

Ungerland

chiropractic

FEEL THE DIFFERENCE IN HEALTHCARE



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SEEDS OF HEALTH

For strong joints : Sesame Seeds
Two tablespoons provide more than 80% of your daily intake of copper, an anti-inflammatory that may help ease arthritis pain.

Mix tahini (sesame seed paste) with olive oil and use as a salad dressing.

For youthful skin : Sunflower Seeds
Two tablespoons supply nearly 40% of the RDA of vitamin E, an antioxidant that helps prevent sun damage. Sprinkle these onto your salad instead of croutons.

For a healthy heart : Flaxseed
Two tablespoons of ground flaxseed, which is rich in heart healthy alpha-linolenic acid, help lower cholesterol, triglycerides, and blood pressure. Add ground flaxseed to your cereal, oatmeal, or smoothie.

~Lauren Parajon (Prevention, December 2009)



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

WILL WE LIVE TO BE 100?

Well, we are winding up another decade. We are another year older and as a nation we are living longer. There are estimated over 70,000 people in the U.S. that are now 100 hundred years old or older. Centenarians are growing in numbers every year. It is estimated that by the year 2050 there will be 800,000 Americans over the age of one hundred. Demographers are now counting the number of supercentenarians, people age 110 and over.

It's a fact we are living longer as a nation. Some research suggests that 60% of those over one hundred years old will need "assisted living". Forty percent will not! What can we do to hedge the bet to a healthier future? Don't smoke or drink heavily and maintain favorable weight. Reducing caloric intake 10-20 percent is beneficial. What we eat is used or stored as energy in the future as fat. This leads to cardiovascular illnesses. Substitute for meat, portions of fish rich in omega three fatty acids and vegetables in unsaturated fats, eliminate the fried foods. Eat many fruits and vegetables. Get regular exercise. Climb stairs or lift small weights to reduce age related muscle mass. Challenge your mind daily, do crossword puzzles and read daily. Have a positive outlook to reduce mental and emotional stress. Maintain social interaction with family and friends and join a group of people with similar interests. Stay active after retirement. Get involved in something that you will love doing. Stay in the game of life as a player and not a spectator. Have a plan for the future. No plan is a plan to fail. Life is a "present", a gift. What we do with that gift is our "present" back to God. We can make a difference in our future.

Fitness Tips of the Quarter

Warm up – Cold temperatures can make your muscles tight and prone to injury. Make sure you do a thorough warm-up prior to your exercise.

Insulate your body – If exercising outdoors, wear layers of clothing. Layering provides the most effective heating method and allows you to remove the top layer if you get too hot.

Drink up – It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.

Wear sunscreen – You can still get burnt in winter, so if you are exercising outdoors apply sunscreen to exposed skin.

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

Stuck inside...

As the cool weather is quickly approaching, many of us will be spending more time indoors. Have you ever said to yourself, "I need some fresh air"? Air quality inside our homes can be a contributing factor to poor health. The most notable and easy to correct is the humidity. Indoor air humidity can be easily measured with a humidity meter from most home stores. Ideal humidity is 45%, with a healthy range of 30-50%.

Humidity less than 30% can dry noses and throats and cause colds; wall paneling, wood trim and hardwood flooring can shrink and cause joints to open; cracks in drywall and plaster can develop; joints in wood furniture can become loose.

If you find yourself being shocked by static electricity as you move about your home, your home's indoor humidity is too low. Skin irritation and respiratory problems are other telltale signs.

Conversely, a home that is too wet — where the humidity is greater than 50% — can be a breeding ground for mold, bacteria, dust mites and condensation.

An effective means of dealing with dry-home syndrome is to use a portable or whole-house humidifier. The most common type is an evaporative humidifier with a reservoir that holds cold water and dispenses it into a basin. Also, shower and cooking puts humidity into the air.

A home where the humidity is too high can benefit from a dehumidifier or by running the air conditioner. A faulty heating unit or leak may be a cause and needs to be evaluated.

Change your air filters as well to keep dust and pollen to a minimum. Also, your furnace will be more efficient and save you money.

Checking your home's humidity levels can improve your health and make you more comfortable for the winter.

5 Healthy Winter Breakfast Ideas

You may have heard the phrase that breakfast is the most important meal of the day. It is the first meal you have after waking up and can have a significant impact upon how you feel for the rest of the day. Eating a poor breakfast or skipping it completely can make you feel tired, sluggish and moody for the rest of the day. With all the other things you have to deal with over the holiday period having a poor start to the day is the last thing you need.

