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Ungerland

chiropractic

IMPROVING THE QUALITY OF LIFE



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Step Into a Younger Age & Body

Here's a wake-up call: From an anti-aging perspective, forgoing a daily walk is as bad as skipping a night of sleep.

Walking every day is as important as sleeping every night, and it's good for you whether you're a professional athlete or a potato chip. But, needless to say, the back-and-forth walk between the fridge and the couch isn't enough. So swear on the holy book of your choice that you'll dedicate 30 minutes a day to walking. Break it up into 10-minute chunks if you must, but don't even think about skipping it. Whether you do it by yourself, with a friend, with your dog (only actual walking time counts, not time spent waiting while your dog sniffs every hydrant in sight), circling the park or the dining room table, daily walking is the foundation of the YOU Diet. It not only increases your stamina but also establishes the psychological discipline that helps you stick with an activity plan. In fact, walking has the highest compliance rate of any exercise. Commit to a daily walk and, before you know it, you'll start committing to more than just the TV lineup on Thursday nights.

Source: Drs. Oz & Roizen, You: On a Diet

Happy Birthday to all our patients with June, July and August birthdays!

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

Summer is quickly approaching. Warmer temperatures, along with more daylight, allow us to enjoy more activities. As we become more active, it is important to stretch those muscles and joints for the various activities we enjoy. Ask yourself, what do cats or dogs do after they rest or sleep? They stretch! An ounce of prevention is a pound of cure. So, take three minutes and stretch that spine, shoulders, legs and arms. If we haven't given you specific exercises for those areas, call for an appointment and we will demonstrate them for you.

Summer time is also a great opportunity to shed a few pounds. We are more active generally than in the winter months so we burn more calories during the course of the day. Here are a few helpful hints to shed even more weight in the months ahead. Eat fewer fattening foods. Eat more fruits and vegetables, fewer meats (lean meat is 28% saturated fat). Eliminate fried foods of all kinds from your diet. They are packed with calories. Fried foods have trans fats, which are dangerous to the body, speeding up the process of atherosclerosis (fat on the inside of the blood vessels). Fatty foods are hard to digest and are quickly stored around our waistline. Fat cells are stored energy units for the future. Fat cells are live tissue that needs constant blood supply to keep them alive for future use. There is an estimated 200 miles of small blood vessels (capillaries) in each pound of fat tissue that our heart has to pump oxygen and nutrients to each minute. So, our heart pumps harder for every pound of fat we store on our body. This is the direct relationship between cardiovascular disease and obesity.

Avoid sodas which have up to 12 teaspoons of sugar in a 12 oz. can. Drink water with lemon wedge for flavor. Water hydrates and purifies the body, especially during the hot days of summer. Drink half of your body weight in ounces each day. 200 pounds less ½ equals 100 ounces of water each day. Water has no calories and will actually help you lose weight. By reducing your calories by 300 a day, you will lose 2 lbs. of weight in a month. That is 24 pounds per year. If you have any questions, give us a call at the office.

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

Now that summer is finally here, 2 things come to mind – [Sun and Bugs](#). Sunburn and bug bites don't have to ruin your summer. What are some natural and safe products to use to protect ourselves? Our skin serves important functions such as absorbing sunlight, protection from bacteria, releasing toxins, and heat regulation. Actually sunlight in moderation is very healthy for you, but if you will be exposed for a length of time, sunscreen is necessary. The skin also absorbs many chemicals, so it is important that sunscreens and bug sprays be safe. Many chemicals in sunscreens such as dioxybenzone, oxybenzone, octyl salicylate, are man made and are absorbed into the skin creating health problems. Sunscreens containing titanium dioxide or zinc oxide physically reflect the sun's rays and are not absorbed into the body. Natural oils such as coconut, glycerine, jojoba and shea butter help moisturize the skin and are not toxic. Remember to build up sun tolerance gradually and to use sunblock if you will be in direct sun for more than 30 minutes.

