

Ungerland

chiropractic

FEEL THE DIFFERENCE IN HEALTHCARE

7718 E. 91st St. • Suite 100
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FACT OR FICTION

1. Thanksgiving is held on the final Thursday of November each year.
2. One of America's Founding Fathers thought the turkey should be the national bird of the United States.
3. In 1863, Abraham Lincoln became the first American president to proclaim a national day of thanksgiving.
4. Macy's was the first American department store to sponsor a parade in celebration of Thanksgiving.
5. Native Americans used cranberries, now a staple of many Thanksgiving dinners, for cooking as well as medicinal purposes.
6. The movement of the turkey inspired a ballroom dance.
7. On Thanksgiving Day in 2007, two turkeys earned a trip to Disney World.
8. Turkey contains an amino acid that makes you sleepy.



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

It's That Time Of Year- "Back to School"

Summer is over and another academic year is beginning. Students are headed back to school. Backpacks are a major source for spinal complaints in children. A recent study in Italy found that nearly 60 percent of children carrying heavy backpacks experienced back pain. Some states such as California and New Jersey have taken legislative action to reduce the weight of students' backpacks. Here are some steps recommended by the American Chiropractic Association to lighten the load. Be selective in your purchase. Look for ergonomically designed packs that distribute weight evenly along the shoulders and spine. The smaller the pack the less likely your child will overload it with books and other articles. Select backpacks with wide padded straps, Backpacks designed with broader straps and ample padding are more comfortable and healthier. Improper fitting backpacks can lead to physical strain on the spine resulting in headaches, neck and shoulder pain, numbness and tingling in the arms and lower back. As a courtesy to the community if you would like the office to evaluate your child's backpack for a proper fitting, call (918)743-2555 for an appointment

"The reason that we have so many myths associated with Thanksgiving is that it is an invented tradition. It doesn't originate in any one event. It is based on the New England puritan Thanksgiving, which is a religious Thanksgiving, and the traditional harvest celebrations of England and New England and maybe other ideas like commemorating the pilgrims. All of these have been gathered together and transformed into something different from the original parts."

-James W. Baker, Senior Historian at Plimoth Plantation

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

Back to School, Back to Sports

When it comes to our kids we never want to see them hurt. No matter what activity they participate in, injuries happen. Most people think of football and the contact injuries that come from that, but what about band, color guard, tennis or softball.

Band requires carrying sometimes large instruments that must be held in a certain position for extended periods of time. Frequently the head, neck or shoulders will be in a bad position creating strain and injuries. Most kids will complain about headaches or pain in the neck and shoulders. Tennis and softball brings shoulder and elbow tendonitis and knee injuries. These sports cause an imbalance in the shoulders and upper back. Also, they require a twisting motion that can cause back and hip problems.

Concussions are a big concern and are now being treated very aggressively. Through new testing and research, the long term effects of concussion are coming to light. However, along with concussions come neck injuries which sometimes can be overlooked. It is very important to treat the neck injuries which can cause long term problems with the ligaments and discs if left to heal improperly. Continued headaches are a sign that there are still injuries in the neck that need to be resolved.

Our goal is to provide the safest and most effective treatment for your children during these times. We will do a thorough examination and will refer to the orthopedic or neurologist, if needed, to provide the most comprehensive treatment. Using a non-drug approach prevents the dangerous side effects that accompany medications.

Call 918-743-2555 today to schedule your child for evaluation. Let's work together to get them back in the game!

