

# Ungerland

## *chiropractic*

**IMPROVING THE QUALITY OF LIFE**



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

### Feed Your Skin

What you eat is reflected in your face.  
Here are 10 foods to nourish your skin.

- **Avocados**  
Abundant in essential oils and B-complex vitamin.
- **Mangoes**  
Contain more than 80% of the daily requirements for Vitamin A.
- **Almonds**  
Contain 150% of the daily need for Vitamin E.
- **Cottage Cheese**  
Selenium is the important ingredient in this food and protects against skin cancer.
- **Acerola Cherries**  
Each cherry contains 100% of the daily requirement for Vitamin C.
- **Oysters**  
Rich in zinc and affects sebum and elastin production.
- **Baked Potatoes**  
Each potato provides 75% of the daily copper need.
- **Mushrooms**  
Rich in riboflavin, a B vitamin vital to your skin and involved in tissue maintenance and repair.
- **Flaxseed Oil**  
One of the best sources of Omega 3s.
- **Wheat Germ**  
Good source of biotin, a B vitamin crucial to skin health.

Jennifer Gruenemay, ACE-Certified,  
Lifescript Staff Writer

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

Four Doctors

We live in a world of many specialists. There are many doctors for the thousands of ailments that befall our bodies. They have hundreds upon hundreds of ways to treat these ailments, yet no physician heals; they all treat the body though. The body does all the healing in response to their treatment. The body always does the healing in response to some action or procedure. Here are four doctors I believe we should always listen to: Dr. Diet, Dr. Happiness, Dr. Quiet and Dr. Movement. Dr. Diet provides the foundation for wellbeing. Food and drink dramatically affect our energy levels, which in turn influences our emotional and our mental reality. We are what we eat. Natural fresh foods and vegetables sound even better than synthetic, preserved or processed foods. Dr. Happiness helps us not only with our state of mind, but also with our bodily functions. Happy thoughts produce natural endorphins, strengthening our bodies against disease. Laugh more often. See the brighter side; there is always one. Positive mental attitude creates more solutions than worry or fear. Dr. Quiet recharges your body. Take time during the day and tune out in order to tune in and recharge your energy. Science has showed us the value of closing your eyes for a few minutes and doing some steady breathing for relaxation. If you can take a nap, fifteen minutes can make all the difference. Make sure you get a full nights sleep. Sleep rejuvenates your body. Dr. Movement is most important. If you don't use it you lose it. Life is movement. Twenty minutes of walking three times a week extends your health for a full 24 hours. Listen to these doctors; they will help you without adverse side effects. Your body will thank you with better health.

### Fitness Tips of the Quarter

#### 5 Fun Tips for Summer Fitness

1. **Walk whenever possible.** Walk to nearby stores rather than drive.
2. **Ride a bicycle.** Ride your bike to further away places.
3. **Visit the pool.** Make a stop there at least 3 times per week.
4. **Backpacking.** This is hiking (walking in the wild) plus camping (staying overnight). Make a habit of this a couple of times per month.
5. **Yardwork.** Good for half hour of activity & saves paying someone else.

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

Muscles Ache? Maybe too much Cola!!

Your muscles rely on minerals such as potassium, calcium and magnesium to function properly. Current research suggests that people who drink large amounts of cola drinks each day can suffer from fatigue, weakness and paralysis. The research indicates that glucose, fructose and caffeine leach minerals from the body. Also, caffeine is a diuretic which causes dehydration. A lack of hydration can cause multiple problems, including arrhythmia, joint/muscle aches and pains, dry skin and increased toxicity in your body.

And if that isn't enough reason to stop drinking soda...have you seen the amount of sugar in soda and energy drinks? One 12 ounce can contains 44 grams of sugar. That is roughly 44 cubes of sugar. But what about diet soda? Well, it contains artificial sweeteners such as aspartame which have shown to cause increase appetite and cravings and has been researched as a contributor to fibromyalgia.

So what can you do if you have chronic muscle aches?

First, eliminate all sodas and caffeine sources. Your muscles crave hydration so give them what they want... WATER!

Now that it is summer, you should drink  $\frac{1}{2}$  your body weight in ounces of water daily. Example - a 150 lb. person should drink 75 ounces of water daily.

Second, eat fresh fruits and vegetables as they are the best sources of minerals for your body.

### Warm Weather Tips

As the weather turns warmer, your activities will change, too. Here are seven healthy habits you can enjoy this summer while keeping fit and staying safe.

#### 1. Sleep Schedule

Maintain regular sleep and wake-up times and keep naps short, between 10 and 20 minutes.

#### 2. Food Safety

When temperatures rise above 90 degrees, food can become dangerous after an hour. Use a cooler with ice or gel packs to store your food outdoors.

#### 3. Vacation Menus

While vacationing or attending family reunions, remember to include lots of veggies and lean protein.

#### 4. Water

Drink more water during the summer. Dehydration and heat stroke can occur quickly.

#### 5. Grilling

Marinate meat before grilling and do not overcook to reduce the formation of cancer-causing substances.

