



Wellness in the News

06/1/08
Volume 1 Issue 7

Unruh Chiropractic and Wellness Center, 301 N 8th St. Suite 1, Rogers, AR 72756
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Hurray!
Summer is
here . . .
finally!

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*"Wellness . . . ?
Priceless!"*

Getting Healthy & Staying Healthy

By Nancy Riedesel, CA

Last month you read about the basic benefits of Sufficient Rest and what part it plays in our health. This issue will expand on the benefits of **Fresh Air** and its effects on enhancing our health.

People spend a lot of time indoors every day. Kids spend six hours a day in school. Many adults spend at least eight hours inside of the buildings where they work. We spend all night in our homes: eating, playing, and sleeping. When do we take the time to enjoy the great outdoors? Fresh air is highly underrated. Getting out of doors on a regular basis can improve ones health and sense of well-being.

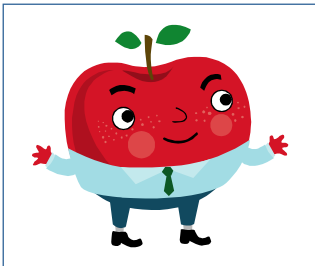
Even the lightest of exercise is better for you when conducted outdoors; studies show that negative ions in fresh air generate increased alertness and elevate your mood. Also, outdoor exercise burns more calories than equivalent activities in a gym, especially when there's a chill-factor involved - the body can use up to 50 per cent more calories just to keep warm. Jogging around a park - with the changes in incline, stride length, and various twisting and turning movements required on uneven and unfamiliar terrain - will also tone up a greater number of muscle groups than a running machine.

And with summer just around the corner, - isn't it beautiful outside now? - bringing with it a winning combination of fresh air and sunlight - you need 15 minutes of rays to get your recommended dose of vitamin D - you're more likely to keep up your regime.

Fresh air produces a healthy mind, clean lungs, and a calmer constitution when we actively use it. Getting outdoors should not be a chore, but a privilege. Enjoy the earth and get your dose of fresh air. I know what a difference it makes to me. I feel more refreshed, rejuvenated, more inclined to enjoy life. I love gardening, walking around my mountain, standing on my front porch breathing deeply and watching the peace and calmness of Beaver Lake. It's the change that is so needed from being enclosed in an office each day. Haven't tried it yet? See what a difference it will make - just 15 minutes each day is a great start!

We're So Excited!

"Ask us about our brand new addition to the DRX . . . We have installed and ready to use the Cervical Traction Unit for those with herniated or compressed discs in the neck. If you have, or know of someone who has this condition, call our office and ask about this new unit! "



The average head weighs 10 pounds. Chiropractic and exercise can help maintain a strong neck to hold up that weight.

Basic Causes of Chronic Fatigue Syndrome:

1. Cancer
2. Cardiovascular disorders
3. Endocrine Disorders
4. Emotional stressors
5. Sleep deprivation
6. Pharmaceutical drugs
7. Lack of fresh air and sunshine

How Chiropractic Can Help

By John Unruh, D.C.

Chronic Fatigue Syndrome - more common now than ever

Fatigue or low energy is a very common condition. It can range from awakening in the morning with a chronic tired feeling to a severe physical and psychological depression characterized by a total lack of pleasure or sense of fulfillment. Fatigue is a warning; it is one of the earliest signs that something in our lives, physical or emotional, is not right.

There can be many causes of chronic fatigue. They can be organic conditions such as cancer, cardiovascular disorders and endocrine disorders; or emotional stress such as depression, anxiety or trauma. Chronic fatigue can be due to sleep deprivation; the adverse effects of prescribed, over-the-counter or illegal drugs; or an unhealthy lifestyle that doesn't permit you to "catch up" with yourself. Others feel that chronic fatigue may be a nutritional condition that can be corrected with improved diet.

