



**In This Issue...**

- Frankly Speaking
- Tylenol and the Liver
- Most People Are Immune to the Flu
- Orthopedic Surgeons Recommend Chiropractic Too
- Dr. Curley's Corner
- Dr. Godbersen's Gems

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# Ungerland

## chiropractic

IMPROVING THE QUALITY OF LIFE

7718 E. 91<sup>st</sup> St. • Suite 100 • Tulsa, OK • (918) 743-2555

## Frankly Speaking by Dr. Frank J. Ungerland III, DC

### October has been designated as National Chiropractic Month

It is estimated that about 27 million Americans visit doctors of chiropractic each year and millions more receive chiropractic care throughout the world. Chiropractic is the third largest primary healthcare field (after medicine and dentistry).

Many may not know that the first adjustment was given on September 18, 1895, by Dr. David Palmer in Davenport, Iowa, and it wasn't for back pain at all. It helped restore hearing to

Harvey Lillard, a janitor in Davenport. How so? The nervous system regulates and controls all functions of the body. Interference of the neural impulses alter the function of those areas supplied by the nervous system. This results in less than optimal performance of the body leading to dysfunction, symptoms, illness and then disease. Since the first adjustment in 1895, chiropractors have assisted in restoring normal function to the nervous system for millions of patients, improving function to all areas of the body. Since the nervous system controls all functions of the body, chiropractic treatment is effective for many health disorders and conditions, i.e., headaches, tension



...We really cannot perceive all of the positive things that are happening in our bodies when we receive an adjustment. There are positive changes taking place on the cellular level. Life giving energy is being restored to starved and depleted cells. You cannot measure the value of that...

What is the value of chiropractic care? Sometimes we believe we can know it because of an immediate change or because a long-standing problem is resolved after getting under care. I would suggest that is only the tip of the iceberg. That is only a small part of the benefit of getting chiropractic adjustments on a regular basis. We really cannot know what microscopic effects are taking place. We really cannot know what immeasurable effects are occurring like higher resistance and improved physical, mental and emotional function. Lastly, we cannot know what life-extending effects are taking place. Like the commercial for a certain credit card, there are some things that you can put a price on and some things are priceless. Chiropractic care is one of those things of which you just cannot know the value.

Dr. Joe Strauss, posted Nov. 28, 2006  
Jolibois Chiropractic, Baton Rouge, LA

or pain in the neck, shoulders or lower back, loss of sleep, irritability, mood swings, hormone problems, digestive problems, allergies and sinus problems.

How do chiropractors determine if there are disturbances of the nervous system? Structure always determines function. Chiropractors evaluate patients' posture to gravity and every day activities. They also examine function of the spine by palpation (feeling tightness and tenderness along the spine), and ranges of motion. X-rays are taken to determine bone structure and misalignments that may have been acquired from birth or prior accidents in life. Today, thanks to sophistication of the computers, scans are performed on the surface of the spine to determine abnormal patterns of nerve function. It is reasonable to take your temperature if you were not feeling well. Performing a non-invasive (painless) scan of the spine to determine heat changes and abnormal muscle activities assesses activity of the nerves. Detecting these areas of abnormal nerve patterns assists in restoring normal function to the nervous system and optimizing your health.

At our clinic, we extend to your family and friends complimentary screenings and spinal examinations to evaluate their nervous systems during the month of October. Please call our office for an appointment 743-2555.

## Recommended Amounts of Tylenol Might Lead to Liver Damage

An Associated Press story published on July 5, 2006 reports on a new study that raises concern over even the recommended maximum usage of the common pain killer. The original study published in the July 5, 2006 Journal of the American Medical Association, (JAMA), looked at 145 healthy adults in 2 US inpatient clinical pharmacology units. The subjects were divided into three groups. One group took 4 grams of Tylenol, equivalent to eight extra-strength Tylenol tablets, each day for two weeks. A second group took Tylenol combined with an opioid painkiller. A third group consisting of 39 individuals were given dummy pills (placebo) that they assumed were Tylenol. The results showed that there was no evidence of any liver damage in the group that took the dummy pills. However in the group that took the actual Tylenol the results were dramatically different. When testing those in the Tylenol group, nearly 40 percent showed abnormal test results that would signal liver damage.

