

J U N E 2 0 0 9

Main Street Chiropractic

Monthly Newsletter

Come in to our office and see!

Come in to the office and check out our new "TOP 5" Board.

Every other week we will change the board to a new topic that is beneficial to you.

Some of our recent Top 5 Topics will be:

Benefits of Massage Therapy
Benefits of Chiropractic
Healthy Foods to Eat
Nutritional Supplements to
Take to Benefit your Health



BACK IN SHAPE AND PAIN FREE

BY: AMERICAN CHIROPRACTIC ASSOCIATION

Depending upon a patient's individual injury and level of pain, the exercise and rehabilitation program may vary. **Please consult with your doctor of chiropractic prior to starting a new exercise or rehabilitation program, especially when associated with low-back pain or discomfort.** He or she can help develop an individualized exercise program and provide instruction on the proper stretching techniques.

Exercises to Safeguard Your Back

Hamstring Stretch

Lie on your back with both legs straight. Extend one leg straight up in the air. Loop a towel over the arch of the lifted foot, and gently pull on the towel as you push against it with your foot until a stretch is felt in the back of the thigh. Hold 30 seconds. Relax. Repeat 3 times on each side.

Piriformis Stretch

The piriformis muscle runs through the buttock and can contribute to back and leg pain. To stretch this muscle, lie on the back and cross one leg over the other; gently pull the knee toward the chest until a stretch is felt in the buttock area. Hold 30 seconds. Relax. Repeat 3





times.

Back Stretch

Lie on your stomach. Use your arms to push your upper body off the floor. Hold for 10 seconds. Let your back relax and sag.

Repeat 10 times.

Leg Raises

Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat 5 times with each leg.

Bridges

Lie on your back with your knees flexed and your feet flat on the floor. Keep the knees together. Tighten the muscles of the lower abdomen and buttocks so as to flatten your lower back against the floor. Slowly raise your hips up from the floor and hold for a slow count of 10. Repeat this exercise 3 times. If you cannot raise your hips from the floor, merely tighten the belly, the abdominal and buttock muscles, and wait until you can raise the hips.

The Pointer

Kneel on mat on hands and knees, with palms directly under shoulders and knees hip-width apart. Slowly raise right arm, and extend it forward parallel to floor. (Balance by contracting your abdominal muscles.) Keep right palm parallel to the floor, then lift the left leg, and straighten it behind you. Hold opposing limbs off the ground for 30 to 60 seconds without arching your back. Switch

sides. Repeat 3 to 6 times.

The Cardio Component

Engaging in cardiovascular exercise can help aid in rehabilitation of the spine and help prevent future injury. Most health care professionals recommend **20 to 30 minutes of cardio exercise three to four days per week** to improve cardiovascular endurance and help lose weight. Until you've recovered from back pain, select low-impact activities that burn calories, but won't place undue stress on your joints. Consider alternating cardio exercise and strength training to get the most from your workouts and to allow your muscles time to recover.

Stretching Tips

To get the maximum benefit from stretching, proper technique is essential. The American Chiropractic Association offers the following tips:

- Warm up your muscles before stretching by walking or doing other gentle movements for 10 to 15 minutes.
- Slowly increase your stretch as you feel your muscles relax. Don't bounce.
- Stretch slowly and gently only to the point of mild tension, not to the point of pain.
- Don't hold your breath. Inhale deeply before each stretch and exhale during the stretch.
- As your flexibility increases, consider increasing the number of repetitions.
- Stop immediately if you feel any severe pain.

Water Therapy

270 Calories burned on average

Walking in a shallow pool can provide weightless conditioning, which minimizes stress on the back. However, for some patients swimming and water aerobics may cause too much rotation of the spine. Be sure to first

consult with your health care provider.

Elliptical Trainer

300 Calories burned on average

Focus on standing upright and maintaining good posture. Don't lock your knees.

Walking

265 Calories burned on average

Walking is very gentle on the back. Avoid walking on concrete or uneven terrain.

Stationary Recumbent Bike

250 Calories burned on average

A safe form of cardio because you press your lower back against the seat rest at all times.

RED YEAST RICE VITAMIN OF THE MONTH

Are you aware of your cholesterol level? Is it too high? Everyone should know their cholesterol levels and if yours is too high, consider the supplement Red Yeast Rice. **Discovery health states, "it is best for your cholesterol levels to be below 200 milligrams per deciliter, but a third of all Americans have cholesterol levels in the 200 to 240 range."**

Red yeast rice is a traditional Chinese spice that is used to flavor and color food. The red yeast is grown on white rice and then fermented creating the Red Yeast Rice. The yeast is then inactivated and the mixture is powdered. **The benefits of red yeast rice are that it claims to lower cholesterol and triglyceride levels, as well as protect against heart disease.**

Red yeast rice contains a number of naturally occurring compounds known as monacolins. **These are known to inhibit the activity of an enzyme in the liver that is needed to produce cholesterol.** Red yeast rice contains a mix of sterols, isoflavones, and unsaturated fatty acids, which are thought to contribute to the cholesterol and lipid-lowering effects of the monacolins.

