

Volume 3  
Number 1  
Fall 2008

Judy Rigsby, Editor

# Ungerland

## *chiropractic*

IMPROVING THE QUALITY OF LIFE

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To help promote health and safety in the workplace, **National Chiropractic Month 2008** will focus on what employers and employees can do to reduce the number of job-related injuries and how to best treat injuries when they do occur. Whether it's a job that requires a great deal of bending and lifting or one that entails typing at a computer all day, more than 1.8 million Americans report work-related musculoskeletal injuries each year. While musculoskeletal injuries often require employees to take time off of work, there is compelling evidence that most injuries of this nature could, in fact, be prevented. The ACA recommends the following tips to help reduce the risk of injury:

- While at the office, remember to take frequent stretch breaks while working on your computer. The more hours per day you use your computer, the greater the risk of discomfort or injury.
  - While working on your computer, sit with your knees at approximately a 90- to 120-degree angle. Using an angled foot rest to support your feet may help you sit more comfortably.
  - Make sure your chair fits correctly. Allow for two inches between the front edge of the seat and the back of your knees. Your knees should be at or below the level of your hips.
  - Don't lift by bending over. Instead, bend your hips and knees and then squat to pick up the object. Keep your back straight, and hold the object close to your body. Don't twist your body while lifting.
  - Push, rather than pull, when you must move heavy objects.
  - If you must sit for long periods, take frequent breaks and stretch.
  - Exercise regularly. Staying physically fit, strong and flexible helps you avoid back injuries.
- \*\*\*\*\*

Our "**Protect Your Back**" program has been quite successful for local businesses. The presentation has dramatically reduced the number of back related injuries, improved employee morale and performance, and stimulated healthier lifestyle decision making throughout the companies. We address the importance of simple stretch exercises that are individualized for each employee's size and posture. Call our office today and we will be glad to answer any questions and schedule a workshop for you and your employees.

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



### "Beef up" Your Brain

You are what you eat, or at least your brain is. A diet of junk food can junk up your brain, as things like trans fats and saturated fats, commonly in heavily processed foods, can negatively affect the brain synapses. Sugar substitutes, like aspartame, are known neurotoxins. A balanced diet rich in omega-3 fatty acids, found in salmon, walnuts and kiwi, can give the brain a boost and help fight against mental disorders from depression to dementia. Hitting the gym or regular workouts improve your memory. Exercise triggers the release of chemicals to make the brain's neurons stronger and healthier. Twenty to thirty minutes every other day will do it. Stretching can reduce stress, which can impact the memory centers of your brain. Give your brain a workout with brainteasers, crossword puzzles and memory games. Studies show that watching TV does not stimulate the brain as much as problem solving activities. Sleep is therapeutic for your brain. Sleep gives your brain a chance to replay the memories of the day and consolidate them for long term storage. Treat sleep like any other daily scheduled event. Go to bed at the same time each night. Set aside enough time to hit that golden 7 hours of sleep. Refrain from caffeine, spicy foods, and alcohol four to six hours before bed time. Have a preset routine to wind down before you turn in for sleep, laying out your clothes the night before for the next day. Avoid reading or watching TV in bed, do that in a chair that is not in the bedroom. Sleep is a very important activity and your brain is doing its job while you sleep. Take care of your brain; it is taking care of you and is the only one you have.

## Dr. Curley's Corner – Dr. Eric S. Curley, DC

### A New YOU by Thanksgiving

For the last two years, our clinic has used a nutritional cleansing product to improve health and promote weight loss in our patients. Some of you may have heard of our talk...Lose 9 pounds in 9 days. It sounds too good to be true. After over 70 patients, our doctors and staff trying the program, we have had 100% success in weight loss. But most of all, our patients have more energy and feel better and now have a head start on improving their health. Many have noticed improvements in cholesterol and better control of blood sugars.

