

Volume 3  
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Judy Rigsby, Editor

# Ungerland

## *chiropractic*

IMPROVING THE QUALITY OF LIFE

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



### Reduce colds and flu this season by eating strawberries...

One serving of eight medium strawberries contains 84 milligrams of vitamin C and a boost against colds and flu. Considered a "super food," strawberries are loaded with nutrients, low in sugar and contain more vitamin C than oranges, according to Dr. Navindra Seeram of the Univ. of California Los Angeles Center for Human Nutrition. "Most people associate vitamin C with oranges, but if you look at oranges versus strawberries, strawberries actually contain more vitamin C than oranges," says Seeram. A healthy diet rich in vitamin C can help reduce the chance of catching a cold as well as limit severe symptoms and shorten their duration. Strawberries used to be available mostly in the spring, but now growers have introduced new varieties that boost the availability of strawberries in the fall and winter months, giving access to strawberries all year long.



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

#### Some Tips for Coping with Holiday Stress

Stress is an emotional reaction to circumstances that you feel are out of your control. The holiday season is upon us again this year. This year may be especially stressful to most of us with the current events. This is an opportunity to renew basic values during the holiday season. This is the season for giving. There is no greater gift than the gift of self. Express gratitude to everyone around you by saying "thank you" to everyone in your life and telling them how meaningful they have been in your relationship. Planning your holiday gives you control of the situations ahead of you. Give yourself enough time for travel. Leave enough time to and from your destinations so you can enjoy the time and relax after you return. Enjoy your meals, but remember "portion control" of one serving will keep calories low and the opportunity to enjoy other entrees. Take a walk instead of lying on the sofa after eating; sunshine and fresh air will burn calories and reduce stress. Keep a positive attitude. Only you can control your attitude. Looking for the best in every situation will make you feel good and reduce tension. Stay in tune with the true spirit of the holidays; take time to say a prayer of thanksgiving that we all get to celebrate another holiday season. May you and your loved ones have a Merry Christmas and a Healthy Happy New Year.

#### Fitness Tips of the Quarter

A lot of people think they need to work out two hours per day to get lean and healthy. We put so much pressure on ourselves that failure is inevitable.

Consistency and shorter duration workouts is the key to this game. Short duration workouts not only are time effective, but also produce a positive hormonal state. Many studies conclude that long workouts produce a hormone called cortisol. Cortisol is a stress hormone that strips muscle and places high levels of stress on the body, thereby creating an unhealthy state.

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

### Protect yourself from the flu!!

Flu season is upon us and many of our patients ask the question...what can I do to prevent the flu besides getting a flu shot? Well, your body is a remarkable machine and is constantly fighting viruses and bacteria. This is a normal body function and is necessary for us to maintain our health. Since we are exposed to viruses on a daily basis, why do we get sick sometimes and other times not? The secret is a strong immune system.

How do we strengthen the body's immune defenses? Chiropractic adjustments promote a strong immune system by improving function of our nerves, increasing circulation, reducing stress and improving energy. A healthy diet that is low in processed foods and sugar gives the body its necessary building blocks and decreases the effects of high blood sugar. Get plenty of Vitamin D, which has been shown to be necessary for immune function. Vitamin D levels fall in the winter because we spend less time in the sun. Exercise and plenty of rest keeps the body strong and recharged. Wash your hands regularly, but not excessively with regular soap. Your body has a natural defense of skin oils that frequent washing can disrupt.

***Remember to keep your immune system strong so your body can continue the fight.***

#### 7 Tips for Winter Health

In winter, the sun sets earlier, a chill fills the air, and we spend less time outside being active and more time inside eating starchy and sugary foods. Our hibernating instinct doesn't keep us healthy. Rather, our immune system takes a hit, allowing winter colds and flus to grab hold. Luckily, there are certain things you can do to keep your energy up, your immune system strong and your body healthy all winter long.