Several human studies have also shown the benefits of Red Yeast Rice in reducing elevated cholesterol and correcting dyslipidemia. It is thought to be a safe and natural alternative to Statins, a group of prescription cholesterol medications.

As a natural approach to controlling moderately elevated cholesterol levels, taking between 200-240mg/dL of red yeast rice supplement appear to be a safe and effective addition to a prudent diet and exercise regimen.

Consult your doctor of chiropractic to determine if red yeast rice is right for you.

Information was taken from discoveryhealth.com, cholesterol.emedtv.com and articles by Dr. David heber.



Healthy Recipes for a **HOT** Summer Day!

From Whole Foods

STRAWBERRY WATERMELON COOLERS

INGREDIENTS

- 2 cups strawberries, hulled
- 1 cup watermelon chunks, seeds removed
- 1 cup crushed ice
- 1 tablespoon sugar, more to taste
- 1 bottle strawberry-flavored sparkling water, well chilled
- Fresh mint for garnish

METHOD

Put strawberries, watermelon, ice and sugar into a blender and purée until smooth. Pour into tall glasses and top off with sparkling water. Garnish with mint and serve.



MANGO AGUA FRESCA

INGREDIENTS

- 1 ripe mango, peeled, pitted and cut into chunks
- 1 1/2 cups cold water
- 1/2 teaspoon freshly squeezed lime juice
- 1/2 teaspoon agave nectar or honey, to taste
- Lime wedge
- Mint leaves for garnish

METHOD

In a blender, combine mango and water and blend until smooth. Pour through a strainer into ice-filled glasses. You should end up with about 1 cup of liquid. Stir in lime juice and agave. Garnish with lime and mint, and serve.



SUMMER BERRY PIE

INGREDIENTS

- 2 1/2 cups flour, divided
- 2 teaspoons granulated sugar
- Salt
- 3/4 cup (1 1/2 sticks) butter, chilled and cut into small cubes
- 3 cups (about 3/4 pound) blackberries
- 3 cups (about 3/4 pound) raspberries
- 2 cups (about 1/2 pound) blueberries
- 1/2 cup plus 1 tablespoon raw sugar, divided
- Zest of 1 large orange or lemon
- 1 tablespoon milk or heavy cream

METHOD

Put 2 cups of the flour, granulated sugar and 1/4 teaspoon salt in the bowl of a food processor and pulse briefly to combine. Add butter and pulse until mixture resembles coarse meal. (Alternatively, cut butter in by hand with two table knives.) Add 1/4 cup ice-

cold water and pulse, or mix by hand with a fork, just until dough begins to come together. Form dough into two 4-inch discs, cover and chill until firm, about 2 hours or overnight.

Preheat oven to 350°F. Put blackberries, raspberries, blueberries, 1/2 cup of the raw sugar, remaining 1/2 cup flour, zest and a pinch of salt in a large bowl and mash together gently until well combined and juicy but still chunky; set aside. On a lightly floured surface, roll out one piece of dough into a 10-inch circle and gently transfer to an 8-inch pie pan. Transfer berry mixture to pie pan; set aside.

Roll out remaining dough as you did the first piece and transfer to pie pan, gently draping it over the berry filling. Firmly press the edges together then trim away excess dough. Pinch or crimp edges as desired and cut 3 slits in the top of the pie to allow steam to escape. Brush crust with milk and sprinkle with remaining 1 tablespoon raw sugar then bake until golden brown and bubbly, about 1 hour. Set aside to let cool completely then serve.

TENNIS ANYONE?

BY: AMERICAN CHIROPRACTIC ASSOCIATION

The sport of tennis is often saddled with a reputation for being a rather "dainty" game, thanks to the well-mannered fans that frequently grace the stands at professional tennis matches—not to mention the elite country clubs that typically provide tennis facilities. **According to the American Chiropractic Association (ACA), however, the game of tennis can be not only an extremely physical challenge, but also a tremendously healthy endeavor.**

"Tennis is a game that-if you start playing early and continue to play it-can actually reduce your risk of heart attacks because of the cardiovascular workout it provides," says Dr. Scott Bautch of the ACA's Occupational Health Council.

BENEFITS

One of the great things about playing tennis is that you only need to find one other person to play with in order to play a match. In fact, if you can find a tennis facility that has a tennis wall-or a wall with a horizontal line that simulates a tennis net-you can get a great tennis workout all by yourself.

