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Judy Rigsby, Editor

Ungerland



chiropractic

FEEL THE DIFFERENCE IN HEALTHCARE

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"Nutrition from the Ground Up" NATIONAL NUTRITION MONTH MARCH 2010

Start with the basics. Eating right doesn't have to be complicated. A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts.

Make calories count by thinking nutrient-rich rather than "good" or "bad" foods. Most food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Be aware of portion sizes.

Focus on variety by eating a variety of foods from all the food groups. Fruits and vegetables can be fresh, canned or frozen. Look for locally grown produce that's in season. Vary protein choices with more fish, beans and peas. Include at least three servings of whole grain cereals, breads, crackers, rice or pasta every day.

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day.



National Nutrition Month® March 2010
American Dietetic Association

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

Spring into a Healthy Future

Spring is around the corner and it is wonderful to see the sun these days. Daylight is getting longer as the darker days of winter recede for another season. Hopefully, New Years' resolutions are still in place for a healthier year. If not, make those resolutions today for a healthier future. Healthcare issues are a mainstream topic these days. One thing is true; our bodies will always heal and get stronger if we give it a chance. Exercise increases your flexibility; tone muscles and builds stronger bones. Exercise will relieve tension and stress, maintain a healthy weight and enhance cardiovascular fitness. According to the journal *Circulation*, a regimen of brisk walking 30 minutes a day at least four to six days a week was enough to halve the risk of premature death from all causes. It is estimated that as a few as one third of Americans age 50 and older get any regular exercise. Brisk walking still tops the list for most bang for the dollar. You don't need gym memberships. Mall walkers for years have circled the shops getting in their workouts. Even the stairs at home can provide an aerobic workout. Buddy up with a friend at work or home and keep each other on a schedule to meet and walk. Consult your physician before starting any vigorous exercise program. As your chiropractors, we ask you to call us and we will individualize a program best suited for your age and health condition. Remember, all physicians treat the body, but your body does the healing. Give your body a treat, exercise!

Eat This, Not That!

Did you know it takes twenty minutes for your brain to tell your body that it's full? That means free-for-all buffets can be a perilous problem. Give your brain a head start with these three rules: Begin with a salad, never place more than two items on your plate, and wait five minutes between finishing what's on your plate and going back for more.

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

Lift Weight to Lose Weight?

With the popularity of stability balls, bands and resistance tubing, many people tend to forget that lifting free weights is a basic tool for increasing lean muscle and burning body fat.

There are misconceptions about weight training that prevent people from truly understanding the value it provides in shaping your body, developing lean muscle, and improving athletic and day-to-day performance. Women are especially prone to neglecting this form of effective training for fear of getting "too muscular" or looking "too bulky." This is unfortunate, because when done correctly, weight training is a great way to make a noticeable difference in how your body feels, looks and performs.

It all comes down to developing lean muscle and burning unwanted body fat. Hands down, the quickest way to accomplish this is with weight training. Why? Because muscle is anabolic, meaning your body needs calories to sustain it. The more muscle you have, the faster your metabolism works and the more body fat you burn. You look and feel better. Now that sounds like a win-win to me.

Some fundamental questions to ask yourself prior to beginning a weight training program include the following:

How many days per week can I realistically exercise?

Three days minimum is suggested, preferably with a day of rest in between each exercise day.

How much time can I allocate to work out per exercise session?

Twenty minutes is ideal for most people, up to a maximum of 45 minutes.

Am I trying to build size or simply tone muscle?

A quicker, lighter pace is more for toning, while a heavier, slower pace generally builds muscle size and strength.

Do I have more than 10 pounds of body fat to lose?

Do higher reps at a quicker pace to maximize fat loss.

The answers to these questions will determine the amount, tempo and frequency of your training program.

8 Foods to Eat Everyday: A common misconception is that eating healthy has to be difficult -- it doesn't have to be. Eating right doesn't necessarily have to cost a lot or take up all your time if you know which foods excel in ease of use, nutrient density and versatility. So, instead of eating foods loaded with calories and lacking in nutrients, add these foods to your daily diet to stay full, feel good, lose weight and get healthy.

