

Ungerland

chiropractic

IMPROVING THE QUALITY OF LIFE

7718 E. 91st St. • Suite 100
Tulsa, OK • (918) 743-2555



Winter Safety Kit



- Cell phone
- Ice scraper
- Small shovel
- Spare wiper blades
- Battery booster pack
- Kitty litter (for traction)
- Fuel system antifreeze
- Flashlights, flares, matches
- Bright emergency HELP sign
- Blankets, extra warm clothing
- Food items such as candy bars or trail mix

Happy Birthday
to all our patients
with
December,
January and
February
birthdays!

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

New Year's Resolution: "Eat your vegetables"

Of course, most of us know that eating our vegetables is a healthy thing to do. New research continues to accumulate supporting the premise that we should not take this advice lightly. In a recent study on mice, a diet plentiful on broccoli, carrots, green beans, corn and peas resulted in significantly less artery narrowing than their counterparts who were not provided a diet containing vegetables. Researchers were excited the new study showed a diet rich in vegetables had significant cardiovascular benefits of which can be extended to humans, especially in preventing the formation and progression of atherosclerosis, a condition that frequently leads to heart attack and stroke. Vegetables are rich in phytochemicals, nutrients essential for normal cellular activity and help regulate sugars in our blood stream. Another benefit of vegetables is that they help reduce the acidity in our bloodstream. If our blood is too acidic, cells become inflamed and tissues become ill. For a list of vegetables that show the levels of acidity or alkalinity, email or call our office 743-2555, and we will forward it to you so you can make healthy choices.

One Small Step

If you're having trouble getting into an exercise routine, start small. Use the last ten or 15 minutes of your lunch hour to walk. When the weather cooperates, do it outside. You'll get fresh air, sun, and you'll do something good for your body — all at once. Do you usually eat lunch with coworkers? Ask them to come along. You can chat while you get fit.

Fitness Tip of the Quarter

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."
- - - John F. Kennedy

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

With Thanksgiving behind us and Christmas and New Year's fast approaching, stress and diet are the biggest enemies to our health. Our busy lives become even more stressful with events, shopping and preparing holiday meals thrown into the mix. How does your body respond to this time of year? Does your health begin to decline?

You face 3 types of stress during the holiday season. First is the emotional stress of getting together with family, shopping and all of your time being consumed by preparing for the holidays. It can become overwhelming. Second is the physical stress placed on our bodies. Time doesn't allow for us to continue our workouts. We begin to sleep less and our bodies begin to fatigue. Third is chemical stress due to poor nutrition and changes to our schedule. We tend to overeat and most of our foods are high fat and high sugar. Increased sugar causes increased insulin response, which brings a whole cascade of detrimental effects to our body. Our immune system becomes taxed making us susceptible to infections. We also begin to add weight, which is a physical and emotional stress on the body.

What can we do? First, make a plan. If your to-do list becomes too long, delegate tasks and divide them over a week. If you have low priority events, your time may be better spent on things you value most. Second, limit portion sizes and try to focus on healthy items. Enjoy small portions of your favorites. Third, continue to exercise as much as possible. This is great stress reliever and will keep you fit even if you splurge at a meal. And last, remember the spirit of the season, and enjoy this time with friends and family. Don't forget to gift yourself, the gift of good health.



Blanket Drive

Thanks so much to all of you who helped us in our blanket drive. We were able to collect 78 blankets for the Allan Davis Ministry Center in West Tulsa.

Office Closings During the Holidays

We will be Closed on these days:

Monday Dec. 24th

Tuesday Dec. 25th

Monday Dec. 31st

Tuesday Jan. 1st



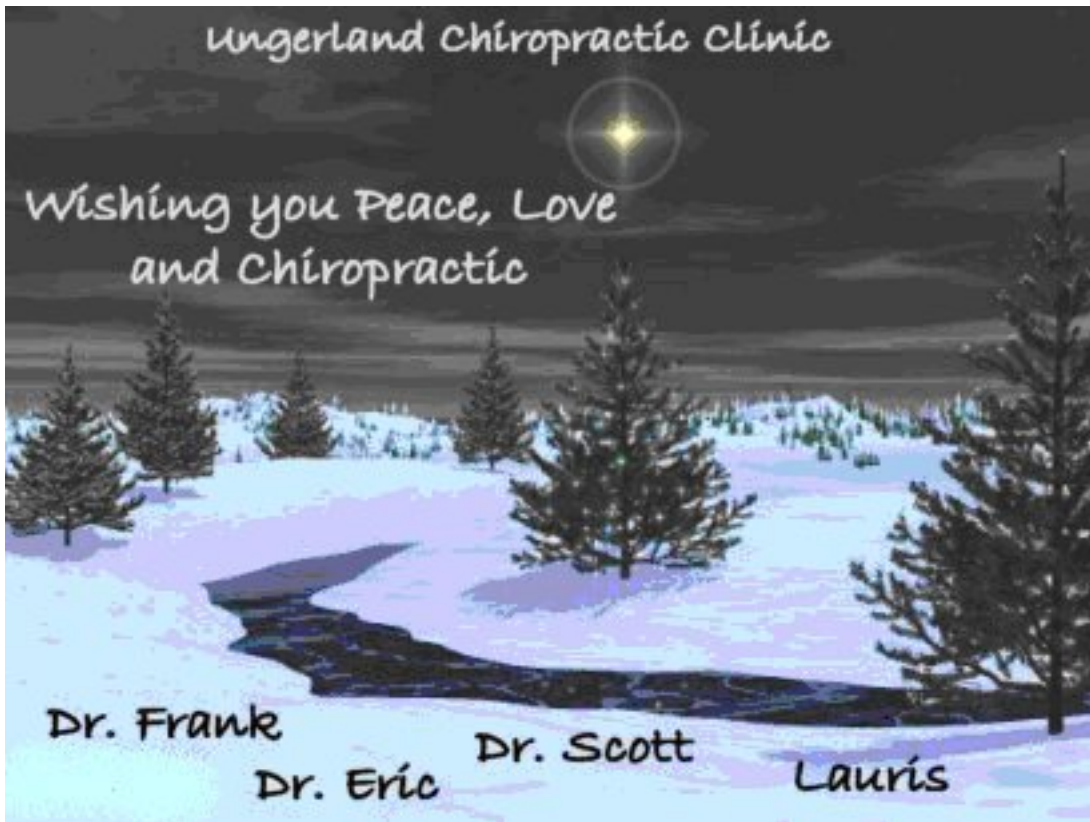
PAIN in the neck?

