaches, depression, fatigue, low pain tolerance, sleep disorders, and lowered immune system, among many others. More symptoms are included in this diagnosis by the medical society each year so they have more ways to class this condition. Often times, if the doctors don't know what you have from the symptoms you give, he will diagnose it as Fibromyalgia and treat it as such.

It's important to understand that fibromyalgia is a complex condition with many theories as to its cause. It's unlikely that taking a pill will be the total solution to the problem. We know that muscle pains are very common and exercises seem to improve the pain. There are also other issues to consider.

The structures of the spine (such as the disks) help to guide and restrict movement, but when injured can be a significant source of pain. Making sure the spine is flexible from daily stretching, and not under undue stress (such as from excess weight) are important adjuncts of care. Getting regular chiropractic care can re-evaluate your condition, give you more natural ways to deal with it, and ultimately diminish the discomfort associated with it.

With Chiropractic . . . You'll Get Relief!

There are some decided changes that can be made in diet and lifestyle that will make a positive difference in the life of someone suffering from FMS.

1. Choosing a plant based diet has been shown in one study to lessen FMS symptoms. A plant based diet will help alkalize the body, deterring the growth of disease.
2. An acid condition in the body creates a foundation for disease.
3. Various greens, such as kale, Romaine, etc, lemons and raw produce are excellent alkalizers.
4. Increasing simple exercises daily will increase blood flow and Oxygen to the muscles and tissues, eliminating much pain. Walking is the best exercise.
5. Any white foods, such as white rice, flour, and sugar, create an acid condition; this includes junk foods, and would be best if eliminated!

6. Drinking a sufficient amount (half the body weight in ounces) of pure water will keep the blood liquefied and circulating, distributing valuable nutrients and oxygen to the tissues and helping to rid the body of toxic wastes.
7. Hot tub treatments - soaks in Epsom Salts or other minerals - are very beneficial to soothing aching muscles, and help detox.
8. The Ionic Foot bath, offered at our office, is effective for detoxing the body.

Doc Unruh

- + Do you have a friend or family member who is suffering with **Fibromyalgia**?
- + After reading the above article, you can see there is hope.
- + 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.
- + Much relief has been given by our wholistic approach to Chiropractic Care when addressed early enough.
- + Who knows, . . . you may be responsible for improving someone else's life.

**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 4/31/08

Interesting Tips, Tricks and Facts

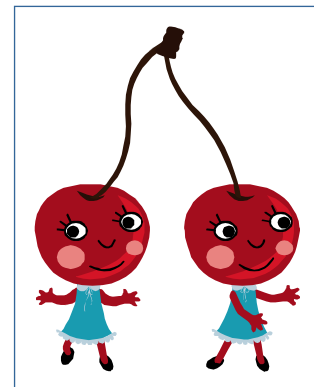
- ❖ The Patient in chronic pain who is over-consuming meats and dairy products is producing specific biochemicals called PGE-2 and LTB-4 that powerfully stimulate pain nerves.
- ❖ These chemicals are not produced to the same degree when the patient eats fruits, vegetables and whole grains.
- ❖ The most prescribed drugs used to block the action of PGE-2 and LTB-1 are NSAIDS (aspirin, Bufferin, etc.), which deplete the body of vitamins A,C, and B-complex; folic acid, and the minerals calcium, potassium and iron. - Pelton R. et.al. "Drug Induced Nutrition Depletion Handbook", 2nd edition. Hudson, OH
- ❖ NSAIDs also inhibit cartilage repair and accelerate the destruction of cartilage. - J Rheumatol 1982; 9:3-5
- ❖ In a study of 100,000 females who were overweight or obese at age 18, it was found they were most likely to die between the ages of 36-56. They also were likely to drink more alcohol, smoke more and were less likely to exercise. Causes of death included cancer, heart disease, stroke and suicide.
- ❖ On-third of children and teens in the US - 25 million total - are either overweight or on the brink of becoming so. - Annals of Internal Medicine, July 18, 2006
- ❖ Happiness is a journey, not a destination.
- ❖ Work like you don't need money, love like you've never been hurt, and dance like no one's watching.
- ❖ A positive attitude is the foundation for healing.
- ❖ The fluid in your joints contains oxygen, nitrogen, and carbon dioxide. When you crack or adjust a joint you stretch the joint capsule which increases the volume by 15-20%. This creates a partial vacuum and the gas rapidly releases. If you take an x-ray of the joint after cracking, you can see gas bubbles inside the joint. The gas is about 80% carbon dioxide. This process will reverse but it takes about 20 minutes for the gases to return to the fluid in your joints.

Tuesday night health classes are informative, educational, and a great learning experience for the whole family. Make your reservation to come for these FREE classes given by Doc Unruh.

Topics for the month include:

- *Genetics, Lifestyle, and Health*
- *Think Well*
- *Eat Well*
- *Move Well*

**Time: 6:15 Sharp
here at the office**

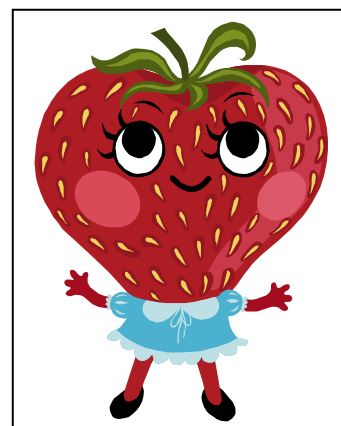


Foundation for disease:

Negative attitude and low oxygen levels
in the body tissues.

Exercise will improve both!

*...Happiness is a
journey, NOT a
destination . . .*



While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment. – B.J. Palmer, DC