#### 6. Tick Proof

Use insect repellents and walk in the center of trails in the woods. Wear light-colored clothing so that the ticks are more visible. Remove ticks and clean the area with soap and water.

#### 7. Sports

Each summer add one new sport or physical activity to your routines.

-- Content provided by Doug Donaldson in Better Homes and Gardens, June 2009.

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

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

Are your children glued to the television? Even if we assume for a moment that there is value to the learning experiences provided by some educational programs, countless other not-so-beneficial programs fill our children's brains with thoughts of violence, crude language and inappropriate social interactions. The average American spends about nine years of their life watching television; kids from the age of 30 months to 5 years spend two or more hours a day watching television, which is causing poor behavioral and social skills compared to children who watch less TV. Children who have a TV in their room can contribute to sleep problems and emotional issues at 5 years of age. It is recommended to limit your children's TV exposure to no more than one to two hours of quality programming daily and not keep TV in their child's bedroom. Early television viewing at ages 1 and 3 can contribute to problems with attention at age 7. The number of hours viewed per day is associated with an increasing risk of developing problems with attention span. So in conclusion, keep track of your child, monitor their TV use and encourage them to stay active during their summer break.

### THANK YOU FOR YOUR REFERRALS!

<b>Andrea B.</b>	<b>Dr. Marouk (2)</b>
<b>Samantha B.</b>	<b>Dr. Moore</b>
<b>Tammy B. (2)</b>	<b>Sherry O. (2)</b>
<b>Christooopher C.</b>	<b>Cindy P.</b>
<b>John C.</b>	<b>Diana P.</b>
<b>Kelly C.</b>	<b>Sarah P. (6)</b>
<b>Micah C. (2)</b>	<b>Steve P.</b>
<b>Dr. Curley (2)</b>	<b>Tony R.</b>
<b>Meghan D.</b>	<b>Karen S.</b>
<b>Robert D.</b>	<b>Dr. Ungerland</b>
<b>Kelly L.</b>	<b>Patricia W.</b>
<b>Lonnie L.</b>	<b>Ryan W. (2)</b>
<b>Brad M.</b>	<b>Debra Y.</b>

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...

I hurt my back in 1997 and as a result of overcompensating for discomfort and pain over the years, I developed problems with my hips, in addition to my back problems. I had been through 24 weeks of Physical Therapy before I finally came to Dr. Ungerland. During my physical therapy sessions, I began to see improvement but typically would have continuing pain and problems walking. When I met Dr. Ungerland for the first time, I was surprised at how nice and caring he was. Once he determined my needs, I began treatment right away. Within the first couple of sessions my pain was less. It was FRUSTRATING not being able to empty the dishwasher or do a load of laundry, among other more enjoyable activities. My pain was so severe that walking for extended periods of time was unbearable and sometimes impossible. At the grocery store I was forced to use carts or a cane. After continuing my Chiropractic care for several more weeks I began to see major improvements. I have improved 100 fold since my first visit. I now visit Dr. Ungerland once a week for what I call "maintenance". The really impressive thing about all of this success is that during my treatments, my husband and I bought a house and moved, I changed jobs and on top of all of this we have been working constantly on our house and 10 acres. You can imagine how much work and stress that could cause. I have improved so much that I cannot imagine going a week or two without my visit to Dr. Ungerland. Now I feel great and probably could save myself a little money and stop going. However, I realize just how much better my quality of life is because of my adjustments.

I am 28 years old and have felt at least 10 years older because of my past limitations. I am now looking forward to being more active again. I have always wanted to sky dive. Now that I am finally recovering maybe I can.

~~ Tonya

**Dr. Frank and Dr. Eric  
Sarah and Judy  
wish you a happy,  
healthy summer!**



# 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*

## Summer Health Tips from Judy

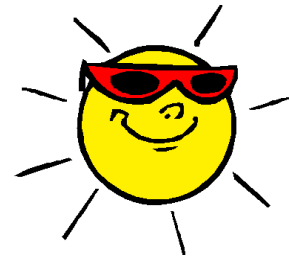
### 10 Golden Rules of Dieting

1. Lifestyle Change – dieting is not a temporary solution
2. Exercise – essential to any healthy lifestyle
3. Drink Plenty of Water – at least 8 glasses a day
4. Monitor Your Portion Sizes – bigger is not always better
5. Keep a Food Journal – helps to avoid mindless eating
6. Don't Skip Meals – helps keep your metabolism regular
7. Lose the Junk Food – clear it out of your house
8. Modify Your Favorite Recipes – give them healthy makeovers
9. Manage Your Stress - Anxiety and tension also commonly drive people to skip meals, eat the wrong kinds of foods or snack compulsively.
10. Develop a Support Network - Research continues to demonstrate that **support is one of the most critical ingredients in achieving successful weight loss.** People are more likely to reach their weight-loss goals with the help of a support network. Members of a group can also be more successful together than any of them would have been on their own.



## Wellness Workshops

June 18 – 6:15 pm



Father's Day – June 21, 2009