The holidays are just around the corner, and emotional stress means that "pain in your neck" will get even worse. Can emotional stress really do that?

Emotional stress takes its toll on the body and affects the body's ability to function properly. It causes muscle tension and may have profound effects on the body's immune system functioning, making the body more susceptible to pain, illness and injury. The holidays are a prime time for an extra dose of emotional stress and that relentless pain in the neck is often a direct result of our inability to handle it.

What can you do to try to relieve or avoid neck pain? Try these suggestions:

- See us regularly to keep your spine and nervous system in optimal working order so it can handle the extra stresses associated with the holidays
- Take frequent breaks, especially if you sit at a computer all day, to change position and stretch your neck muscles
- Make sure you are aware of your posture when you are sitting or standing and that you keep your head erect
- Practice relaxation techniques to reduce the effects of emotional stress on your neck
- Make sure you get plenty of rest!



THANK YOU FOR YOUR REFERRALS!

Quaye B.	Annette C.
Terry J.	Meghan D.
Brenda M.	Nate F.
Jennifer H.	Jerra H.
Steve P. (3)	Yvonne V.
Shelley P.	Kristin W.
Linda S.	Ramona W.
Whitney G.	Cathy A.
Lonnie W.	Cathryn H.
Vic R. (2)	John M.
Jill J.	Cindy P.
Patricia H.	

We truly appreciate helping our patients achieve their best life possible and that's why we can't thank you enough for referring others to our practice. Remember that we always provide free exams and consultations to new patients, so keep those referrals coming!

Dr. Godbersen's Gems – *Dr. Scott T. Godbersen* **Resolve to be a Healthier You**

The New Year is upon us and everyone is making their New Year's Resolutions. For the vast majority of people, the resolution they make or will be making has something to do with their health. Whether it is to start exercising again or to lose a few pounds, our health is a necessity. I am sure if you are anything like me you have made a resolution in the past and fell short of its achievement. Let's make this year different! At Ungerland Chiropractic, we are here to be your health coach. Whatever health goals you have for the New Year, please let us know, so that we can help you achieve them. People that attain their New Year's resolutions have the following things in common:

1. They believe in their ability to change.
2. They do not indulge in self-blame or excuse making.
3. They avoid wishful thinking and concentrate on positive results.
4. They understand their motivations and reasons why their resolution is important.

Here are some simple steps for you to follow to have a successful resolution this year and to become a healthier you:

1. Set one resolution - changing too much too fast can be problematic.
2. Be accountable - have someone help keep you in check.
3. Be persistent - don't give up at the first sign of adversity, have faith that you will prevail.
4. Have a clear written purpose for your resolution - so you know why you are sacrificing.

If you follow these simple steps, your chances to achieve your New Year's resolution will go up exponentially. Remember, we are here to be your health coach. Also, the Chiropractic adjustment is one of the most powerful, life changing things you can do to improve your health, so be sure to get your wellness Chiropractic adjustments to keep your body healthy.

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 Ungerland • Dr. Eric Curley • Dr. Scott Godbersen

Wellness Challenge

Sign up in January!

This is a program to help you focus on you and your overall health. For every 10 completed activities on the Challenge list, you will be entered in a drawing to win prizes...(maybe even complimentary adjustments! – we are still working on the list of prizes, but they will be great!)

Do it for the “health” of it!

Ask the front desk for the Challenge list and more information.

By signing up, we will help keep you motivated!

The Wellness Challenge will run from February 1 – February 28, 2008. Help us celebrate our clinic’s third anniversary on February 28th with healthy lifestyle changes in your life.

To help you further on your road to wellness, we will begin offering nutrition classes, starting the third week of January, 2008.

Watch for sign up information!

How to Tell Others About Chiropractic

If it weren’t for delighted patients telling their friends and family, chiropractic wouldn’t be around. What’s the best way to tell others? Here are some ideas to get you started.

Be Assured. First off, realize that chiropractic has helped a lot of people with a lot of different health problems. Relax knowing that we will treat your friends and family with the same respect we have extended to you.

Take Notice. Notice people with poor posture massaging their necks, rolling their shoulders or mentioning frequent headaches? These are excellent opportunities to mention today’s safe and natural chiropractic care.

Tell Your Story. Mention how you’ve been helped by seeking chiropractic care. Explain how chiropractic works and how we explain everything in advance to put our new patients at ease.

Answer Questions. Many have heard myths and misconceptions about chiropractic. Simply share your experiences.

Ask for Help. We have materials we’d like to share to help answer the questions of your friends and family. Or, have them call our office.

Tour Our Office. One of the best ways to share your chiropractic experience is to bring your friend along with you on your next visit. Thanks for helping us help others!