

Volume 5  
Number 4  
Summer 2011

Judy Rigsby, Editor

# Ungerland



## *chiropractic*

**FEEL THE DIFFERENCE IN HEALTHCARE**

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

### What our patients are saying...

About four years ago my M.D., who was my primary care physician at the time, referred me to Ungerland Chiropractic, as he was not able to help me anymore. I have been going to Dr. Ungerland ever since, and have been completely and very satisfied. He has helped me immensely. I would recommend him to anyone. I will be eternally grateful to my PCP for referring me to Dr. Ungerland, as this is very rare for a medical doctor to refer anyone to a chiropractor. It would be greatly appreciated if you would refer anyone for chiropractic care to the doctors at Ungerland Chiropractic Clinic.

Willis H.

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

#### Summertime is right around the corner

School is out! Temperatures are rising! Let the fun times begin! Many of us look forward to those good ol' days of summer. Dust off the grill and let the good times begin. This edition of "Frankly Speaking" is a friendly reminder, have fun but be conscious of what we are eating and putting into our bodies. Be aware that every 12-ounce can of soda has ten packets of sugar or 40 grams. It is estimated that the average American will consume 160 pounds of sugar each year. Unused sugar in our bodies is stored as fat until we use it at a later date or use it at all. How many of us drink only one can of soda, usually more. Do not drink diet sodas! Diet drinks have aspartame as a sweetener and is a neurotoxin. We know aspartame as Nutra Sweet, Equal and other brand names. You will never see diet soda stacked outside convenience stores because aspartame breaks down to formaldehyde in the heat. Yes, the stuff used to embalm dead people. Don't be fooled by the innocent name of high fructose corn syrup as a sweetener. When HFCS is ingested, it is stored as fat in our bodies. Stevia or raw local honey is better for you. Drink water with lemon or unsweetened iced tea. You will be amazed that you will acquire a taste for water or tea. Beware of fried foods. Trans fat from partially hydrogenated oils show high risk of heart disease and weight gain. So, stay trim at the pool, eat fresh fruits and vegetables that are in season. You will enjoy fewer pounds and have a healthier summer and a healthier life.

#### Fitness Tip of the Quarter

Take advantage of parks and other public exercise facilities reopening and move your workouts there instead of staying home. You're more likely to continue working toward your fitness goals by varying your workout location and thus keeping boredom away.

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

### The Dangers of Energy Drinks

Energy drinks are the latest craze and everyone, including kids, are drinking them. So are they safe? Absolutely not. If you have one can every once in awhile, you probably won't notice any problems. However, some people drink several per day and the amount of caffeine, sugar and other herbal ingredients begin to accumulate in our body.

Most energy drinks contain enough caffeine to equal 3 cups of coffee. The Red Bull energy drink contains 80 milligrams (mg) of caffeine in 8.3 ounces (oz) of drink. The Rockstar energy drink contains 80 mg of caffeine in 8 oz of drink. The Monster energy drink contains 160 mg in 16 oz of drink. One can of Red Bull has 110 calories and 27 grams of sugar which is similar to a can of Coke.

Many people consume energy drinks before exercising, which can cause dizziness, nausea and vomiting. Another energy drink side effect is that it is diuretic, which causes the kidneys to get rid of extra water, that is, a person urinates more. This, in addition to the fact that you lose water because you sweat during a workout, means that you should not consume energy drinks while exercising. They won't help you lift more weights or improve your stamina, so don't consider them as sport drinks.

Energy drinks also affect the nervous system, which can place undue stress on your body. You should also not consume energy drinks if you are pregnant, because they can cause serious damage to the unborn baby. Combining alcohol or sleeping pills with energy drinks can also cause adverse effects.

There are safer and healthier options. Unsweetened tea has anti-oxidants which promote health and with zero sugar, you won't have the sugar crash. But the best option is water.

### 7 Foods That Should Never Cross Your Lips – By Anne Underwood, Prevention.com

Clean eating means choosing fruits, vegetables, and meats that are raised, grown, and sold with minimal processing.

- **Canned Tomatoes**

The resin linings of tin cans contain bisphenol-A, a synthetic estrogen that has been linked to ailments ranging from reproductive problems to heart disease, diabetes, and obesity.

Unfortunately, acidity causes BPA to leach into your food. **Budget tip:** substitute bottled pasta sauce for canned tomatoes.

- **Corn-Fed Beef**

Farmers today feed their animals corn and soybeans, which fatten up the animals faster for slaughter. Compared with corn-fed beef, grass-fed beef is higher in beta-carotene, vitamin E, omega-3s, conjugated linoleic acid, calcium, magnesium, and potassium; lower in inflammatory omega-6s; and lower in saturated fats that have been linked to heart disease. **Budget tip:** cuts on the bone are cheaper than those already deboned.