Why does cleansing work? Think of all the poor food choices that are chemically loaded with toxins and preservatives that we consume everyday. This increases our cravings for sugar, causes fluid retention, and increases the body's fat stores. The 9 day cleanse provides an aloe-based drink, meal replacement shake and herbal ingredients to promote the release of toxins and provide your body with the optimum nutrition. After the initial 9 days, you can begin another 9 day cycle, a modified program or simply continue eating better and exercising.

A cleansed and revitalized body is stronger, resists illness better, is more efficient and performs at a higher level than one that is filled with impurities. Start now and you will be a different person by Thanksgiving.

### A person is limited only by the thoughts that he chooses...

George, a college student, studied very hard and always late into the night. One morning he overslept, arriving 20 minutes late for class. He quickly copied the two math problems on the board, assuming they were the homework assignment. It took him several days to work through the two problems, but finally he had a breakthrough and dropped the homework on the professor's desk the next day.

Later, on a Sunday morning, George was awakened at 6 a.m. by his excited professor. Since George was late for class, he hadn't heard the professor announce that the two unsolvable equations on the board were mathematical mind teasers that even Einstein hadn't been able to answer. But George Dantzig, working without any thoughts of limitation, had solved not one, but two problems that had stumped mathematicians for thousands of years.

Simply put, George solved the problems because he didn't know he couldn't.

Bob Proctor tells us to "keep reminding yourself that you have tremendous reservoirs of potential within you, and therefore you are quite capable of doing anything you set your mind to. All you must do is figure out how you can do it, not whether or not you can. And once you have made your mind up to do it, it's amazing how your mind begins to figure out how."

And that's worth thinking about.

### What our patients are saying...

I never knew how amazing chiropractic was until I met Dr. Frank Ungerland almost two years ago after a fall in my kitchen. His adjustments are so gentle but so very effective. Dr. Frank really took the time to explain my treatment options and what he believed would help me the most. He is more than a finely tuned master of chiropractic. He truly cares about your total well being. He not only assists the healing of the body with his hands, he heals the spirit with his generosity and kindness with the reassuring concern he displays for every one who walks through his doors. He pours his heart and soul into adjusting each and every one of his patients. Not only has he released me from the jail of pain I was in, both physically and emotionally, but he has boosted my spirits by making me feel like I matter. It is my privilege to be his patient. I would highly recommend Dr. Frank to anyone in need of a chiropractor. He and Dr. Eric Curley and the whole staff are very helpful and kind. Thank you, Dr. Frank, for your sensitivity, consideration and talent. These simple words seem so inadequate for what has happened to me. My back and neck haven't felt this good in years! I am now receiving weekly adjustments and feel great!

After about a month of adjustments, I had enough confidence in Dr. Frank to introduce my daughter to him. Here is her story...

I really had not had the best experience with chiropractic care until I met Dr. Frank Ungerland through my mother. He treats you as a person, not a financial investment. He cares for your well being and wants you to better yourself. I will never forget my first adjustment and how much better I felt after leaving his office. I'm still working on my current boyfriend to get chiropractic care and he's slowly coming around. I don't know what I would do without my weekly visits to Dr. Frank. I hope when I move to Wichita later this year that I can find someone who adjusts as well as Dr. Frank... probably not, but hopefully close.

~ ~ Judy and Jennifer

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

September 17 is...



National School Backpack Awareness Day is an annual event held in September. Across the country, events are being held to educate parents, students, teachers and school administrators, and communities about the serious health effects on children from backpacks that are too heavy or worn improperly.

Congratulations to Raisa Shauchuk for winning our Referral Race this summer.

## THANK YOU FOR YOUR REFERRALS!

Maria A.  
Sharon B.  
Lori C.  
Bonnie F.  
Valerie G.  
Donna H.  
Gene H.  
D.J. I.  
Dominique L.  
Dr. Marouk (2)  
Emily M.  
Gage M.  
Sarah P.  
Steve P. (2)  
Whitney P.  
Judy R.