FACT OR FICTION - Answers

1. **Fiction.** In 1863, President Abraham Lincoln designated the last Thursday in November as a national day of thanksgiving. However, in 1939, after a request from the National Retail Dry Goods Association, President Franklin Roosevelt decreed that the holiday should always be celebrated on the fourth Thursday of the month (and never the occasional fifth, as occurred in 1939) in order to extend the holiday shopping season by a week.
2. **Fact.** In a letter to his daughter sent in 1784, Benjamin Franklin suggested that the wild turkey would be a more appropriate national symbol for the newly independent United States than the bald eagle (which had earlier been chosen by the Continental Congress). He argued that the turkey was "a much more respectable Bird," "a true original Native of America," and "though a little vain & silly, a Bird of Courage."
3. **Fiction.** George Washington, John Adams and James Madison all issued proclamations urging Americans to observe days of thanksgiving, both for general good fortune and for particularly momentous events (the adoption of the U.S. Constitution, in Washington's case; the end of the War of 1812, in Madison's).
4. **Fiction.** The Philadelphia department store Gimbel's had sponsored a parade in 1920, but the Macy's parade, launched four years later, soon became a Thanksgiving tradition and the standard kickoff to the holiday shopping season. The parade became ever more well-known after it featured prominently in the hit film *Miracle on 34th Street* (1947), which shows actual footage of the 1946 parade.
5. **Fact.** According to the Cape Cod Cranberry Growers' Association, one of the country's oldest farmers' organizations, Native Americans used cranberries in a variety of foods, including "pemmican" (a nourishing, high-protein combination of crushed berries, dried deer meat and melted fat). They also used it as a medicine to treat arrow punctures and other wounds and as a dye for fabric.
6. **Fact.** The turkey trot, modeled on that bird's characteristic short, jerky steps, was one of a number of popular dance styles that emerged during the late 19th and early 20th century in the United States.
7. **Fact.** On November 20, 2007, President George W. Bush granted a "pardon" to two turkeys, named May and Flower, at the 60th annual National Thanksgiving Turkey presentation, held in the Rose Garden at the White House. The two turkeys were flown to Orlando, Florida, where they served as honorary grand marshals for the Disney World Thanksgiving Parade.
8. **Fact.** Turkey does contain the essential amino acid tryptophan, which is a natural sedative, but so do a lot of other foods, including chicken, beef, pork, beans and cheese. Though many people believe turkey's tryptophan content is what makes many people feel sleepy after a big Thanksgiving meal, it is more likely the combination of fats and carbohydrates most people eat with the turkey, as well as the large amount of food (not to mention alcohol, in some cases) consumed, that makes most people feel like following their meal up with a nap.

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

Fall Fruits and Vegetables

These are the fruits and vegetables that are in season through fall. To find out what to look for at the market, how to store the vegetables at home and how to cook them, plus great recipes, visit <http://www.foodfit.com/healthy/healthyFallFoods.asp>



VEGETABLES

Avocados	Beans	Beets
Bok Choy	Broccoli	Brussels Sprouts
Cabbage	Carrots	Cauliflower
Celery Root	Chestnuts	Collards
Garlic	Jerusalem Artichokes	Lettuce
Kale	Leeks	Rutabaga
Parsnips	Pumpkin	Squash (Winter)
Snow Peas	Spinach	Swiss Chard
Sweet Potatoes		
Turnips	Watercress	
<u>FRUITS</u>		
Apples	Bananas	Clementines
Cranberries	Grapes	Grapefruit
Kiwi	Kumquats	Oranges
Pears	Persimmons	Pomegranates
Quinces	Mandarin Oranges	
Tangerines		

THANK YOU FOR YOUR REFERRALS!

Tisha A.	Kim K.
David B.	Gena L.
Donna C.	Scott M.
Janice C.	Michelle P.
Ericka J.	Ryan 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.

Rachel's Report – Rachel Remington C.A.

HEADACHES-

Oh, everyone gets a headache...

Just take two aspirins...

It's just stress...

You'll feel better after you rest...

It's allergies...

These are just a few of the things we all hear or say on a regular basis when it comes to headaches. Headaches are common and millions of people combat headaches on a daily basis, often with over-the-counter prescriptions or over-the-counter medications, that provide only temporary relief and cause a variety of unpleasant and unwanted side effects. Chiropractic care is a safe effective way to treat headaches and migraines without the use of drugs. Many people have found that with treatment they can begin to live without headaches and medications. It has been shown that most headaches originate in the neck. Researchers at Duke University have found that a regular treatment plan with spinal manipulation resulted in almost immediate improvement for headaches that are linked to the neck, tension, stress, and allergies. And they had no side effects and longer lasting relief on these types of headaches than any prescription or over-the-counter medications. Remember that chiropractic care is a natural way to help your body heal itself. You do not have to live with the idea that headaches are just a part of life. If you or someone you know suffers from headaches and you are tired of always depending on medications, please call (918)743-2555 to schedule an appointment! You do not have to deal with the headache of headaches!

