



# Wellness in the News

February 2009  
Volume 2 Issue 2

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**Boost  
Brainpower,  
Improve Health  
& Feel Great:  
Spend Time  
Outside!**

## INSIDE THIS ISSUE

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

Annual Family Vacations  
Have decreased by 28%



### The Benefits of Vitamin "G":

(time spent in green spaces)

Lower Stress Levels,  
More Success in  
School, and Fewer  
ADHD Symptoms



## What Makes Fresh Air "Fresh"?

Compiled by Laura Weyer, CA

Last month you read about the importance of **Attitude**, how the mind has a powerful effect on health. This month we'll focus on **Fresh Air**, what is it and does it matter?

Throughout most of recorded history, it seems that people have taken fresh air for granted. However, with the advent of the industrial revolution, followed by current concerns for indoor and outdoor air pollution, fresh air has become a more valued commodity. An excellent article on fresh air was penned some years ago by Dr. Bernell Baldwin. Entitled "Why is Fresh Air 'Fresh'?" Baldwin pointed out that fresh air is chemically different than the re-circulated indoor air that most Americans breathe.

**High quality fresh air is actually electrified.  
The life-giving oxygen molecule is negatively  
charged or "negatively ionized."**

### The Positive Effects of Negatively Charged Fresh Air:

- Improved sense of well being
- Increased rate and quality of growth in animals and plants
- Improved function of the lung's protective cilia
- Decreased anxiety
- Lowered body temperature
- Lowered resting heart rate
- Decreased survival of bacteria and viruses in the air
- Improved learning in mammals (including humans!)
- Decrease severity of stomach ulcers

Research reveals that fresh negatively ionized air helps to keep our mood buoyant and positive, and poised for learning. In fact, in studies of normal children and those with learning disabilities measurable improvements were observed in brain function.

The Middle Eastern "sharav" (also transliterated "sharav") are windstorms that bring an abundance of unwanted *positive* ions with them. During these storms, as many as 30 percent of individuals develop problems with increased anxiety and suspicion, migraine headaches, nausea, vomiting, diarrhea, eye problems, irritability, respiratory congestion, etc. The positive ions seem to alter brain levels of serotonin, an important mood-elevating chemical. These hot desert winds rob the air of helpful negative ions.

Clearly, it behooves all of us to get as much fresh air as possible! When we are overcome by stress and worry a drive to the country, a local state park, or other natural setting promises improved mental and physical health as we breathe in the invigorating fresh air with its abundance of negative ions. Go out and breathe deeply!

### **It's REALLY Working!**

*“Going to the chiropractors was seriously the best action I have done for my body, myself, and my future! I suffered from severe neck and back pain, daily migraines, limited movement, and poor health. Just a couple of weeks after treatment 3x week I felt energized and my daily migraines had completely gone away! Now I've noticed a new self-confidence because I am able to walk straight up and carry my head up high.*

*Elizabeth G. Rogers, AR*



The addition of just a few cut trees, in the bleakest Chicago housing projects, cut crime by 42%!

**Outdoor Air:**  
free from dust mites  
and chemicals,  
coupled with  
regular exercise,  
can reduce  
reoccurring headaches!

## How Chiropractic Can Help

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

### Chiropractic Care & Headaches

If you have seen flashing lights or experienced temporary loss of vision prior to developing a painful migraine headache, you know the true meaning of dread. Those warning signs are a signal to many people that they are about to feel very, very bad.

This “aura” is a physiological warning that a migraine is about to begin. Visual auras include bright flashing dots or lights, blind spots, distorted vision, temporary vision loss and wavy or jagged lines.

The National Headache Foundation estimates that 28 million Americans suffer from migraines and more women get migraines than men. Nausea, vomiting and sensitivity to light often accompany the painful headaches.

Many migraines are *triggered* by external factors including emotional stress; sensitivity to specific chemicals and preservatives in foods; caffeine; changing weather conditions; menstrual periods; excessive fatigue; skipping meals and changes in normal sleep patterns.

As chiropractic doctors our role is to help alleviate your symptoms, but more importantly treat your central nervous system which when subluxated is often the root cause of illness and disease, including many headaches and migraines. As an example of the importance of a healthy nervous system Dr. Michael Kricken states:

“Say you're eating chocolate – it goes into your mouth, there are chemicals released, and there are sensory nerve endings all down the digestive tract. These relay information to the brain, and in some people those chemicals can set off a cascade of events leading to migraine attacks. So the nervous system is key in every condition, and I think that's why chiropractic has more success than any other form of treatment for people with headaches.”

