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Judy Rigsby, Editor

Ungerland

chiropractic

IMPROVING THE QUALITY OF LIFE

7718 E. 91st St. • Suite 100
Tulsa, OK 74133 • (918) 743-2555



New Year's Resolutions— Are you Still on Track?

According to researchers nearly 90% of us make New Year's resolutions. Yet only 20% of us are still on track just a few months later. Why is it so hard for many of us to achieve goals that would benefit our lives? Because change can be more difficult than we anticipate.

HEALTH TIP

Avoid that seasonal bug. Keep your immune system strong. Here's how. Eat a healthy, balanced diet, with plenty of fresh fruits and vegetables and whole grains. Drink lots of water (at least six to eight glasses of water a day). Get plenty of rest! Manage stress. Stress not only increases the incidence but the duration of colds. Get regular exercise (30 minutes or more) at least five days a week.

Happy Birthday to all our patients with March, April and May birthdays!

We wish to extend a warm
welcome to our new Chiropractic
Assistant (CA) – Sarah Potter.
If you have not met her yet, you
are overdue for a checkup.
Call her today!

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

Nothing sweet about it...

American consumption of sugars still continues to rise annually. The average American consumes over 147 lbs of sugar per year. That is up 20% from ten years ago. Each 12oz. can of soda has 10 teaspoons of sugar. Sugars are in nearly all of our processed food products. So, what is the scoop on artificial sugars? Is science helping us with our cravings for sugar? Sugar substitutes can be worse than the sugar we consume in excess.

1. "Sweet N Low" (saccharin), in 2003, a National Cancer Society study revealed that saccharin may cause bladder cancer.
2. Sucralose, (Splenda) is sugar combined chemically with chlorine. The body cannot process the combination and some researches say sucralose shrinks the thymus gland and enlarges the liver and kidneys.
3. Aspartame (NutraSweet and Equal), has been shown to be a neurotoxin that is stored in the brain and not eliminated. In hot temperatures aspartame breaks down to formaldehyde (the chemical used to preserve dead tissue). That is why you will never see diet sodas stored outside any convenience stores in warm weather.

Some helpful solutions:

- Reduce sugar intake by "portion control"
- Cut back on sweets
- Drink water, not sodas.
- Eliminate artificial sweeteners.
- Add fruit to your diet.

Sometimes, the truth of the matter is not so sweet.

Fitness Tips of the Quarter from eDiets.com

Pump up the volume...or down. Stop performing the same amount of sets and reps each workout. Vary the volume of your sets and reps for three weeks. For example, if your arms are a weaker body part, perform 3 additional sets of biceps and triceps for 10-12 reps. For the next 3 weeks, reduce the number of sets for biceps and triceps exercises, but work with 5 percent heavier weight for eight reps and more intensity, maintaining precise form. Your muscles will recognize the change and see the results.

Double your pleasure. If you've been doing just one set of each exercise for several months, it's probably time to add a second set. Increasing the volume of exercises is one way to keep your muscles stimulated and improve your strength.

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

Buy Fresh Buy Local

We hear it daily in the news that Oklahomans are some of the unhealthiest people in our country. Look at our eating habits today and it doesn't take long to figure out the cause for our declining health. The Kerr Foundation, along with local agriculture producers, have began a campaign to promote local produce to help increase the health of our state and to promote local farms.

Produce that is farmed out of state is mostly green harvested with industrial farming techniques. This produce lacks the nutrients necessary to promote health and many times is laden with pesticides and preservatives to prevent spoilage during transport. And let's not even talk about the hormones and antibiotics in meat from large meat packers. The popularity of farmers markets promoting locally grown fruits, vegetable and meats is growing around the country. People are realizing the benefits of locally grown foods and farmers are responding by using organic techniques. The idea of local family farms is making a comeback.