- **Microwave Popcorn**

There are chemicals in the lining of the bag. In animal testing, the chemicals cause liver, testicular, and pancreatic cancer. Microwaving causes the chemicals to vaporize and migrate into your popcorn. **Budget tip:** popping your own popcorn is dirt cheap.

- **Nonorganic Potatoes**

Root vegetables absorb herbicides, pesticides, and fungicides that wind up in the soil. Potatoes are treated with fungicides during the growing season and sprayed with herbicides before harvesting.

Continued on Page 3

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

## Rachel's Report... - Rachel Remington C.A.

As we approach the summer months more of us are starting to include exercise into our daily routines. Did you know that chiropractic care and exercise combined can be extremely beneficial for all around health? According to Spine-Health.com even light aerobic exercises, such as a brisk walk or household chores can help to improve the effects of chiropractic care, and also promote healing of the body's tissues.

Here are a few exercises that are critical for improving general joint and muscle function:

- Hamstring stretches
- Strengthening core muscles (important for improving posture)
- Abdominal exercises (crunches, oblique twists and sit-ups)
- Yoga (helps promote deep stretching and relaxation)

Undertaking an exercise program in addition to chiropractic care may help to improve the results of your treatment. The World Chiropractic Alliance reports the benefits of adding exercise with your treatment can help to counteract the effects of aging.

Some of the benefits of combining exercise with chiropractic care include:

- Prevents back pain by keeping spinal muscles toned and flexible
- General pain and stress relief
- Improving sleep patterns which promotes healing in the body
- Stabilizing bodyweight, which reduces risk of excessive stress on the spinal joints and discs
- Improving digestion for healthier metabolic function

A regular exercise regimen added to your chiropractic treatment can help lower the risk of chronic lower back pain, which is associated with poor health, mental health and all around living, high medical costs and enjoying life on a daily basis. If you are interested in becoming a healthier you, please call for an appointment with Dr. Ungerland or Dr. Curley. They would love to help you on your road to overall health!! Remember... we love to see your friends and family; your referrals are welcome and appreciated

## THANK YOU FOR YOUR REFERRALS!

Kelly C.      Jo & Vic R.  
Jim H.        Martha R.  
Beverley L.   Jean S.  
Nancy P.      Doug S.  
Daniel R.     Lynda T.  
Doug R.       Misti T.

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.

## 7 Foods That Should Never Cross Your Lips Continued from Page 2

After harvesting, they are treated again to prevent sprouting. **Budget tip:** organic potatoes are only slightly more expensive than conventional spuds.

- **Farmed Salmon**  
Farmed salmon is lower in vitamin D and higher in contaminants, including carcinogens, PCBs, bromated flame retardments, and pesticides such as dioxin and DDT. When you eat farmed salmon, you get dosed with the same drugs and chemicals used to treat the fish. **Budget tip:** canned salmon, almost exclusively from wild catch, can be found for as little as \$3 a can.
- **Milk Produced with Artificial Hormones**  
Milk producers treat their dairy cattle with recombinant bovine growth hormone to boost milk production. It leads to higher levels of a hormone called insulin-like growth factor in milk. In people, this can lead to breast, prostate, and colon cancers. **Budget tip:** try Wal-Mart's Great Value brand, which does not use rBGH.
- **Conventional Apples**  
Of all the fall fruits, apples are the most heavily sprayed. Apples are individually grafted and don't develop resistance to pests and are sprayed frequent-ly. **Budget tip:** If you can't afford organic apples, be sure to wash and peel them.

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

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

## **Health and Diet Tips from Judy**

### ***Simple Tips to Enjoy Summer Fresh Foods***

Here are a few simple ways to reconnect with the foods of summer and to slow down and enjoy them.

Make your own ice pops while summer stone fruit is here. Peaches, plums, nectarines can all be added to watermelon juice or lemonade to create a cooling and refreshing treat. Or, you can make them with berries inside, add concentrated or fresh fruit juice, along with organic fruit and yogurt and make smoothie pops.

Add some fresh vegetables to your dinner menu or have a picnic highlighting seasonal foods. A few fresh vegetables and a food processor make delicious chilled summer soups, tomatoes, corn and cucumbers taste great this way.

Grill fresh veggie kabobs and include some peaches and plums to add a touch of sweetness to your kabobs.

Go and pick fresh fruit or berries. If you don't have a local farm or farm trail, how about picking from a friend or neighbor's fruit tree? Or, if you are on vacation, check for local farms near you or near your vacation spot.

**Dr. Frank, Dr. Eric,  
Rachel and Judy**

**wish you a Super Summer!**