Oatmeal is a quick and easy breakfast or snack. Oatmeal has protein, carbs and fiber. It's simple to make -- and cheap! -- plus you can add berries or fruit to make it even more nutritious.

Apples are easy to grab and take with you anywhere. An apple is a perfectly portioned serving of fruit, a great source of fiber, inexpensive, loaded with nutrients -- and all you have to do is wash them and they're ready to eat! There's a reason for the old adage: "An apple a day keeps the doctor away."

Yogurt has calcium for our bones, as well as being a good source of carbs and protein. It comes in individual containers, making it easy to take and eat anywhere. Make sure it says "live active cultures" on the container, which have an added benefit for your digestive tract.

Berries are perfect to add to yogurt, oatmeal, cereal or eaten alone. They are delicious, packed with antioxidants and just need a thorough rinsing to be ready to eat.

Spinach is a super food that's loaded with minerals, vitamins A and C, fiber, and antioxidants. You can mix it into a salad or top a sandwich with it for added health benefits.

Beans are a great source of fiber and protein. Eating beans with brown rice makes for a complete low-cost vegetarian protein source.

When water gets boring, it's tea to the rescue. It's loaded with antioxidants, calorie-free and can be enjoyed anywhere. Get it with or without caffeine.

Nuts have heart-healthy monounsaturated fat and vitamin E, and studies have shown nuts help to prevent heart disease and cancer. Grabbing a handful of nuts is a great way to snack on the go.

These foods are great to eat every day, but you can get too much of a good thing. Eat proper portions to make sure you're not getting excess calories. Just because something is healthy doesn't mean it's calorie free.

–Shawn McKee – healthnews.ediets.com – October 12, 2009

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

What our patients are saying...

When I was a young teen, I had to have a tumor removed from the spinal cord in my neck. During this surgery, my neurosurgeon had to remove part of my vertebrae. He explained that I would eventually have to have my vertebrae fused together. Over the years I began to have issues with my neck and with neglect, it had slowly began to affect my upper back, lower back, hips and even my knees. I ignored the pain until it finally became more than I could bear, so I was ready to do almost anything. I hate to admit that I was a skeptic when it came to chiropractors (I had heard stories), but I also did not like the alternative (surgery – fusing) either. A good friend of mine had recommended Dr. Frank Ungerland. My friend said to give him a chance and that I would not regret it. My friend was so right. From the very first visit Dr. Ungerland, Sarah, and Dr. Curley have all greeted me with such warmth and caring. Dr. Ungerland explained how he could help me and from the first adjustment I felt better. I no longer have the pain that I had lived with for much longer than I should have. If I had only been introduced to Dr. Ungerland sooner, just think of the things I would not have missed. I am so thankful that Dr. Ungerland has given me back my life. I can get down on the floor now and play with my grandson, drag luggage through the airport, and can honestly say I feel great! I owe that all to Dr. Frank Ungerland and his passion for Chiropractic Care!

Cindy – May Peace be with You All & Your Families

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

Children are under a lot of pressure to do well in school, which is why making sure that they are healthy and well is very important. If your children are active, then they are more likely to stay alert and interested in what's going on around them. Make sure that your child gets an hour of physical activity each day. It's not about what exercise you do, it's about how much exercise you get each day. Any kind of physical activity is great - soccer, running, riding a bike. Chiropractic also plays a big role in a child's development. The benefits of chiropractic care for children have become increasingly evident as the number of children receiving chiropractic care continues to rise. Chiropractic research has overwhelmingly shown the benefit of chiropractic care for children. The adjustments improve the functioning of a child's musculoskeletal system, which helps with physical and academic performance. The result of these tips is a better-rounded young person, whose interests may extend from the ball field to the science lab to the music room. Call today to see how Chiropractic will help your child and can also help you!



THANK YOU PATIENT REFERRALS!