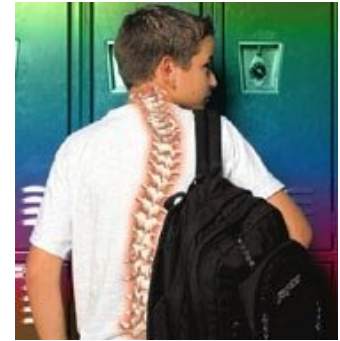
Karen S.  
Linda S.  
Margie S.  
Megan S.  
Raisa S. (3)  
Stacey S.  
Anthony T.  
Chris W.  
Donnie W.  
Heather W.  
Jerry W.  
Keith W.  
Lonnie W.  
Nicole W.  
Patsy W.

When our practice receives a referral from you, it's a compliment that means we've fulfilled our obligation. Our responsibility is to:

1. Provide comprehensive treatment for a fair price.
2. Run an efficient office so your appointments are on-time.
3. Treat you with dignity and respect.

Sarah says... - Sarah Potter C.A.

The spine is made of 33 bones called vertebrae, and between the vertebrae are discs that act as natural shock absorbers. It is recommended that kids carry no more than 10% to 15% of their body weight in their backpacks. When a heavy weight, such as a backpack filled with books, is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, a child may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally. The heavy weight might cause some kids to develop shoulder, neck, and back pain.



Kids who wear their backpacks over just one shoulder may end up leaning to one side to offset the extra weight. They might develop lower and upper back pain and strain their shoulders and neck.

Backpacks with tight, narrow straps that dig into the shoulders can interfere with circulation and nerves. These types of straps can contribute to tingling, numbness, and weakness in the arms and hands.

When choosing the right backpack you should look for a lightweight pack, two wide, padded shoulder straps, a padded back, a waist belt to help distribute the weight, and multiple compartments. Once you have found the proper pack be sure to lift it properly by bending at the knees and grabbing the pack with both hands to bring to your shoulders. Tighten the straps enough for the backpack to fit closely to the body and sit 2 inches above the waist. Also place heavier items closest to the center of the back.

If you are experiencing pain, numbness or weakness in the arms or legs, please give the office a call so I can set you or your child an appointment to get your back checked.

## Fitness Tips of the Quarter

### For a Total Workout, Include Body, Mind and Spirit

**The best workout, according to top trainers and fitness experts, is one that includes the mind and spirit as well as the body. Consider some alternatives to your regular weight and cardio training. For a change of pace, try yoga, Pilates or tai chi, all of which engage your mind, body and spirit. Include these alternative mind/body disciplines on a regular basis. Add them to your workout regime and feel the difference.**

# Mission Statement

*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 J. Ungerland • Dr. Eric S. Curley*

## Health and Diet Tips from Judy

Just like brushing your teeth, healthy habits should be cultivated on a daily basis. The following is a guide to daily tasks:

1. Activity should be a daily occurrence. Walk, run or jump for a minimum total of 20 minutes a day.
2. Protect your skin. Sun block should be applied on face, neck, arms and hands even in the dead of winter. It protects against climatic toxins too. Moisturize skin daily.
3. Eat fruits, vegetables, grains, low-fat dairy products and small amounts of protein. Avoid sweets and other processed foods.
4. Meditate or spend a minimum of five minutes daily in quiet time.
5. Find your spiritual self. Discover what inspires you, raises your level of consciousness, motivates you, and satisfies your soul.
6. Exercise your brain. Read, study, solve problems, and learn new skills. As does the body, the brain atrophies with lack of use.
7. Hug somebody.

November 4 is Election Day.



## September is 5-A-Day Month

Help your friends, family and co-workers feel better by observing 5-A-Day Month and eating at least 5 servings of fruits and vegetables every day! Did you know that about 500,000 cancer deaths could be prevented each year by eating a diet rich in fruits and vegetables? Most people are not aware of the enormous benefits of eating fruits and vegetables every day!

**NATIONAL  
CHIROPRACTIC  
MONTH**



*Discover Natural  
Pain Relief.*

**October is National Chiropractic Month!**



Dr. Frank, Dr. Eric,  
Sarah and Judy wish you  
a Thanksgiving filled with  
blessings...