Bug sprays also contain harmful chemicals such as DEET and permethrin which are neurotoxins known to cause eye and skin irritation, headaches, weakness and nausea. Long term use of the chemicals, especially in children can be dangerous. Permethrin is also dangerous for the environment because it is toxic to honeybees and other beneficial insects. No question that products containing DEET work, but they can be potentially unsafe. Safe alternatives include products containing citronella, lemongrass oil, and peppermint oil. Citronella has been used for over 50 years as an insect repellent. Safe alternatives for sunscreen and bug sprays can be found at most health stores and reputable online health sites. Check out www.cosmeticsdatabase.com for ratings of the safest commercial sunscreens and to find out what chemicals are in the sunscreen you are using.

Shed Three Tons in Seven Steps

Let's lose some weight. Not a few pounds of body weight, although that's always nice, but hundreds even thousands of pounds of carbon dioxide that is emitted by the burning of fossil fuels to heat and cool our homes, run our appliances and electrical equipment, provide us water, and move our cars. CO₂ scientists are sure, is a major contributor to global warming, and every American, putting out an average 22 TONS (48,000 pounds) of CO₂ per year, shares in the responsibility to reverse the course and start losing weight! Fortunately, there are many ways to cut our personal CO₂ output by the ton-load. Follow these seven steps to shed three tons of CO₂ emissions this year:

Replace double-glazed windows with triple-glazed – 2,000 lbs/yr
Drive 20 miles less per week – 1000 lbs/yr
Replace your calories from red meat with fish, eggs, and poultry – 950 lbs/yr
Insulate your water heater – 850 lbs.yr
Dry half your clothes on drying rack – 720 lbs/yr
Turn down your thermostat by 2 degrees in the winter – 240 lbs/yr
Wash clothes in cold water rather than hot – 504 lbs/yr

TOTAL: 6,264 lbs or over 3 tons

Source: www.thegreenguide.com

For more information, see the National Geographic documentary – [Six ° Degrees Could Change the World](#) – Available Tulsa City-County Library

What our patients are saying...

Dr. Ungerland came to my store and gave a seminar on back care. At that time I was having a lot of lower back and neck pain and couldn't control my bladder. I no longer drag my right foot and can travel and dance again. After the very first adjustment my health has steadily improved. I'm also able to perform my job better and have more energy now to do other things. The staff are just the greatest people I've ever known. They really care about you as a person and not as just another patient. I do recommend chiropractic care to everyone who will listen and always talk about the care I've received from Dr. Ungerland and from other staff members. They are the greatest. Thanks so much for all you do. ~Mackey

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Dr. Frank Ungerland is a long time family friend. My experience with the office dates back to when I moved to Tulsa in 2001. I worked for the office doing public relations and received care at that time for minor athletic injuries. Then, in 2003, I started getting migraine headaches once a month, every month. Initially, I went to Dr. Ungerland to treat the headaches while it was happening. Once I realized that chiropractic care could prevent or at the least, lessen the frequency of the headaches, I started going once a week. Almost immediately, the frequency of the migraines was reduced. As of today, I haven't had a headache in over 6 months! Normally, they would last from 48-72 hours and the only thing that would help is to immediately go to bed. There were many times I had to take several hours, or sometimes a full day off work because the headaches were debilitating.

Dr. Ungerland, as well as all of the doctors and staff members at Ungerland Chiropractic, are very professional and truly care about the health of others. I have recommended chiropractic care to friends and family and will continue to promote chiropractic care as a healthy alternative to drugs. My health has improved immensely and I know that it can benefit everyone one way or another. For me, prevention is the key to my health. Just one visit a week prevents a migraine attack – that is a small price to pay to gain better health. ~Dana



**Are Raw Veggies Always Better?**

You'd think that boiling veggies would suck the nutrients right out of them. But in the case of carrots and broccoli, that may not be so. Seems that lightly boiling these two veggies can actually increase the concentration of carotenoids. The downside? It also depletes their phenolic compounds.

**Settle for a Happy Medium**

Steaming may be your best bet for both preserving phenolic compounds and boosting bioavailable carotenoids -- at least for broccoli. For carrots, you'll have to choose what's more important to you. Whatever cooking method you choose for your veggies, keep in mind that frying or sauteing kills off the most antioxidant compounds. Source: Dr. Oz & Roizen – Real Age Tips

Wishing you a summer filled with health and wellness in all your activities...

