

# Ungerland

## *chiropractic*

IMPROVING THE QUALITY OF LIFE



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### Laughing the Stress Away

Stress affects everyone and has become one of the most serious health issues of our times. There are many ways to deal with stress, some more effective than others. One of the quickest and easiest ways to reduce stress is to find humor in your daily life.

In fact, it turns out that laughing is good for your overall health.

Researchers have found that people with heart disease were 40 percent less likely to laugh in humorous situations than those with healthy hearts.

Laughter strengthens the immune system and lowers high levels of stress hormones. Business researchers have also recognized the benefits of laughter and humor in problem solving and creativity in business environments.

Workers who find their jobs fun perform better and get along better with co-workers than those who do not view their jobs as fun.

It is easy to inject humor into your daily life. Take time each day to enjoy something funny. Read a book of jokes or talk to a friend who makes you laugh. Humor can keep you from taking yourself too seriously and can make dealing with others easier.

So, next time you are feeling stressed out, take a moment for yourself. Take a deep breath, smile, and think a funny thought.

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

#### Fighting High Cholesterol - Naturally

By now most people have heard that America has issues with obesity and cholesterol levels. Even children are being targeted as consumers for powerful statin medications. Medications have side effects and the statin medications such as the Crestors and Lipitors and others can affect the body negatively in a condition known as rhabdomyolysis, permanently harming muscle tissue. What can one do to get the cholesterol, triglycerides, HDL's and LDL's in order? Get regular physical activity; "Me Time" - walking for 20 minutes a day helps control your weight and regulate blood pressure. "Step-ups" - step on that scale and lose some of that weight. Two pounds a month is twenty four pounds a year and for every pound of fat we dissolve, 200 miles of small blood vessels shrink up and our heart gets a rest. Avoid unhealthy foods, stay away from the fried stuff. Even McDonalds and KFC have altered their menus. Natural supplements that have been beneficial to reduce cholesterol are red rice yeast and flaxseed. Feeding your body and building up your body will help prevent you drugging your body. Ask your medical doctor what alternatives to medications you have to reduce cholesterol levels. I did and it is working, so I want to share it with all of you. Hope this helps; if you have any questions, give the office a call.

#### Fitness Tips of the Quarter

##### 5 Fun Tips for Fall Fitness

1. **Seize the moment.** Even a ½ hour walk pays off.
2. **Explore parks; find a new bike path; take a walk around a lake.**
3. **Return to your club or gym.**
4. **Remember an apple a day.** You should be getting 4 to 5 servings of fruits and vegetables each day.
5. **Make it social.** Find a friend to help you stay motivated.

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

### **BACK TO SCHOOL SPORTS**

Back to school means back to school sports for many kids. Most families with children between the ages of 5 and 18 have at least one child who plays organized sports. This is a great thing; after all, there are the benefits of learning to work together as a team, building camaraderie and participating in consistent physical activity. However, parents need to pay special attention to the potential injuries that can occur at any time. Here is what you can do as a parent to minimize your children's risk of suffering an injury.

#### **Two Easy Ways to Reduce Injury Risk**

1. *Teach your children to listen to their pain.* Athletes, whether professional or in grade school, place a tremendous amount of stress on their bodies. The running, jumping, tackling and falling that is a fairly frequent part of many competitive sports tend to result in sprains, strains and chronic injuries. The concept of pain should be taught to children as an important warning signal from the body that something is wrong and should be checked out. Taking prescription or over-the-counter pain relievers effectively masks the warning signal, which means children will tend to overextend themselves, resulting in a worsening of the underlying problem. This is why forward-thinking coaches, athletes and doctors (and parents) have come to realize that painkillers are not the answer.
2. *Focus on prevention.* Whether providing just prevention education, structural adjustments or ancillary care, chiropractic has a role to play with young athletes. We will thoroughly assess the injury site, provide appropriate care, and most importantly, recommend or teach how to prevent future injuries. The larger role the chiropractor can play involves developing a schedule of care for your child that's not pain or relief-based only. Rather than waiting for an injury to take place, why not introduce your young athlete to a proven prevention model that will keep them pain-free and in the game? After all, that's what it's all about: keeping them safe and able to participate in the activities they most enjoy.

### **Food Rehab**

Here's some of the advice David Kessler gives in his book, The End of Overeating, to help you resist the pull of unhealthy foods.

1. **Replace chaos with structure.**  
Determine ahead of time what you'll eat for meals and snacks. Block out everything else.
2. **Practice just-right eating.**  
Figure out how much food you need. (Odds are, it's less than you think.) Put it on your plate and don't go back for more.
3. **Pick foods that will satisfy, not stimulate, you.**  
What satisfies you is personal, but try foods that occur in nature, like whole grains, beans, non-starchy vegetables, and fruit, combined with lean protein and a small amount of fat.
4. **Rehearse.**  
Anticipate your moves like an elite athlete before a competition. For example, tell yourself, "If I encounter chocolate-covered pretzels, I'll keep walking."
5. **Seize control.**  
Stay alert to emotional stressors or other stimuli that trigger automatic behavior. Recognize emotions (like sadness, fatigue, or anxiety) that might lead you to overeat.
6. **Stop that thought.**  
Change the channel. Turn off the image of the trigger food before you start to debate whether to eat it.
7. **Think negative.**  
Pair the unhealthy food with a stream of (unappealing) images.

~~ Content provided from *Nutrition Action Healthletter*, July/August 2009.

