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Judy Rigsby, Editor

Ungerland

chiropractic

FEEL THE DIFFERENCE IN HEALTHCARE

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

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 bodies warning system that something is not working properly. This can 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. Call for an appointment today (918) 743-2555 and regain your health in 2012.



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

A Healthy Nervous System = A Healthy You

As chiropractors we treat a variety of conditions in our office. Low back pain, neck pain, shoulder pain and headaches are the most common. Of course chiropractic adjustments produce excellent results with these problems and patients are very satisfied with treatment. However, many patients fail to realize the real benefits of the adjustments. We increase the function of your nervous system.

Every function our body has is controlled by a nerve. Our heart beat, digestion, circulation, movement, breathing, it all has a nerve control mechanism. When any part of this system is out of order, malfunction and eventual disease takes place. Most common dysfunction of the nervous system is spine related. Pressure due to misalignment of the vertebrae can result in many different symptoms and dysfunctions.

Medical treatment for a headache, asthma, colitis, etc., is usually in the form of medication to reduce the symptoms. However this usually avoids fixing the cause of the problem. Many times your chiropractic exam will reveal other misaligned vertebrae in the area that corresponds with the malfunction. By correcting these misalignments, it improves the nerve function to the affected area. This is why many of our patients have noted improvements with other symptoms, even when they have taken medication for years and have continued to suffer.

This is why maintaining proper adjustment is so important. It restores normal nerve function which is essential for proper body function.

5 Tips for Healthier Winter Skin by *Stephen Sinatra*

I don't know about you, but if I'm not careful my skin looks and feels like sandpaper in the winter, dry and cracked. Fortunately, there are secrets for keeping your skin soft and healthy, all winter long.

1. **Protect your skin with antioxidants**, which guard against free radical damage. Take a good multi-nutrient with antioxidants, and eat foods rich in antioxidants, such as blueberries and raspberries.
2. **Make sure you're getting enough essential fatty acids (EFAs)** in your diet. They're crucial for maintaining skin hydration and suppleness. A simple test for determining if you're getting enough EFAs is to feel your skin. If it's soft, smooth, and velvety, you're probably getting enough EFAs. If not, try to consume more wild cold-water fish such as salmon, sardines, and mackerel (but not king mackerel), nuts such as almonds and walnuts, and flaxseed. I also recommend that you supplement with 1–3 grams daily of high-quality fish oil.
3. **Decrease the amount of caffeine and alcohol** in your diet. Both of these substances can have a dehydrating effect on your skin.
4. **Drink eight glasses of pure, clean water a day**—which hydrates your skin from the inside.
5. **Steer clear of sugar.** Teenagers aren't the only ones whose skin can show the effects of a sugary diet. Excess sugar in the diet is believed to stick to collagen, making skin less flexible and resilient.

Finally, don't forget the tips that mom used to tell you—like wearing gloves to protect your hands from the cold, and drying them fully after washing. Those simple steps really help.

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

Kats' Keys to Health – Dr. Darin S. Kats, DC

Many people do not realize that chiropractic can also help pains that occur in areas outside of the spine. These areas are called extremities and include wrist/hand, elbow, shoulder, hip, knee, and ankle/feet. Today I will be discussing one of the main problems associated with the wrist, carpal tunnel syndrome. The chiropractic treatment or adjustment of the wrist, for carpal tunnel syndrome, typically has great results.

Carpal tunnel syndrome is a condition that is caused by pinching of nerves in the wrist, which run to your hands and fingers. These nerves pass through a space called the carpal tunnel. The floor of this tunnel is formed by the eight bones of your wrist. Symptoms of Carpal Tunnel include wrist pain, hand pain and pain or numbness/tingling in the thumb and first and second fingers. These problems can almost always be reduced drastically or eliminated completely by a series of light chiropractic adjustments of the wrist. By adjusting these bones, the tunnel can be opened, up allowing the nerves to function properly.

