

# Ungerland

## *chiropractic*

**FEEL THE DIFFERENCE IN HEALTHCARE**

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**Summer picnic** foods can be as simple or as complicated as you wish. Those seeking healthy foods may want to incorporate some of the following options in their day out:

- Freshly sliced or whole summertime fruits, especially watermelon, strawberries, and mango. These are delicious plain, but you can also buy low-fat and low-sugar syrups to go along with these naturally sweet picnic delights.
- Whole-wheat pita bread. You can stuff these with tuna salad, egg salad, chicken salad, turkey, chicken, or cheese. Some people may prefer to eat these plain or with butter, tomatoes, avocado, or hummus. You can also find an assortment of cream cheese spreads to use with pita bread; some cream cheeses include fruits or vegetables. Alternatively, you can replace the pita bread with homemade bread, whole-wheat bread, whole-wheat crackers, or whole-wheat tortilla chips.
- Vegetables, whether store-bought on a tray or prepared and sliced at home. You can use everything from cherry tomatoes and baby carrots to sliced zucchini and celery. Dip choices depend on your taste and health lifestyle; ranch dressing, sour cream, cream cheese, mustard, and salsa all nicely complement vegetables.
- Pinto beans or black beans, either served hot or cold.
- Bananas also make a great picnic food and come in their own natural packaging.



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

Are we eating ourselves to an early grave?

There is some evidence indicating we might just be doing that, according to Dr. David Allison of the University of Alabama. Obesity has a profound effect on life span. It increases life threatening conditions, including heart disease, diabetes and some types of cancer. If trends continue by 2020, nearly half the U.S. population (45%) will be obese. A drop in smoking has meant an increase in the life expectancy for many Americans, but some of those gains maybe overcome by increasing levels of obesity, making French fries a possible 21st century version of the cigarette. Americans have been consuming foods prepared with trans fats. Trans fats have a molecular configuration one molecule short of plastic. Trans fats increase bad lipids LDL's. They also cause cellular dysfunction. Every cell of our body! The federal Institute of Medicine is a bit more specific, "there are no known requirements for trans fatty acids for specific bodily functions" so trans fatty acid consumption should be as low as possible. Another culprit towards obesity is high fructose corn syrup HFCS. Fructose has a sweeter taste and acts as a much more cost effective option for food producers and manufacturers. Corn has become one of the cheapest most available crops, acts as an alternative sweetener to normal table sugar. HFCS is found in most sodas and many processed food. Here is the hook. Fructose is more readily metabolized to fat in the liver than glucose, leading to fatty liver disease, progressing to liver insulin resistance and type 2 diabetes. Get off the sodas. Nine teaspoons of caramelized sugar in each can. Avoid all trans fats! Every pound of fat reduction reduces 200 miles of blood vessels to keep fat tissue alive. Live life to the fullest and remember you are what you eat.

### **Eat This, Not That!**

**TRY THIS!** 2 slices rye bread + sliced turkey + 1/2 cup sliced avocado + Brie + 1/2 cup arugula + 1 tbsp. cranberry sauce = 1 cancer-fighting sandwich! (Few fruits pack more antioxidants than cranberries, and the arugula adds a dose of cell-protecting flavonols.)

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

### **Drop the Boring Workout**

Are you ready to change up your workout routine? Do you wish you could burn more calories without spending more time at the gym? Interval training takes the boredom out of a usual workout and bumps up the calorie burn.

#### **What is interval training?**

It's not as complicated as you might think. Interval training is simply alternating bursts of intense activity with intervals of lighter activity.

Examples of interval training:

Take walking. If you're in good shape, you might incorporate short bursts of jogging into your regular brisk walks. If you're less fit, you might alternate leisurely walking with periods of faster walking. For example, if you're walking outdoors, you could walk faster between certain mailboxes, trees or other landmarks.

For joggers – add a series of sprints, jog for 3 minutes and sprint for 30 seconds. Do at least 3 sprints in a 3 mile run to start. Increase the time of your sprints as your fitness improves. You can also add 10 push-ups instead of the sprints.