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

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

Fall is a great time to start a fitness program because you're going to create good habits for the holiday season and the upcoming winter months. With the change of seasons comes a renewed time to rethink and restart. How many New Year's Eves have you spent vowing to get more fit in the coming year? And how many times have you failed to follow through? There is no reason to wait until January to get started; just think of September of the start of your new year! Below are a few things to help you get started with your fall workout.

- Take advantage of the weather and go walking or cycling.
- Think outside the box and learn something new.
- Be an active TV watcher and walk or run in place, do standing lunges, lift weights, do push-ups or sit ups during the commercials. In a one-hour show, you will probably have close to 20 minutes of workout.
- Rejuvenate yourself with a massage after your workout or learn to meditate. Treat yourself not just with exercise but other wellness activities.
- Remember that it takes about four weeks for the body to adapt to lifestyle changes. Try to stick with a program for a month.
- Schedule your workouts. Everyone makes the excuse that they don't have time to exercise. Put it on the calendar and make it work.

### THANK YOU FOR YOUR REFERRALS!

Keith B.	Brenda M.
Lisa B.	Sue M.
Beth B. (2)	Gary O.
Jerry C.	Sherry O. (2)
Dr. Curley (2)	Steve P.
Micah C.	Henry P.
Dance Point	Tony R.
Dollar Thrifty	Diana S.
Meghan D. (2)	Laurie S.
Jane E.	Lydia T.
Baker Hughes (3)	Dr. Ungerland (2)
Pamela H.	Rick W.
Lynn H.	Lonnie 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.

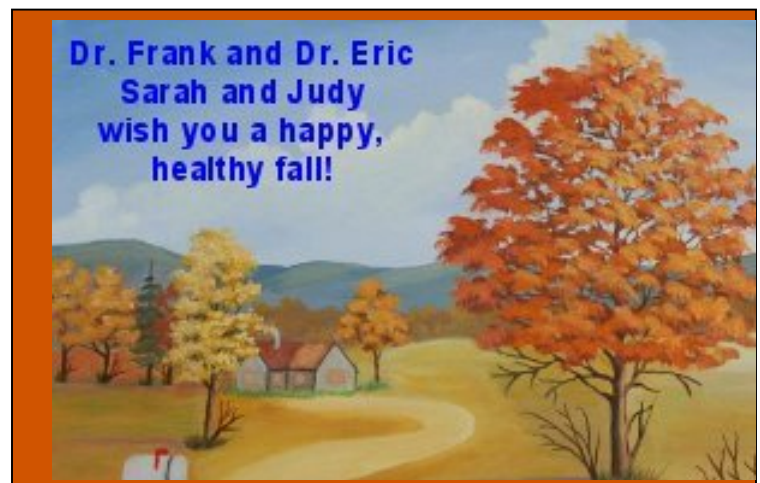
## What our patients are saying...

"Good morning, Audrey", is the welcoming voice I hear in the mornings as I enter into Ungerland Chiropractic Clinic. We are always welcomed by a beautiful smile. Hi, I'm Audrey's mom, Lydia. My daughter is Audrey and she's a miracle. Why a miracle? We were told Audrey would die at birth and that she had no hope of living, but the Lord told us something different. Audrey would live and not die and declare what the Lord has done. And that's just what we do. Audrey is four now, God is showing his unfailing love, and Ungerland Chiropractic is part of the Lord's plan.

When I first started to come to Ungerland Chiropractic, Audrey was not able to sit, lift her head when on tummy time, or be as vocal as she is now. Her neck was weak, her legs were frail, and her body was limp. You see, she was bed ridden before I started coming here, not to mention she had a hump on her back. I also had to make sure she was in a clean environment because of immune system issues. Before Dr. Ungerland even starts his practice, he always washes his hands and makes sure Audrey is in a healthy environment. Audrey loves her adjustments, not to mention the therapy she receives, and she always gives a friendly smile and Dr. Ungerland always responds with a friendly "THANK YOU".

I have seen some pretty incredible miracles here at Ungerland Chiropractic. Audrey can sit now; her neck is strong and with a pillow that Dr. Ungerland invested into her life, Audrey now is able to enjoy tummy time! She is vocal. OH BOY, IS SHE VOCAL! And she is starting to want to move her body when in her tummy time position. I'm amazed at the work this practice puts into their patients. I can't wait to see what this next year will hold. I already received one miracle I have been praying for that Audrey will be able to sit on her birthday. Now I need to up the anti to include walking and crawling. I know with the combined effort, we are going to see more than we ever thought or imagined! Thank you, Ungerland Chiropractic. I am blessed for the work that you do and the calling that you have!

~Lydia for Audrey



# 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 Tips from Judy

### 5 Fun Tips for Fall

1. **Get juiced.** Yep, have a yummy glass of unfiltered, fresh-pressed apple cider. The stuff is showing up in grocery stores now, and it's packed with health benefits. The cloudier the juice, the better. According to research, it contains more antioxidants.
2. **Cook dinner for someone you love.** It's fun, and often healthier than eating out.
3. **Go on a fall walk.** Start a new tradition of going on long "autumn walks" in the fall--just to admire the changing colors of the leaves.
4. **Get a pumpkin.** Carve it or just stick the thing on your doorstep. Strangely, squash is a fun seasonal mood-booster. Nope, no science to back that one up, but try it and see for yourself! Best idea yet: Make a trip to a local pumpkin patch.
5. **Head to a farmers' market and buy a veggie that you *never* eat.** For instance, take home a bunch of beets (rich in iron and folic acid), or maybe some Swiss chard (*packed* with nutrients, plus vitamin K).



## Wellness Workshops

Watch for notices at the office.



Thanksgiving – November 26, 2009