1. OATMEAL:

Oatmeal is a fantastic hot meal to start the day with. It's high in fiber and a rich source of numerous vitamins. Oatmeal can help regulate blood sugar levels, reduce low density lipoprotein (LDL) cholesterol and can also protect you from a number of health conditions. It has been linked with reducing your risk for heart disease, reducing your risk of contracting type 2 diabetes, preventing certain types of cancer and lowering high blood pressure. On a chilly winter morning there's nothing much more satisfying than a hot bowl of oatmeal, so next time you wake up feeling cold, why not give it a try?.

2. EGGS:

Eggs are another tasty way to start the day. Plus, they are amazingly versatile and easy to prepare. You can have them hard boiled, soft boiled, poached, scrambled or even mix them with some meat and vegetables to make an omelet. On top of this, eggs have a number of health benefits. They are one of the best protein sources available and also provide you with 9 essential amino acids. Eggs are rich in vitamin A, vitamin E and vitamin D, which is a particularly important vitamin over the Christmas period.

3. NATURAL YOGURT:

Yogurt is a great source of potassium, calcium, protein and B vitamins. It has been linked with strengthening the immune system and is also thought to promote strong bones. On top of this it's incredibly simple to prepare. All you have to do is put some yogurt in a bowl and it's good to go. If you find yogurt too bland on its own, then try adding some fruits for flavor.

4. FRUIT:

Fruit is a fantastic way to start the day. Although there are many different types of fruit out there, most of them are rich in fiber and full of vitamins. Plus, fruit is generally low in calories, making it a perfect breakfast choice if you are trying to control your weight.

5. PROTEIN SHAKES:

Protein is very important for building muscle and can also help suppress your appetite. Therefore, by having a protein shake for breakfast you can feed your muscles while avoiding the mid-morning hunger cravings. Protein shakes are quick to prepare and very practical. All you have to do is mix some protein powder with milk or water and it's ready to drink. Like yogurt, protein shakes and fruit can be combined to make a highly nutritious breakfast. Plus, they are both portable so you can have them while you're on the move. Next time you are in a rush and thinking about skipping breakfast, grab a protein shake on your way out. It will take less than a minute to prepare but will give you a much needed morning boost.

-- Tom Parker, Free Fitness Tips, December 2008.

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

What our patients are saying...

Sometimes when you least expect to be in an accident, it happens! Back in the early 70's I was involved in a rear end collision. While sitting at a stop light, I was hit by a tow-truck hauling a vehicle. The accident broke my tailbone and messed up my back. I had surgery but never went in for any adjustments. I lived with the discomfort. Once again in the late 90's I was turning in our driveway when a lady hit me from behind; she was driving to an evening function while putting on her makeup! Between the damage from a seat belt and the jar of the impact, my back couldn't take any more. I had seen several different doctors but none of them could relieve any of my pain. It was always a quick fix for the moment. Being in a retail business, my back would stay in pain from all the lifting that I did. Some doctors would try to put me on pain medication, which wasn't a direction that I wanted to take.

Our daughter, Sarah, works for Dr. Ungerland. She would say "Mom, this doctor is different; you need to come talk to him!" I felt it was just another one to see after 30 years of pain. I was hurting so badly one day from not only my back, but also, tennis elbow. I went in. I found him to be TOTALLY different! He cares about what is going on with your body, no matter what the age. His technique was way different than others I had seen. Crazy as it sounds, one day after going to him; I realized the pain wasn't there anymore! I had lived with this pain for so long. Arthritis had set in and I didn't think anyone could really ever help me. It has been GREAT to function without the reminder of what I can't do. Now I can focus on what I can do! He helped make life easier.

~Barbara R.

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

Fresh snow is one of the most beautiful and peaceful things to watch. However, you probably know that with snow comes the need to remove it from driveways and walkways. Anyone who has shoveled snow before, knows how good a workout it can be. The average shovelful of snow weighs 5-10 pounds, and the average driveway may hold hundreds of pounds of snow. Shoveling snow can also be physically stressful; bending, lifting and twisting, combined with the exposure to freezing conditions, can take a serious toll on the body. There is a right and a wrong way to shovel snow and paying attention to your technique can make a big difference in how you feel the next day. Here are some quick tips on how to shovel snow smarter and avoid being injured.

Be Prepared- Spray shovel with Teflon so the snow won't stick to it.