For gym training - add 1 minute of jumping jacks between your usual stations. Add mountain climbers between the next set.

#### **Benefits**

You'll burn more calories. The more vigorously you exercise, the more calories you'll burn — even if you increase intensity for just a few minutes at a time.

You'll improve your aerobic capacity. As your cardiovascular fitness improves, you'll be able to exercise longer or with more intensity. Imagine finishing your 60-minute walk in 45 minutes — or the additional calories you'll burn by keeping up the pace for the full 60 minutes.

You'll keep boredom at bay. Turning up your intensity in short intervals can add variety to your exercise routine.

You don't need special equipment. You can simply modify your current routine.

### **Pick a healthy summer tip**

#### **Boost Your Mood with Daisies**

Studies confirm what we already know from experience: Flowers make you happy. In one example, receiving bouquets lifted study participants' spirits right away and also helped their long-term mood. To brighten your day, fill a vase with cheerful flowers like gerber daisies.

#### **Buy Safe Strawberries**

Strawberries, now at their sweetest and most luscious, can have a sinister side: Conventionally grown strawberries contain more harmful pesticide residue than 42 other common fruits and vegetables, according to the nonprofit Washington, D.C.-based Environmental Working Group. However, this doesn't mean you should swear off them. Just buy organic strawberries, which have little or no pesticide residue. One cup of fresh strawberries contains the cancer-fighting plant chemical ellagic acid, more than 3 g of fiber, and more than your day's requirement of vitamin C.

#### **Use Vinegar for Sparkling Windows**

Many conventional glass cleaners contain ammonia, which can irritate your eyes and trigger an asthma attack. For better health and spotless windows, make your own safer cleaner. Just mix 1/4 cup white vinegar with 2 quarts of warm water in a small bucket. Apply the mixture to your windows with a clean sponge and squeegee off the liquid, absorbing any drips with a cloth. You can buy squeegees at most home-improvement stores.

#### **Walk for Strong Bones**

The sun sets later each day through the end of June. Take advantage of the extra daylight and walk for at least 30 minutes after work each day. Not only does daily exercise reduce stress, but weight-bearing exercise like walking can help ward off osteoporosis. Gradually increase your walking time and speed each week, and your body will thank you.

#### **Ahhh ... Get Ready to Bare Your Feet**

To soften rough skin and diminish calluses, soak your feet for 10 minutes in a basin of warm water spiked with 2 tablespoons of jojoba oil and 2 to 3 drops of either peppermint (*Mentha piperita*) or lavender (*Lavandula angustifolia*) essential oil. Dry your feet and gently buff rough areas with a pumice stone. Slather your feet with moisturizing cream, and wear a pair of cotton socks to bed. Wake up to soft, summer-ready feet.

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

Summer BBQ's, picnics, and parties can offer multiple opportunities to blow your diet and overindulge. Instead of missing out on all the fun, why not bring along a few healthy summer snacks to curb your cravings?

#### Frozen Fruit

Frozen fruit is a lifesaver during the summer months. One bite cools you off and delivers a refreshingly icy treat. Pop a bunch of grapes and berries into the freezer and have them on hand for healthy snacking throughout the day. You can also freeze small bits of fruit in ice cube trays for a unique and refreshing drink experience.

#### Ice Pops

Avoid purchasing those sugar-laden frozen popsicles from your grocer's freezer aisle; instead, make your own popsicles at home! Not only will they be better for you, they'll taste great and even the pickiest kids won't be able to resist. Use your favorite 100% fruit juice blend, pour into ice cube tray, and cover with plastic wrap. Stick a toothpick or popsicle stick into each section and wait for the ice pops to freeze. When done, remove the plastic wrap and you have an entire tray of refreshing summer snacks ready to go!

#### Veggie Kabobs

Even the kids won't complain about eating their vegetables when you make them look so colorful and appealing. Grab a few skewers and string a variety of veggies like green and red bell peppers, mushrooms, cucumbers, and cherry tomatoes onto each kabob. For extra picky eaters, have a few low-fat dips available or low-fat ranch dressing to add a bit of extra flavor without a lot of additional calories.