##### 1. Drink healthy fluids

Sugary and caffeinated beverages can suppress immune-system function, not to mention cause weight gain and dehydration. Drinking six to eight glasses a day of water or herbal tea can keep your digestive system healthy, your weight down and your energy up. This is especially important over the winter months to help flush the system. Green and white teas are also wonderful antioxidant-rich options to keep you healthy throughout the season.

##### 2. Get some Z's

Sleeping is one of the most effective ways to refuel after a stressful day. Make sure to sleep in a dark room to ensure your body properly secretes the hormone melatonin, which is believed to help repair the immune system.

##### 3. Avoid added sugars

In addition to causing weight gain, refined flours and sugars can suppress immune-system function. In other words, if there is a flu or cold circulating and you go a little crazy on the white sugar (cookies, pop, candy, etc.), you're creating the perfect environment for illness to strike. Turn to naturally occurring sugars found in fruit for some sweetness. If you crave chocolate, go for dark chocolate (minimum 70 percent cocoa), which contains plant phenols that have been shown to lower blood pressure. Cut up squares and store them in your freezer. Grab one or two when you need a sweet treat.

##### 4. Go for garlic

The sulfur-containing compounds in garlic help increase the potency of two important cells of the immune system, T-lymphocytes and macrophages, which in turn help battle colds. Eat garlic raw or cooked for an immune-system boost.

##### 5. Eat zinc-rich foods

Zinc helps prevent a weakened immune system. Get adequate amounts by eating oysters, liver, lean beef, pork, turkey, lamb, lentils, pumpkin and sesame seeds, garbanzo beans and yogurt.

##### 6. Favor fruits and veggies

A recent study showed that the majority of us eat fewer than five servings of fruits and vegetables a day

##### 7. Move it

Don't succumb to inactivity this winter -- hit the yoga studio, run on the treadmill or suit up and head outdoors. A brisk walk burns calories, gets the blood flowing and increases energy.

-- Dr. Joey Shulman, [Canadian Living](#), 2008

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

### What our patients are saying...

I first contacted Dr. Curley of Ungerland Chiropractic Clinic with my symptoms. I was having headaches; my blood pressure was high; I was not sleeping well at night; my lower back ached; I had tingling in my feet; and my sinuses were infected. In general I was just feeling bad and I could not tilt my head back. When I first came in I was evaluated and my neck was x-rayed. Dr. Curley put me on a schedule of treatment I followed very strictly. I could tell a difference with the very first adjustment. That night I was able to sleep the night through, something I had not done in months, if not years. Even though I was tempted to stop going for my scheduled adjustment, I knew that to get the maximum benefit I had to continue following the schedule. Today I feel 100 percent better!!! I am pain free and can easily tilt my head back. I will continue to get adjustments to maintain the improvements. The x-rays showed my neck was back in alignment and I am so grateful to Dr. Curley and all the staff at Ungerland Chiropractic Clinic for improving my quality of life in a big way. Thank you.

~~ Margie

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

New Years is right around the corner and its time to start planning our 2009 New Year's Resolutions. The key to staying on track with your resolutions is to turn them into goals and move toward something positive rather than away from something negative. If you are going to make a New Year's Resolution, then here are some tips to help you keep it long term.

Start by setting a SMART goal in place of an unclear or imprecise "resolution". SMART means:

- S-specific
- M-measurable
- A-attainable
- R-realistic or relevant
- T-timed

Instead of saying I am going to get in shape, try: I'm going to work out 3 days per week for 30 minutes for the month of January. This plan has a timeline, is specific and measurable, and is realistic for a busy person. People often feel that if they don't get in a full hour of workout, they have failed. Not True! The small things count and instead of feeling bad for not getting in the full hour of working out at the gym, feel good about the small things, like the fact that you parked at the edge of the parking lot and walked twice as far as you normally would.

Setting yourself up for success, having a resolution that is a goal to move toward, and moving toward that goal with a plan are the ways to set and keep your New Year's resolutions this year!