Some people opt for carpal tunnel release surgery. This surgery does provide temporary relief, but with any surgery, scar tissue forms, causing the need for additional release surgeries. In my opinion, many of these surgeries are unnecessary. In my practice, I see a large number of patients who have been able to avoid these surgeries, by having regular wrist adjustments. If someone that you know is having wrist pain or other carpal tunnel symptoms please refer them into the office and they will be able to avoid surgeries and/or drugs, as well.

Rachel's Report – Rachel Remington, C.A.

From the Front Desk...

I usually try to do an article based on the time of year or current events, and how it coordinates with chiropractic. However, this time I'm going to let everyone know what I see daily from behind the desk. Since I have been here, I have seen many hurting people, who had stopped living their lives actively. When a patient first comes in, it is usually because of one particular issue, low back pain, headaches, shoulder pain, tight middle back, car wrecks and everything you would expect them to come to a chiropractor for. Yes, every one of them is treated just like family and once they begin their treatments they begin to see how much they had given up in life or had just stopped doing because of pain. But there is more to it than that. I have seen children who had wet the bed all of their lives and after care had NO accidents!! There have been children who have had seizures all their life and after care the seizures stopped!! I have met women who had tried every drug or method to get pregnant and after care they were able to conceive - I have seen their children!! I have seen men that were weeks away from surgery who, after care, did not have to have the surgeries!! People who could not lift their children who can now lift them!! There have been people who hadn't been able to enjoy activities with their spouses or couldn't travel long distances to see family or enjoy their vacations. The one common thread in all of these people is that when they came here they came in pain, physical and emotional. They had almost given up on the change to enjoy their daily lives. However, they still had hope. They had someone in their lives who cared enough for them to refer them to us.

I told you all these things to tell you this - here at this office you are cared for AS A PERSON, not just your condition. All three doctors and I take all of your information to heart to truly CARE for you!! Yes, we want your condition to heal and love seeing the faces of people out of pain, but we want you to enjoy life and family and help you to truly reach overall health in all areas. I just thought you should know you are not just another patient to us, you're another miracle!!!

THANK YOU FOR YOUR REFERRALS!

Jim B.
Kevin D.
Meghan D.
Chloe E.
April G.
Bobby G.
Russ G.
Mary K.
Stephanie K.
Allie L.
Krystan L.

Michelle N.
Monique N.
Tiffany O.
Steve P.
Jennifer S.
Kelly S.
Kim S.
Molly S.
Pat T.
Kari W.

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.

Healing Power of Humor

Source: <http://www.chiropracticresearch.org>

Studies are now showing that laughter may be one of the healthiest things you can do. Several recent studies show that laughter is actually very healthy and promotes healing from within. One study reported in the Journal of the American Medical Association on Feb 14, 2001 came from research at Unitika Central Hospital in Japan. In this study the Japanese found that skin welts shrank in allergy patients who watched Charlie Chaplin's comedic classic "Modern Times," but not in patients who watched a video on weather.

Head researcher, Dr. Hajime Kimata said, "These results suggest that the induction of laughter may play some role in alleviating allergic diseases." Dr Kimata was influenced by a previous study by Norman Cousins' whose 30-year-old research suggested that laughter and a positive attitude can help reduce pain. Cousins suffered from a life-threatening joint disease and reported that 10 minutes of laughter helped reduce his pain.

In another study on laughter and health, Dr. Michael Miller of the University of Maryland Medical Center, led a study of 300 people, half of whom had suffered a heart attack or had undergone coronary artery bypass surgery. The other half matched the first group in age, but had no heart problems. Both groups were asked to answer two questionnaires designed to find out how much they laugh and what their levels of anger and hostility were in a variety of situations. The results showed that the group with heart disease was 40 percent less likely to laugh, and was also more likely to feel hostility and anger.

A different but similar study by an Ohio State University researcher also suggests a link between one's happiness and the state of one's heart. In that large-scale, 10-year study the results showed that clinically depressed men had been found to be more than twice as likely to die of a heart attack as those who did not suffer from depression. The Ohio study was published in the October 2000 issue of the Archives of Internal Medicine.

If you had to go for a moral to these stories you might be inclined to say that these studies show that "Health IS a laughing matter!"

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 • Dr. Darin S. Kats



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

**wish you a happy Valentine's
Day!**