Andrea/ Jimmy B. (4)	Ned H.
Jeff B.	Laurie J.
Kelly B / John C. (2)	Ann K.
Rebecca B.	Ola Mae L.
Sheri B.	Tonya L. (2)
Donna C.	Steve P.
Liz C.	Charles S.
Micah C.	Lew & Edna S.
Katie D.	Margie S. (2)
Haley H.	Bobby/ Lydia T.
Hannah H.	Heidi 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.

The Long-Term Benefits of Chiropractic Care

By Charles Masarsky, DC, [Dynamic Chiropractic](#), v. 28, no. 4

No one thinks it's odd when their dentist recommends regular visits to maintain good oral health for as long as possible, nor do they find it peculiar when their optometrist suggests regular visits to maintain good visual health for as long as possible. And yet many people are puzzled when their doctor of chiropractic recommends regular visits to maintain good spinal health for as long as possible.

Of course, when you are suffering with low back pain, neck pain or tension headache, it is completely understandable that you have one overriding goal - stop the pain. However, once this short-term goal has been accomplished, it is time to consider your long-term spinal health goals. In formulating your long-term goals, it is essential to understand that spinal health is about more than getting rid of pain. Spinal health has a long-term impact on every function affected by the spinal nerves, which influence every organ system in your body.

In the short run, it would be great to get out of pain. Chiropractic care can help most people achieve this short-term goal of spinal health. In the long run, it would be great to retain as much lung capacity, visual acuity, reaction time, balance, and cardiovascular health as possible. Emerging research strongly suggests spinal health has a role to play in these long-term goals as well. Consider this when your doctor of chiropractic recommends regular follow-up visits.

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.

*Ungerland Chiropractic Clinic
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Dr. Frank J. Ungerland • Dr. Eric S. Curley

Spring into Good Nutrition

Spring has arrived and there is no other season that can get you in the mood for good health. The fresh air, cool breezes, budding trees, and blooming flowers can be an inspiration to get outdoors and increase physical activity with walking, running, or biking. The arrival of Spring also brings an assortment of seasonal fruits and vegetables that offer fresh flavors and good nutrition. Take advantage of nature's healthy treats this season – here are a few springtime favorites.

Asparagus – The peak season for asparagus is from April to June. Asparagus is part of the vegetable group and it contains very little carbohydrate; therefore it has little effect on blood sugar levels. It's an excellent source of folic acid and is a good source of vitamin C. Just make sure to break or cut off the tough ends of the asparagus and rinse the spears thoroughly in cool water. Asparagus can be grilled, roasted, boiled, or steamed.

Artichokes - Artichokes contain a small amount of calories and carbohydrates, but they are full of fiber, vitamin C, folic acid, and magnesium. Artichokes intimidate some people, but they are easier to prepare than you might think. Follow these simple steps: Use a sharp knife to cut off the stem at the base and the top of the artichoke. Trim the tips of the remaining petals with kitchen shears. Boil artichoke in 3 inches of water in a covered pot until a petal near the center pulls out easily, about 25 to 40 minutes, depending on the size of the artichokes. Drain well. Press the petals back and remove the small purple-tipped center petals.

Avocados - Avocados fall into the fat group according to the American Diabetes Association Exchange System, so they have little effect on blood sugar levels. However, avocados are full of monounsaturated fat, which is good for heart health. But, make sure to limit your portion size to about one fifth of an avocado to avoid extra calories.

Lutein, a phytonutrient linked to eye health, is found in avocados. Lutein along with vitamin E, folate, potassium, and magnesium help make avocados a powerful health food. Store avocados at room temperature until they reach their full flavor and ripeness. Avocados can taste great in salads and sandwiches or, of course, mashed as guacamole and added to tacos or served with vegetables.

Lara Rondinelli RD, LDN, CDE, www.dlife.com

Wellness Workshops Watch for notices at the office.



Dr. Frank, Dr. Eric,
Sarah and Judy

wish you a blessed Easter and
Springtime to renew your spirit