The researchers found that thirty-nine percent of the patients taking acetaminophen alone or in combination with another drug saw their liver enzymes increase to more than three times the upper limit of normal. Study co-author, Dr. Neil Kaplowitz of the University of Southern California, responded, "I would urge the public not to exceed four grams a day. This is a drug that has a rather narrow safety window." Another co-author, Dr. Paul Watkins of the University of North Carolina, said, "Our jaws dropped when we got the data. It doesn't have anything to do with the opiate. It's good ol', garden-variety acetaminophen." After seeing the research, Dr. William Lee of the University of Texas Southwestern Medical School in Dallas, who was not involved in the research, commented, "This study shows that even taking the amount on the package can be a problem for some people."

*Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.*

—Helen Keller

## THANK YOU FOR YOUR REFERRALS!

- Natalie W.
- Jessica H.
- Lonnie L.
- Ernie D. (2)
- Jeff G.
- Janelle J.
- Alicia W.
- Amy B.
- Janet R.
- Tony & Tracey E.
- Linda S.
- Judy R. (2)
- Amber B.
- Kimberly D.

We truly appreciate helping our patients achieve their best life possible and that's why we can't thank you enough for referring others to our practice. Remember that we always provide free exams and consultations to new patients, so keep those referrals coming!

## Most People Are Immune to the Flu

Natural immunity is always best. Take care of yourself and the flu will be mild or non-existent. Artificial immunity, if it works, is never as good. In fact deaths associated with the flu continue to rise parallel with increased flu vaccine usage. No large population studies prove the flu vaccine even works.

Every year, 80-90% of the population is naturally immune from all forms of influenza like illnesses (ILI's). In fact, only 10-15% of those with ILI's actually have the flu! Natural immunity protects 96 to 98 people out of every hundred from contracting the flu. The flu vaccine can cause flu-like symptoms, joint and muscle pain (sometimes lasting for years), severe allergic reactions and even death. Promote natural immunity to all diseases with a lifestyle that includes whole foods, elimination of toxins, chiropractic care, rest and satisfying relationships.

## Fitness Tip of the Quarter

In addition to a good aerobic exercise, you should add weight training in, which will help balance out the fitness routine and provide you with the best results. If you are not sure where to start, a professional trainer can help get you started on a healthy program.

## Upcoming Events

- Back in Action Workshop, Tuesday, September 11, 6:15 p.m.
- Lose Weight, Feel Better Workshop, Tuesday, September 25, 6:15 p.m.
- Ungerland Chiropractic will be closed on Thanksgiving Day and the day after, November 23<sup>rd</sup>. To all our patients and friends- we hope you have a blessed Thanksgiving Holiday!

### Stay Fit While You Sit

For many of us, we spend many hours sitting at a computer throughout the work day. Our lives have turned into eight hours of sedentary positions. Now, more than ever, we must find ways throughout the day to fight off the effects of our posture. There are simple steps that can be implemented throughout the day to help maintain flexibility and strength, to increase our energy, and to decrease our stress.

Movement increases circulation and promotes healthy joint function. Loss of flexibility and strength is one of the most common reasons for injury and it usually happens when we try to do something we enjoy. Spending time with our children, gardening, and traveling are the worst times for problems to occur.

#### Tips:

1. Use deep breathing and positive visualization to reduce stress.
2. Take frequent micro breaks (2-3 minutes) to stand up and move about.
3. Remind yourself to use proper posture at your desk to reduce fatigue
4. Drink water and have frequent healthy snacks to maintain a healthy weight.
5. Use stretches, while sitting, to relieve tension and promote circulation.
6. Follow your doctors' wellness treatment schedule to maintain your health.

Our office can present a corporate wellness talk for your company as we have for several others in the Tulsa area. Please call for more information.

~Dr. Eric S. Curley, DC



### No Bake Brown Rice Energy Bars – from Wild Oats

Brown rice syrup is a wheat-free and gluten free sweetener that is made by cooking brown rice in water until most of the water evaporates. The result is a sweet golden syrup that is about 20% less sweet than sugar. It has a light caramel flavor that works well in energy bars, smoothies, sauces, muffins and cookies.