- Dr. Frank, Dr. Eric and Sarah



**THANK YOU FOR YOUR REFERRALS!**

David W.  
Charles W.  
Donna C.  
Geana H.  
Bonnie F.  
Charles C.  
Carey C.  
Ann C.  
Steve P.  
Jerry W.  
Jacque Mc.  
Kevin/Julia C.  
Debbie R.  
Inner Peace Yoga  
Clara C.  
Lisa R.  
Peter S.

Ernie D.  
Abe D.  
Dr. Sanders  
Jeff G.  
Judy R.  
Sherrie B.  
Michelle B.  
Amy G.  
Dan C.  
Kyle D.  
Tyler W.  
John R.  
Ed M.  
Lonnie W.  
Morla B.  
Torie W.

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

**Protect Yourself During Hot Weather**

It is important to protect yourself during hot weather so you don't suffer from heat stroke or heat exhaustion. Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications. A little common sense goes a long way: keep cool by staying in a cool environment (preferably air conditioned). Avoid strenuous physical activity, especially in the heat of the midday sun. Drink plenty of fluids such as water, fruit juices or fruit drinks, avoiding those with caffeine or alcohol, both of which increase your body's need for fluids. Heat injury may develop with or without feelings of discomfort. Normally, the body cools itself by sweating. If temperatures and humidity are extremely high, however, sweating is not effective in maintaining the body's normal temperature. Heat also can be stressful if the temperature changes suddenly, since it usually takes several days for the body to adjust to heat. Try to plan activities for the coolest times of the day--before noon and in the evening. When physically active, rest frequently in the shade.

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.

**Fitness Tips of the Quarter**

**Having trouble fitting in fitness? Start with just three serious training days a week where you really go for it. On the other days, find an activity that is challenging but fun. Just keep moving.**

**Persist at a steady pace and be patient. If you are trying a new activity and are unfamiliar with the skill, take some time to practice. Your body isn't used to the new movement patterns and needs to adapt neurologically, physiologically and mentally. Getting a good night's sleep and reviewing the new skills in your mind will help the coordination between your mind and body.**

# 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

\*Prevent yourself from overeating with these tips. Don't hesitate to ask for a doggie bag when dining out -- you'll have tomorrow's lunch already made. Offer to share an entree, appetizer or dessert. At home, serve the entrée and starch dishes in the kitchen. Put a big salad and vegetables on the table. Help yourself to seconds if you like.

\*Studies show potassium-rich foods can lower your risk for stroke or prevent stroke. This is another important reason to eat your vegetables and fruits! Some favorable mentions include tomatoes, spinach, bananas, oranges and cantaloupe. By replacing processed foods and juice with whole fruit and vegetables, you are reducing those nutritionally inadequate processed foods.

\*Choosing your nutrients wisely is the key to weight control. Opting for foods lower in calories and higher in fiber helps control your total intake of calories for the day. If you eat more calories than you expend, you'll store the excess as fat. Fat has more than double the calories per gram as protein or carbohydrate. Balance your diet and eat according to your needs.

\*Proteins are building blocks of skin, internal organs and muscle and compose our immune system and hormones. We manufacture 14 of the 22 essential amino acids. The rest we obtain from our diet. Animal proteins contain all essential amino acids, and soybeans are the only plant source that contains all eight. Eat a variety of plant foods, including nuts, legumes and grains to obtain all essential amino acids.

### August 3<sup>rd</sup> is National Watermelon Day.

Watermelon is high in lycopene, an antioxidant that may help reduce the risks of cancer and other diseases. It's also fat free and low in calories -- 2 cups of diced pieces (1/8 of a medium melon) provides only 80 calories.

This big fruit deserves it's own big day. And, so we give pause to celebrate watermelons on National Watermelon Day. Sweet and tasty, watermelons are one of summer's favorite fruits.

## July is National Picnic Month

Yippee! it's summertime and Picnic Season is here! Picnics are special treats we look forward to all winter. Whether you are planning a picnic in the backyard, at the beach, on the road, or while camping, hiking, or boating, enjoy the great outdoors!



## Wacky Socks Contest

Congratulations to everyone who participated in our Wacky Socks Contest in April! The grand prize winner is:

**\$25 Movies Gift Card ~ Judy Stubbs**

## Referral Race in June and July

Everyone who participates in our Referral Race this summer will receive a terrific clinic t-shirt. For every five referrals, you will receive a \$50 Wal-Mart gift card. Refer your first patient and get in the race!!!