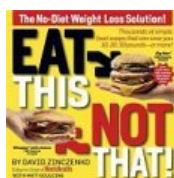
If you are not happy with your present state of health, I encourage you to look at your nutrition. Start adding more fresh fruits and vegetables to your diet. And when possible, buy fresh, buy local. Even if the produce is not organic, it will still have more nutrients from ripening. The Internet is full of resources to assist you in finding local suppliers. The Buy Fresh Buy Local food guide has listing of local farmers markets. Some worthwhile links include <http://kerrcenter.com>, <http://oklahomafood.coop>, and <http://naturalfarms.com>.

Meet Our New CA – Sarah...

My name is Sarah Potter. I started working in January as your new C.A. I am a newlywed since September and Bryan is the love of my life. I am a Christian and attend Riverview Baptist Church in Bixby, where I work with the Kids Bus Ministry. I graduated from Jenks schools and continued my education at Wright Career College, where I double majored in Professional Administrative Assistant and Information Management.

Wellness Challenge

Congratulations to everyone who participated in our Wellness Challenge! The winners of our drawings are:
\$100 Academy Gift Card ~ Joyce McIntire
[Eat This Not That!](#) ~ Kelly Cummings
[Eat This Not That!](#) ~ Jennifer Rigsby



What our patients are saying...

When I started going to see Dr. Ungerland, my expectations weren't very optimistic. I was experiencing lower back pain and was referred to him, so I thought I would give it a try. I had gone to a chiropractor years ago and had a very bad experience, so I wasn't overly excited about seeing a chiropractor.

The very first impression was probably what kept me coming back. Everyone was very nice and smiled and made [me] feel very welcome. Dr. Ungerland was very receptive of the information I was giving him and answered all my questions. This was very comforting and inspired a sense of hopefulness and detracted away from the negative feeling I had concerning chiropractic care from past experience.

The adjustments have helped my back pain and allowed me to start working out again. Dr. Ungerland has a genuine concern for not only helping [my] pain, but also for [my] overall sense of well being. I think this is what separates him from anyone else. I would definitely recommend Dr. Ungerland to anyone who is experiencing discomfort, pain, or just wants to feel better. ~Jeff

Hello, my name Ashley and I am 16 years old. While at work one day, I met Dr. Scott. He was doing free health checks at the grocery store where I worked, and I had a couple minutes, so I decided to see what he was doing. I was interested because I had been told in the past that I had scoliosis and I have some other health problems, including pain in my lower back and headaches. After learning that chiropractic may be able to help me, my mom and I decided that I should go in for a check up. I got a full examination and X-rays and found out that I did not actually have scoliosis; instead, I had some small misalignments of my spine called subluxations.

I started getting adjusted and began to notice several changes in my body. First, the pain in my lower back went away. Then I noticed the headaches were less frequent. The thing that most surprised me was the change in my balance. I am taking dance classes and after I started getting adjusted, my dancing improved because my balance improved. I even got to move up a class in my dance class. Getting adjusted has really helped me with my health and I know that it can help others. Thank you so much to everyone at Ungerland Chiropractic for helping me to get healthier. ~Ashley

Wishing you a spring renewal of wellness in your body and spirit

- Dr. Frank, Dr. Eric, Dr. Scott and Sarah



THANK YOU FOR YOUR REFERRALS!

Laurie G.
Cassie M.
David D.
Chris G.
Nicole N.
Angie W.
Steve P.
Kelli R.
Jeff G.
Carla S.
Alissa R.
Kyle C.

Julie K.
Donnie K.
Nancy S.
Phillip S.
Judy R.
Valerie G.
Sheila C.
Robert D.
Marjorie G.
Natalie W.
Janelle J.
Jeff Gr.

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others. If you know someone who should be seeing us, but isn't, we can supply some helpful information to help you better explain today's chiropractic care to them.

March is National Nutrition Month. New information about food and diet appears every day. What is true and how do you separate the truth from the fiction when it comes to nutrition information? During National Nutrition Month, the American Dietetic Association urges consumers to look beyond the myths of nutrition, focus on the facts and remember the theme for the month, Nutrition: It's a Matter of Fact.