Total Time: 15 minutes, plus time to chill  
Makes: 36 bars

- 1 c. brown rice syrup
- 3/4 c. organic peanut or almond butter
- 1 Tbsp. vanilla extract
- 2 tsp. cinnamon
- 3 c. granola
- 1/4 c. sunflower seeds
- 1/4 c. sliced almonds

Spray a 13X9 inch pan with non-stick cooking spray. Heat brown rice syrup in a sauce pan with peanut butter over medium heat. Stir until well mixed. Stir in vanilla and cinnamon. Mix granola with sunflower seeds and almonds. Pour peanut butter mixture over the granola. Stir until combined. Press into baking dish and chill until firm. Cut into bars and enjoy!

Submitted by Judy R.

### 3 Keys for Healthy Kids at Back to School Time

Back to School comes with several changes and amid these changes, let's not forget about our health and most importantly, the health of our kids. Here are a few tips to help keep your kids fit:

#### 1. Backpack safety

Kids carry more books than ever and excessive weight in their backpacks puts undo strain on their backs. Research shows that kids should only carry 10% of their total body weight in their backpack (50 lbs. child = 5 lbs. of books). Make certain the heaviest book is closest to the spine, which ensures good ergonomics. Keep the shoulder straps over both shoulders and wear the backpack snug to the body for proper fitting.

#### 2. Motion is Life

Our bodies are designed to move and it is important that our kids get proper exercise. While in school, your kids will be sitting considerably more. Combine that with the time they are stationary while doing homework and that is a considerable amount of time not moving. Some simple steps to keep the body limber are:

- Stretch often.
- Change positions every 15 minutes.
- Take a 10 minute break every hour.

If possible, go for a walk with your kids or play catch, before having them sit down to study. This serves two purposes – one, you get time with your kids and two, their body gets the movement it craves.

#### 3. Healthy Snacks

Brain power can burn a significant amount of calories; make sure your kids have healthy snacks while they are studying.

**Fruits and vegetables.** Provide vitamins, minerals, fiber and other important nutrients, along with a feeling of fullness without the fat and only a small number of calories.

**Nuts and seeds.** Provide protein and contain mostly monounsaturated fat, a healthy kind of fat, which satiates your appetite.

**Low-fat dairy products.** Cheese, yogurt and other dairy products are good sources of calcium and protein, plus a variety of other vitamins and minerals.

Follow these simple steps and you will have happier, healthier, and more energetic kids. Also, remember a healthy spine and nervous system is essential for a healthy life.

~Dr. Scott Godbersen, DC

### Prize Drawings - 1<sup>st</sup> and 15<sup>th</sup> of each month



# Happy Birthday to all our patients with September, October and November birthdays!

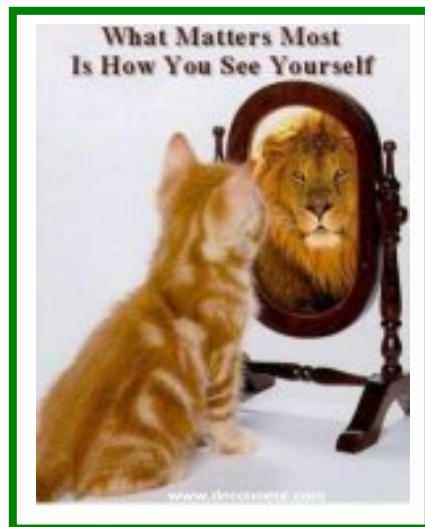
## Orthopedic Surgeons Recommend Chiropractic Too

Chiropractic received more praise recently with the featured story titled "Mainstream Makes Adjustments" on the front page of the July 17, 2007 health section of The Washington Post. The story includes personal experiences of Buzz McClain – writer and chiropractic patient. McClain obtained relief from chiropractic care after three unsuccessful spinal surgeries. In the article, Dr. William Lauerman, chief of spine surgery and a professor of orthopedic surgery at Georgetown University Hospital commented, "I'm an orthopedic spine surgeon, so I treat all sorts of back problems, and I'm a big believer in chiropractic... I'm more of a believer for acute problems like short-term back pain, although I know [chiropractic] can be helpful for some cases of more-chronic conditions."

Author: ChiroPlanet.com\_

Source: The Washington Post. July 17, 2007.

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## *M i s s i o n   S t a t e m e n t*

*The mission of Ungerland Chiropractic Clinic is to improve the lives of those in our community by offering the opportunity to receive the highest quality chiropractic care. Our goal is the prevention of disease and the promotion of wellness by educating everyone we meet.*

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*Dr. Frank Ungerland • Dr. Eric Curley • Dr. Scott Godbersen*