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

Most people who begin to workout for the first time, or start up again after some time off end up hurting themselves within the first month. The most important goal to have when working out is proper technique to reduce the chance of injury. It is better to use less weight or slow down your workout if it causes you to have improper form.

If you are trying to gain muscle or get stronger, you want to do low reps and higher sets. On the other hand, if you are trying to build endurance and get lean, then you should do higher reps and lower sets. Avoid jerking motions when lifting weights and using body parts that are not required for the exercise. Also, never lock your knees or elbows or arch your back. If you do those movements, you are putting yourself at risk for injury. Remember to pace yourself and make exercise a healthy habit and not an obsessive one that you will eventually get tired of doing. Get plenty of rest and allow your body time to repair. Always drink plenty of water throughout the day and stretch before and after a workout. If you have any questions about technique, frequency, or even nutrition, then give me a call and I will set up a time for you to have a consultation with either Dr. Ungerland or Dr. Curley.

## THANK YOU PATIENT REFERRALS!

<b>Cheryl A.</b>	<b>Brenda M.</b>
<b>Kelly C. (2)</b>	<b>Charlotte M.</b>
<b>Nubia C. (3)</b>	<b>Joy N.</b>
<b>Candi E.</b>	<b>Steve P. (2)</b>
<b>Ashley E.</b>	<b>Barbara R.</b>
<b>Rush G. (2)</b>	<b>Kimberly R.</b>
<b>Jeff G.</b>	<b>AJ S.</b>
<b>Dominick H.</b>	<b>Justin S.</b>
<b>Inner Peace Yoga</b>	<b>Jim S.</b>
<b>Janet J.</b>	<b>Lucy S.</b>
<b>Richard L.</b>	<b>Jennifer W.</b>
<b>Terry L.</b>	<b>Joshua W. (2)</b>
<b>Joyce M.</b>	<b>Helen W.</b>
	<b>Martha 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.

Independence Day is celebrated on July 4 because that is the day when the Continental Congress adopted the final draft of the Declaration of Independence. From July 8, 1776, until the next month, the document was read publicly and people celebrated whenever they heard it. The next year, in Philadelphia, bells rang and ships fired guns, candles and firecrackers were lighted. But the War of Independence dragged on until 1783, and in that year, Independence Day was made an official holiday. In 1941, Congress declared 4th of July a federal holiday.

Every July fourth, Americans have a holiday from work. Communities have day-long picnics with favorite foods like hot dogs, hamburgers, potato salad, baked beans and all the fixings. The afternoon activities would not be complete without lively music, a friendly baseball game, three-legged races and a pie-eating or watermelon-eating contests. Some cities have parades with people dressed as the original founding fathers who march in parades to the music of high school bands. At dusk, people in towns and cities gather to watch the fireworks display. Wherever Americans are around the globe, they will get together for a traditional 4th of July celebration!



# 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*

## Watermelon

It's hard to find a soul, from toddler to senior, who doesn't love the juicy sweet taste explosion set off by a bite of crisp watermelon. The next time someone tells you that they don't like fruit, ask about watermelon. Contrary to what most people think, watermelon is no lightweight in the nutrient department. A standard serving (about 2 cups) has 38 percent of a day's vitamin C, 32 percent of a day's vitamin A, and 7 percent of a day's potassium for only 85 fat-free, salt-free calories. You won't find two cups of many foods that go that easy on your waistline.

Bonus: watermelon is one of the "Clean 15," the fruits and vegetables with the fewest pesticide residues, according to the Environmental Working Group. (That's partly because the thick rind keeps out both bugs and pesticides.) And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.

So, the next time you walk past the watermelon to get to those petite plastic containers of expensive raspberries or blueberries, don't forget the filling, economical fruit that comes in its own container.

*Nutrition Action Healthletter, May 2010*



**Wellness Workshops  
Watch for notices at the office.**



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