"The combination of both high and low exertion levels that tennis offers can provide a unique exercise experience, as well as tremendous health benefits," says Dr. Bautch. **In addition to helping to reduce your risk of heart attacks, playing tennis can also tone the muscles of your upper and lower body, burn calories, and improve your balance, hand-eye coordination and agility.**

EQUIPMENT

Perhaps the most important element to beginning a tennis regimen is selecting the right equipment. Basic equipment includes proper tennis shoes, socks, appropriate attire and a good tennis racket. Dr. Bautch offers the following recommendations:

Shoes & Socks

Because of the constant pounding your feet will endure, it is critical to select a true

tennis shoe. Don't purchase a shoe that is designed for basketball, running or cross training. **The shoe should be built low to the ground yet designed to be shock-absorbent to minimize stress on your feet.**

"Socks are extremely important too," says Dr. Bautch.

"Perspiration is a concern for tennis players, so look for socks that will help keep your feet dry." Some new synthetic fibers used in making socks are scientifically engineered to move sweat away from the body. The more traditional acrylic socks also work well in preventing perspiration buildup on the feet. Avoid cotton socks, as they tend to trap perspiration and hold it close to the skin. According to Dr. Bautch, "you should also consider a foot powder to help keep your feet dry. If your feet are wet, you have a greater chance of developing painful blisters."

Attire

While some professional tennis players may be able to get away with wearing tight-fitted clothing on the court, most of us need to exercise a bit more caution. Avoid wearing sports attire that pinches any part of your body. **These "pinch points" can inhibit circulation, causing you to tire more quickly than normal.** They can also cause uncomfortable blister marks and rashes. And just as with socks, skip the cotton apparel in favor of synthetic fibers that will absorb sweat and move it away from your body.

Racket

"Two important considerations when selecting a tennis racket are the size of the racket and your hand comfort when gripping the racket," explains Dr. Bautch. "Beginning tennis players often try to pick out an oversized racket to give them a better chance at hitting the ball. But with an oversized racket, you tend to catch the ball on the extreme edges of the racket, which can twist your hands and wrists beyond their normal range of motion. **Look for a normal-sized racket instead.**"

The grip of your racket should be comfortably cushioned to absorb the shock that comes from hitting a tennis ball. The grip should also be thick enough so that your hand fits around it without having your thumb and fingers overlap one another.

HYDRATION

"Do not underestimate the importance of drinking water," urges Dr. Bautch. **"When playing tennis, you lose a lot more fluids than you realize because a lot of your perspiration simply evaporates."**

According to Dr. Bautch, "water is your best choice for hydration. Whatever you do, don't drink sodas, because they actually take more water from your body to push them out of your system than they put into your body."

To determine the optimal amount of water to drink in a given day, take your bodyweight and cut it in half. That figure represents the number of ounces of water you should drink. For example, if you weigh 100 pounds, you should try to drink 50 ounces of water per day.

SURFACES

Selecting a tennis court with a safe playing surface is another important step in starting your tennis program. Because your knees, hips and feet will take a pounding, surfaces that have some give—such as cushioned surfaces or even grass surfaces—are a better option than those made of concrete. Once you've selected an appropriate court, check it for trash, sand or other foreign objects. These unwelcome articles make it easy for you to lose your footing when practicing or playing.



LESSONS

Dr. Bautch recommends that beginning tennis players take tennis lessons, because **lessons "teach good tennis habits and proper form, which will help take pressure off your wrists, spine and hips.** It's important to learn to play the game correctly." If taking lessons is impossible because of financial concerns, scheduling conflicts or other reasons, there are many instructional aids available such as books, videos or DVDs. These products can be very helpful in familiarizing your body with the game of tennis.

AVOIDING INJURIES

In order to help prevent injury, it is critical to warm-up before practicing or playing. Dr. Bautch recommends that you "mimic the moves that you will make while playing, but do them more slowly and deliberately. Perform these moves through a full range of motion." **You should also spend a few minutes rotating each of your legs, shoulders, hands and elbows in a slow, circular motion.** Finally, move forward and back, then left and right, across your end of the tennis court, simulating the movements you would make when actually playing.

PAIN AND INJURY

Even when the best preventive measures are exercised, pain and injury can be an unfortunate fact of life with any sport—and tennis is no exception. Common tennis injuries include tennis elbow, shoulder injuries, low back injuries and turned ankles and knees. **If you experience pain or injury beyond simple muscle soreness, make a doctor of chiropractic your first choice.**

HAPPY FATHERS DAY

Come into the office for chiropractic care or massage therapy from Monday June 15th through Saturday June 20th and you can enter your name to win a \$50 gift card to Home Depot! Happy Father's Day!

See you then!



Main Street Chiropractic Wellness Center

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