



# Wellness in the News

June 2009  
Volume 2 Issue 5

Unruh Chiropractic and Wellness Center, 302 N 8<sup>th</sup> St., Suite 1, Rogers, AR 72756  
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## Sunlight

Helps the body heal wounds and injuries and overcome virtually any illness.

## The Healing Power of... Sunshine!

Compiled by Laura Weyer, CA

Many scientists, doctors, and researchers are challenging the aged myth that the sun is dangerous to our well-being. Dr. Liberman, O.D., Ph.D. reminds us in his book the "[Healing Power of Sunlight](#)" that the sun was once used as a general tonic to heal almost everything and man has been exposed to the sun for centuries. The sun provides the basis for all life on earth. The sun is the source of energy for all plants, and indirectly, for all animals. He states, if the sun causes

### Humanity

*Needs sunlight for health and well being,  
for vitality and happiness.*

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**"A good laugh is  
Sunshine in the house."**

- William Makepeace Thackeray -



*"Change, like sunshine,  
can be a friend or a foe,  
a blessing or a curse,  
a dawn or a dusk."*

- William A. Ward -



cancer, man wouldn't be here today. Contrary to popular belief, sunbathing actually helps heal cancer of the skin while sun block [and animal products] actually increase cancer risks.

According to the National Cancer Institute, lifetime exposure to sunlight may reduce your risk of some of the most common types of cancer. In an analysis of death certificates from 24 states over an 11-year period, the NCI researchers found that people who lived in the sunniest parts of the country, and those exposed to the most sunlight through their jobs, had significantly lower rates of breast and colon cancer than matched controls. NCI researchers theorize that sunlight offers cancer protection through its contribution of vitamin D.

People today are staying out of the sun in record numbers or donning layers of sun block products promoted to protect the user from the sun's "harmful" rays. Yet, science is confirming the ideal way to get vitamin D, to heal disease and reduce depression is by directly exposing your skin to appropriate sunlight. It has been frequently reported that those who are regularly exposed to ultraviolet radiation (UVR) have a reduced risk of developing melanoma. The reasons appear to be twofold: 1 - they develop a tan that blocks the penetration of UVR so it can't produce the free radicals that can lead to melanoma; and 2 - they produce lots of vitamin D. Both links have just been demonstrated in an excellent study by investigators studying 497 people with melanoma. If you put on your bathing suit and sunbathe for 30 minutes, your body produces about 20,000 IUs of vitamin D - as much as exists in 200 glasses of milk, or about 50 multivitamins!

As always, be aware that marketing is intended to sell products. Get your "sunshine" data from today's latest research and go out and enjoy the rays~!

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

"I tried everything the doctors asked me to do with no relief. I took pain pills, muscle relaxers, and did therapy and was in more pain with each one. I was deprived of most activity..."

The staff at Dr. Unruh's is wonderful. They really care about you. I have been able to return to some of my housework. I can enjoy playing with my grandkids again. I am in awe over the changes in not only being on the road to recovery but how much my attitude and feeling good about life in general has change in such a short time!

Sandra P.  
Rogers, AR



"Not all pain is gain."  
- Author Unknown -

## **Back Pain Sufferers:**

See our amazing [Friends & Family Gift Certificate](#) on the next page!

***Do not miss this opportunity to help yourself or a friend!***

## **How Chiropractic Can Help**

*From The Desks of John Unruh, D.C. & Ryan Monson, D.C.*

### **Chiropractic Care: Back Pain Facts & Tips**

Although doctors of chiropractic treat more than just back pain, many people today are finding these doctors provide the best lasting solution to their back problems. However, a large percentage of chiropractic patients first visit their family physician looking for relief from this pervasive condition. In fact, low back pain is the fifth most common reason for all doctor visits in the United States.