Do a warm-up- A tight, stiff body is asking for injury. A few minutes of stretching can save you a lot of pain later.

Layer Clothing- Layered clothing will keep your muscles warm and flexible.

Use the right size shovel- Your shovel should be about chest high on you, allowing you to keep your back straight when lifting. Keep one hand close to the base of the shovel to balance weight and lessen the strain on your back.

Timing is everything- If possible, wait until the afternoon to shovel. In the morning there is increased fluid pressure in the discs because your body has been at rest all night.

Drink lots of water- Drinking water frequently throughout the day helps keep muscles and the body hydrated.

Use proper posture- When you shovel, bend your knees and keep your back straight while lifting with your legs. Push the snow straight ahead; don't try to throw it. Walk it to the bank. Try to shovel forward to avoid sudden twists of the torso and reduce strain on the back. Make sure to take frequent breaks so you don't strain your muscles.

THANK YOU FOR YOUR REFERRALS!

Liz C.	Logan College
Sydni C.	Brenda M. (2)
John C.	Levi O.
Donna C.	Diana S.
Dr. Curley (4)	Fred S.
Ernie D.	EJ S.
Katie D. (2)	Karen S. (2)
Susie E. (2)	Patrick T.
Pamela H.	Visual Services
Dr. Hamilton	Tim V.
Scott H.	Charles W.
Inner Peace Yoga	Jennifer W.
Kristi J.	Bob W.
Marie L.	Debra Y.
	Martha Y.

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.

Flu Season Wellness Plan Should Include Chiropractic Care

Source: World Chiropractic Alliance (WCA)

The World Chiropractic Alliance (WCA) is recommending that people of all ages add chiropractic to their strategy for warding off and fighting the flu and its effects this season. Spinal adjustments can have a positive effect on immune function, the WCA asserts, citing a growing number of researchers who are exploring the common denominators in disease processes, and the role of the nervous, immune, and hormonal systems in development of immune related illnesses.

Chiropractic corrects spinal abnormalities called vertebral subluxations that result in interference of the nervous system by placing pressure on nerves. Since the nervous system controls all functions of the body -- including the immune system -- chiropractic care can have a positive effect on immune function, WCA officials note. Since its inception, chiropractic has asserted that viruses and microbes don't threaten us all equally and that a healthy immune system easily repels most invaders. The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system.

"I would recommend to any person concerned about the upcoming flu season to add chiropractic to their list of things to do to remove interference to their nervous system, enhance their immune function and give their body every extra bit of security it needs" stated Dr. Terry Rondberg, president of the World Chiropractic Alliance.

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

Winter Nutrition Guide: 4 Foolproof Steps



Eat high-quality carbs

Listen to your cravings - there is a reason for them! In the winter, with fewer sunny hours, your stored serotonin (the "feel-good" brain chemical) starts to decline. Your cravings for carbohydrate-loaded comfort foods are your body's cries for more serotonin. But be careful when choosing carbohydrates to boost serotonin! Opt for nutritious whole grains and choose high-quality carbs such as sweet potatoes, pumpkins, and squashes.

Love seasonal produce

Winter produce may not be as exciting and colorful as summer berries, but there are still many healthy choices available. Work seasonal produce such as pomegranates, cranberries, citrus fruits, purple grapes, and orange root vegetables into your meals. You'll not only add color to your plate, you'll pack in some serious nutrition punch.

Consider Vitamin D supplements

If you live in the northern hemisphere or wear sunscreen all the time, consider taking Vitamin D supplements. Numerous studies have shown that oral intake of 1000 IU Vitamin D can reduce the risk of colon, breast, and ovarian cancers by as much as 50 percent. Vitamin D can be found in fortified dairy products, fatty fish, and egg yolks. But reaching the recommended level through food alone is rather difficult. Therefore, the Canadian Cancer Society recommends that all adults take Vitamin D supplements every day during the fall and winter seasons. Be sure to speak to your doctor before starting any supplementation.

Nourish your cold

Despite numerous claims you may have heard, no diet remedy or supplement has scientifically proved effective at preventing cold and flu. However, studies have shown that 1,000 mg of Vitamin C supplements may make your cold milder and shorten it by half a day. In addition, there's a promising perk for yogurt lovers! A German study found that probiotics (as found in yogurt with active culture) may shorten your cold episode by almost two days. So keep on eating those "friendly" bugs!

Gloria Tsang, RD, Healthcastle Nutrition, Dec. 2007

Wellness Workshops Watch for notices at the office.



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

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