He continues to explain that the central nervous system (CNS) -- brain, spinal cord and spinal nerves control the function of every organ, tissue and cell in the human body. If there is any interference to the function of the CNS then the body cannot function in a healthy way. Chiropractic adjustments specifically and directly remove (or in some cases reduce) interference to the CNS thereby allowing the body to function properly.

Along with chiropractic care the best ways to reduce the number of migraines is to live a healthy lifestyle – eat right, get plenty of regular rest, and participate in daily exercise, and reduce stress. Contact our office to learn about our Tuesday night classes that can help you learn how to live a healthier lifestyle!

**Call us today! We can help you reduce or eliminate Headaches, Migraines, Neck and Shoulder Pain!**

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

- ❖ Has one of your friends or family suffered from frequent or severe headache, migraine or neck/shoulder pain?
- ❖ Chiropractic can help relieve pain and 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...**

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**EXPIRES ON 3/15/09**

## Interesting Tips, Tricks and Facts About Fresh Air

*Interaction with nature reduces depression, promotes healing, sparks creativity and even increases life expectancy - upping survival odds by about 15% over 5 years.*

Air is the most essential element needed to sustain life. How can oxygen, which is vital for life, help us to regain and retain our health?

The body is made up of cells. Cells in turn make up tissues, and tissues in turn make up the organs of the body. Every function carried on by the body is directly related to the life of the cells. Cells need four things to live and function properly: 1) Oxygen - without oxygen the cells die in 3 minutes. 2) Water - without water the cells die in a few days. 3) Nutrition - without nutrients they die in a few weeks. 4) Cleansed - their own wastes must be removed promptly or death will result in a matter of minutes or at the most hours.

Oxygen is one chemical essential for the cells to create energy.

### Benefits From A Constant Supply of Pure, Fresh Air:

- Fresh air purifies the blood, imparts to it a bright color, and sends the blood, a life giving current to every part of the body.
- Air soothes the nerves, stimulates appetite, helps digestion, and induces sound, refreshing sleep.
- Oxygen electrifies the whole system, causes the body to be strong and healthy, and will refresh the system.
- Air invigorates the vital organs and aids the system in getting rid of an accumulation of impurities.
- Pure air brings life to the skin as for a lack of air the skin nearly dies.
- Air has a decided influence on the mind, imparting a degree of composure and serenity.
- Air greatly benefits some specific illnesses: fevers, colds, and lung diseases.

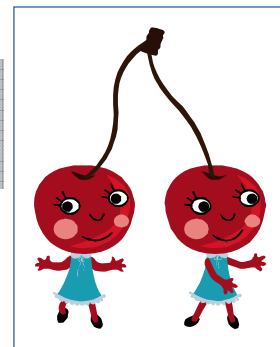
One of the best ways to receive fresh air is to go out of doors into the open air and exercise by walking or gardening. This enables the lungs to expand and be filled with the negatively charged oxygen molecules.

### Exercise in the open air should be “prescribed” as a life-giving necessity.

**The amount of oxygen taken in by each breath increases by three times the normal amount when walking.**

Fresh air outdoors is essential to health, but just as important if not more so, is the necessity of a constant supply of pure air indoors. The lungs not only expel carbon dioxide but also other waste matter. If this indoor air is not replaced by negatively charged oxygen, it becomes poisonous and causes, among other things, sore throats, lung diseases and liver complaints. This is especially true at night when sleeping in a closed room. Unless there is a source of fresh air a person will awake un-rested and irritable.

So, enjoy the outdoors! Walk, play, garden, ride bikes...anything that gets you out breathing in the fresh, health-building, negatively charged oxygen - for your health!



**“The strength of the system is, in a great degree, dependent upon the amount of pure, fresh air breathed.”**

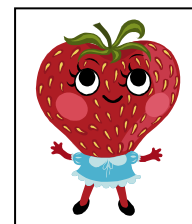
### In The Beginning

Air Contained

32-34% Oxygen

**Today, it is down**

**by nearly ½ at 18%!**



Fresh Air is  
The Elixir of Life!

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