#### **Interesting Facts**

- 70-85% of all people have back pain at some time in their life.
- Back pain is the most frequent cause of activity limitation in people younger than 45 years old.
- Most back pain is mechanical or non-organic – meaning it is not caused by serious conditions such as inflammatory arthritis, infection, fracture or cancer.
- Approximately one quarter of US adults reported having low back pain lasting at least one whole day in the past three months; 7.6% reported at least one episode of sever acute low back pain within a one-year period.

#### **What to do?**

If your back pain is not resolving quickly visit our office. Your pain will often result from mechanical problems that we can address. Many Chiropractic patients with relatively long-lasting or recurring back pan feel improvement shortly after starting chiropractic treatment. The relief is often greater after a month of chiropractic treatment than after seeing a family physician.

The chiropractic approach is to find the cause of the pain and treat it directly. This may involve realigning the spine or extremities by chiropractic adjustments, physiotherapy for the muscles and ligaments, rehabilitative exercises, or a combination of these. Our doctors may suggest exercises or therapies to prevent a reoccurrence of the problem. This may provide a long term solution to the condition through consistent treatment.

Chiropractic spinal manipulation is proven to be a safe, effective, and affordable treatment option. Chiropractic care reduces pain, restores normal range of motion, and decreases or eliminates the need for medication.

**Contact our office to set up an appointment for you  
Or a hurting friend.**

**It's our job and joy to see you get back to a pain-free life  
With full mobility and flexibility!**

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

- ❖ Has one of your friends or family suffered from back or neck pain?
- ❖ Chiropractic care can help relieve pain and check these conditions 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 6/30/09**

## Interesting Tips, Tricks and Facts About Back Pain

Many people take their backs for granted, not realizing the dangerous positions they put their spines in every day. Almost everything you do requires the use of your back, and back problems are rarely the result of a single activity or accident. Most injuries occur over a period of years or even decades, as a result of various factors -- how you sleep, exercise or sit, what you eat, or how you deal with the emotional stresses at home and work. Some back pain is caused by non-preventable factors (traumatic accidents, congenital defects, tumors) but the majority of low back pain is preventable. Below are suggestions on how you can prevent back pain:

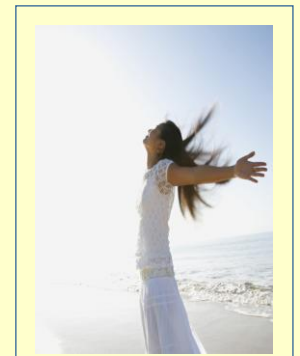
### Tips to Prevent Back Pain

- Maintain a healthy diet and weight.
- Remain active
- Avoid prolonged inactivity or bed rest
- Warm up and stretch before exercising or other physical activities
- Adopt a straight posture, sitting or standing. You should try not to bend the back. Bend instead at the knees or at the hips. This is true while lifting objects, tying shoes, putting socks or pants on, etc.
- Wear comfortable, low-heeled shoes
- Sleep on a mattress of medium firmness to support the curve in your spine
- Lift with your knees, keep the object close to your body, and do not twist when lifting
- Quit smoking: smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues
- Work with your doctor of chiropractic to ensure that your workstation is ergonomically correct

### When to Seek Back Pain Care

How do you know when it's time to see a chiropractic doctor? If you answer yes to any of the following questions, you should arrange an exam:

1. Has your low back pain extended down your leg?
2. Does your leg pain increase if you lift your knee to your chest or bend over?
3. Have you had severe back pain following a recent fall?
4. Have you had significant back pain lasting more than 3 weeks?
5. Have you had back pain that becomes worse when you rest, or wakes you up at night?
6. Do you have persistent bladder or bowel problems?
7. Do you get numbness or weakness in your legs while walking?



**"Keep your face always  
toward the sunshine  
and shadows will  
fall behind you"**

- Walt Whitman -



**"Friends are the  
sunshine of life!"**

- John Hay -

Attend Tuesday's  
Health Classes to  
increase your  
knowledge and  
improve your health  
6:15 p.m.