## THANK YOU FOR YOUR REFERRALS!

<b>Doug/Quaye B.</b>	<b>Marc J.</b>
<b>Nick B.</b>	<b>JoAnn J.</b>
<b>David/Michelle B.</b>	<b>Sydney K.</b>
<b>Mariam C.</b>	<b>Monica L.</b>
<b>Mitzi C.</b>	<b>Erin M.</b>
<b>John/Chris C.</b>	<b>Sherry O.</b>
<b>Lori D. (2)</b>	<b>Jennifer/</b>
<b>Tracy E.</b>	<b>Steve P. (3)</b>
<b>Derek F.</b>	<b>Henry P.</b>
<b>Tim G. (2)</b>	<b>Sarah P.</b>
<b>Jessica H.</b>	<b>Ellen U.</b>
<b>Dr. Hunter</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.

### Is Chiropractic treatment more than a "backache"?

Millions of people visit chiropractors each year and receive the benefit of their health returning without the dependency on the adverse effects of medications or the fatal risks of unnecessary surgery. Of those millions of patients other benefits of health return because the nervous system is enhanced with proper nerve impulse restored when subluxation is reduced by the spinal adjustment. The nervous system controls and regulates all systems of the body. When there are disturbances in the musculoskeletal system, in the form of spinal derangements (subluxations), neural impulses are less than optimal, affecting the related areas. What does this mean? Nerves function breathing, digestion, circulation and all areas of the body since the brain through the spine allows all parts of the body to maintain life. For instance, a young female 20 years of age entered the office with neck ache, headaches, and shoulder pain for some time. Subluxations were present and treated. Her neck pain, headaches, and shoulder pain all resolved. Also resolved were TMJ symptoms and chronic stomach pain in the form of acid reflux. Nerves from the cervical spine (neck) control the muscles of the jaw and when function returned to the neck, function to the jaw muscles were also improved. Nerves between the shoulders go forward to chest and digestive areas. So when function improved between the patient's shoulders, nerve function was enhanced to the organs in this region. By chance, someone may ask. It is by design. Take a breath. Nerves function your diaphragm and intercostal (rib) muscles to expand your lungs in order to breathe. Swallowing and digestion move food from one end to the other all by nerve function. Symptoms are the body's warning system that something is not working properly. Ask the chiropractor if this can this be a result of nerve interference. Health is a state of being when all systems of the body function optimally, and it all is regulated by the nervous system.

# 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

To make sure your eating plan contains all the nutrients you need, choose a rainbow of colorful foods. The pigments that give foods their color are also the nutritious substances that can reduce your risk of cancer and chronic diseases like heart disease.

Of course, foods with the most "pigment power" are mostly fruits and vegetables -- yet another reason to fill your plate with these fiber-filled, low-calorie, fat-free, super foods! Eaten together, fruits and vegetables pack an even bigger punch in reducing free radicals -- unstable molecules in the body that damage cells and are thought to contribute to the development of many diseases.

The hottest vitamins these days are the antioxidants (E, C, and A, along with the mineral selenium) and the "sunshine" vitamin, also known as vitamin D.

Antioxidants help gobble up those nasty free radicals. A diet rich in antioxidants has been linked to a host of health-promoting, disease-fighting activities in the body.

Every day, scientists are discovering substances in food that promote health and protect against diseases. As time goes on, they will likely uncover even more exciting links between nutrients and health.

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A series of nutrition classes will be scheduled after the first of the year. Watch for more information to be posted later in the office and on the website.

## Back in Action Workshops

1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month.

Dec. 4 and Dec. 18

Jan. 8 and Jan. 22 \*\*

Feb. 5 and Feb. 19

\*\*1<sup>st</sup> Thursday is a holiday.

### WE NEED YOUR HELP!

We are collecting new and gently used blankets for the Bixby Community Outreach Center and the Allan Davis Ministry Center. Please bring them to the office by Friday, December 19.



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

**wish you a Merry Christmas  
and a Happy New Year...**