Sarah Says – Sarah Potter C.A.

Flu Shots... What you need to know before you agree to get vaccinated or have your child vaccinated

There is little to no scientific evidence that flu shots are effective. The flu shot is made up of 3 dead strains of "old" flu viruses combined with preservatives. If this year's flu strains do not match the strains from last year, then the flu shot will not be very effective. The flu shot contains thimersol, a preservative with high concentration of mercury. Mercury is a proven neurotoxin, one of the most poisonous metals you could put into your body, and is known to cause neurological disorders. The U.S. Center for Disease Control and Prevention admitted that last year's flu shot only worked about 40% of the time, which means your chance of the flu shot working is less than a flip of a coin. A study done in 2008 of children ages 6 months to 5 years old found that the flu shot vaccine was not effective in any kids, regardless of age, where they lived, or when they got the shot. Flu shots are a billion dollar profit maker for drug companies, so of course, they will try to convince you that you need them.

What should you do to prevent sickness? It is simple...get regular chiropractic adjustments, this will boost your immune system and help your body function better. Make sure you get plenty of vitamin D. Reduce sugar intake, eat garlic regularly, exercise regularly and be sure to get plenty of sleep. Following these steps will not only give you a much healthier lifestyle, but will give you joy and pep in your step! Call today to schedule your next chiropractic appointment © 918-743-2555

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

Healthy Thanksgiving Foods Nutrition

Your Thanksgiving Day Feast may be healthier than you think! Here are a few Healthy Thanksgiving Nutrition Facts to keep you feeling good about reaching for your holiday favorites like: cranberries, sweet potatoes, pumpkin, tangerines, cinnamon and more!

- 1. Reach for Cranberries!** *Go for seconds on the cranberry sauce.* Cranberries are linked to improved urinary health, reduced Alzheimer's risk, as well as fighting off certain cancers and even improving HDL (good) cholesterol levels!
- 2. Pumpkin is a healthy food - especially for eye health.** *Reach for the Pumpkin Pie!* In addition to a healthy dose of **Vitamin A** as beta-carotene, pumpkin also provides the eye-healthy phytochemicals lutein and zeaxanthin.
- 3. Sweet Potatoes are rich in Vitamin A and other healthy nutrients!** *Scoop up those sweet potatoes!...* Sweet potatoes contain more than 100% of the daily value for vitamin A as beta-carotene - more than any other fruit or vegetable.
- 4. Tangerines are Filling and Fight Free Radicals!** *Peel, peel, peel...* Tangerines are full of fiber and the pectin in them (mostly associated with apples) may make you feel fuller - that type of soluble fiber may protect your heart by improving blood cholesterol levels. Tangerines, like all citrus fruits, are rich in the antioxidant Vitamin C
- 5. Cinnamon is a potent free-radical fighter!** *Sprinkle it on, and on, and on..* The journal Diabetes Care reported that cinnamon can lower cholesterol, glucose and triglyceride levels (important for type 2 diabetes sufferers as well as anyone struggling with high cholesterol. As little as 1/2 tsp a day of cinnamon produced results.
- 6. Pomegranate Juice for Health!** *Drink it up..* Pomegranate juice is rich in free-radical fighting antioxidants including Vitamin C, Vitamin B6, Vitamin B5 and manganese.
- 7. Don't forget the Persimmons!** *Or fuyus...* Another fall fruit to reach for: fuyus or persimmons! One tiny fuyu persimmon contains 5-6 grams of fiber!

<http://kblog.lunchboxbunch.com/2010/11/healthy-thanksgiving-nutrition-feel.html>



Dr. Frank, Dr. Eric, Sarah, Rachel and Judy wish you a blessed holiday season



Thanksgiving – November 24, 2011