A common cause of fatigue is an unbalanced spinal column. How? A simple analogy: If you were carrying a bowling ball, how much more difficult would it be to carry it at a distance from your body than at your side? Your head weighs about as much as a bowling ball; if your head is off-center, "carrying" it can exhaust you! Also, your 24 movable vertebrae, sacrum, hips and pelvis also need proper alignment in order to make efficient use of your energy. A modest unbalance (for example, a "short" leg) could translate into a considerable amount of wasted energy as the hours, days, weeks and months add up.

Energy flows over your brain and spinal cord through your nerves (and other tissues) and back to the brain and spinal cord. A healthy spine and nervous system keep your flow of energy balanced, your immune system strong and your resistance to disease high. An unhealthy, unbalanced spine can interfere with the natural flow of energy through your body, creating blockages and imbalances that may cause physical and emotional fatigue.

Surprisingly, some people who experience chronic fatigue often have enough energy, but the energy is blocked, locked up, unbalanced and not flowing properly.

When chiropractors correct a mechanical distortion in your body with a chiropractic spinal adjustment, nerve system energy is normalized. In effect, chiropractic care heals a broken bridge between your "physical body" and your "energy body" so that they may communicate better with one another and restore harmony to your "body-mind."

With Chiropractic . . . You'll Get Relief! Do you know of someone who is suffering from Chronic Fatigue Syndrome? Fast forward this ezine to them and give them some relief.

Do you have a friend or family member who has been suffering with Chronic Fatigue Syndrome?

- ✚ Or has one of your friends or family been complaining of Fibromyalgia, pains of unknown origin, lack of drive or energy?
- ✚ 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.

**PREFERED 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...

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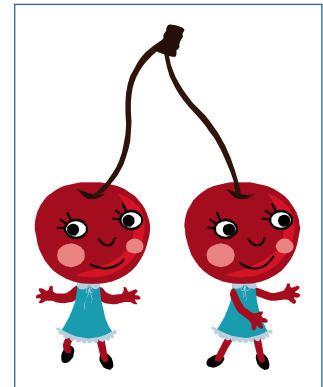
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EXPIRES ON 6/31/08

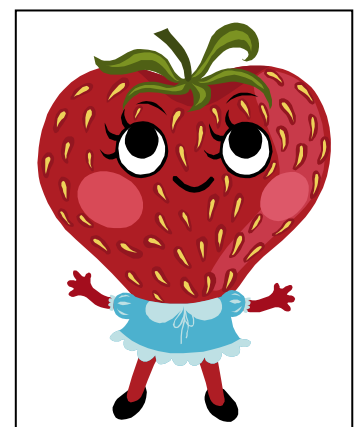
Interesting Tips, Tricks and Facts about Cancer and How to Avoid It

- ❖ Cancer is the body's ability to mass produce mutated cells, either at a rapid rate, or over a period of time.
- ❖ Cancer is caused by many influences, which include the following:
 - Depressed immune system
 - Poor diet with too much sugar and fats
 - Animal products in the diet
 - Fatigue and stress
- ❖ There are many cures for cancer, in spite of what the medical industry tell us, and they include such alternatives as:
 - Eliminate all animal products in the diet - read labels
 - Eat a plant-based diet, including mostly raw foods, and much more greens, such as in green smoothies
 - Eliminate the use of a microwave
 - Eliminate all artificial sweeteners
 - Avoid all GMO foods, MSG, hydrogenated oils
 - Keep an alkaline system in the body. All diseases can grow rapidly in an acid system. Check your pH using test strips bought at a health food store
 - Drink ½ your body weight in ounces on a daily basis
 - Detox your body at least once yearly, more if you are harboring disease
 - Avoid harmful chemicals. If you can't eat it, don't use it.
 - Exercise regularly, breathing deeply fresh air, and absorbing healthy sunshine
 - Use a good digestive enzyme
 - Avoid all artificially flavored water, such as sodas, coffee, teas, etc.
 - Ask me for more information on health improving ideas and cancer prevention.



Two contributing factors to Cancer
Sugar and animal products

...Cancers are directly related to hydrogenated fats ...



The World Cancer Research Fund said the link between body fat and cancer is closer than generally realized.

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