Dr. Godbersen's Gems – Dr. Scott T. Godbersen, DC

A Spring in your Step

With spring time rapidly approaching, I know that many of you are excited to get out of the house and do something fun outside. The ice has melted and the temperatures are rising and spring fever is all around. Well, if you haven't been exercising over the winter months, be careful when you head out this spring to get some activity. The latest research on muscle building shows that if muscles are not used, they can begin to atrophy (shrink up from non-use) in as little as two weeks. So if you haven't been keeping up on your exercise routine, it would be very easy to go out and over do it the first time you go out for a jog or a bike ride this spring because your body might not be used to the physical activity. Here are some helpful hints to get you back into your exercise routine without straining yourself too much.

Stretch:

Before and after you exercise, stretching prepares the muscles to be exercised and stretching after the workout helps to prevent cramping and muscle pain.

Feel the burn (but only during the workout):

Feeling the burning sensation in your muscles during the workout means you are using up the oxygen in the tissue and creating lactic acid, which means you are using the muscle to its fullest capacity. However, if you don't take care of your body during and after your workout, that burn can persist for several days. The most important thing to help your body eliminate that lactic acid is to properly hydrate during and after the workout.

Don't be a "Weekend Warrior"

The key to any exercise routine is consistency. You are far better off doing 30 minutes of exercise 4 days a week than doing 2 hours in 1 day. The 2 hour power weekend workout is more likely to leave you stiff and sore and not wanting to exercise anymore.

If you follow these simple steps, you will enjoy your spring time outdoor workouts and be much more likely to keep up your exercise routine. As always, keeping your spine in its healthy alignment will help function better so be sure you keep up with your wellness adjustments

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 Ungerland • Dr. Eric Curley • Dr. Scott Godbersen

Health and Diet Tips from Judy

Does your food influence your mood? People's biochemical responses to food vary dramatically. Some people respond better to carbohydrates while others feel better when they eat more protein. You need to take your body's needs into perspective. Therefore, the only way to find out whether a particular diet treatment will work for you is to try it for a few weeks.

Portion size counts. Even if it is healthy food, too much can mean weight gain. Tip the scale in your favor by eating what you need...then stopping when you're satisfied. Make a habit of mentally splitting your portion in two. Eat one half, then wait a few minutes. You may find you're satisfied with less. Save the other half for a snack.

There are no magic pills or potions you can take to achieve your ideal weight. Weight loss doesn't come in a bottle; no creams will produce muscle or slimness. Take the opportunity to eat a healthy diet and to exercise; these two ingredients are keys to permanent, healthy weight loss. Join a support board and talk daily with other members who will help you reach your goals.

The USDA's 5- A-Day initiative aims to get Americans to eat more fresh fruit and vegetables. There are plenty of ways to do this. Pile veggies like cucumber slices, sprouts or carrot shavings on your sandwich. Enjoy fruit for breakfast. Add a banana to your cereal. Berries contain the most fiber and least calories of all fruit; have a handful. Broil half a grapefruit topped with cinnamon.

Source: ediets.com News Tip of the Day

What Causes Subluxations?

Not only must your spine help you stand erect, it must allow you to move while allowing the vital nerve communications between your brain and your body. Your spinal cord and nerve roots are the most vulnerable part of your nervous system. That's why we are so interested in your spine. If your spine is not working right, your nervous system probably is not either – even if you feel great and don't have any symptoms!

There are many causes of spinal subluxations. They fall into three categories. Here are some causes our patients have mentioned:

PHYSICAL:

Being born
Learning to walk
Shoveling snow
Car accidents
Getting into a car
Sitting on a wallet
Contact sports
High heeled shoes
A bad pillow

MENTAL:

Getting bad news
Tomorrow's deadline
Stress
Job interview
Frustration
Paying the bills
Being late
Funerals
Speeding ticket

CHEMICAL:

Muscle relaxers
Junk food
Alcohol
Pain pills
Sleeping pills
Preservatives
Too much coffee
Anesthesia
Cigarette smoke

Do you know someone we should check for subluxations?