

Main Street Chiropractic

Monthly Newsletter

Happy St. Patrick's Day



Save the Date for our Wellness Lectures

March 24, 2009

**PREVENTING AND
IMPROVING TYPE 2
DIABETES!**

April 8, 2009

BACK SCHOOL!

**LEARN ABOUT NUTRITION,
CHIROPRACTIC, AND
EXERCISES FOR YOUR BACK!**

April 28, 2009

**PARTNER STRETCHING –
FRIENDS DON'T LET FRIENDS
STRETCH ALONE!**

**ENHANCE YOUR STRETCHING
EXPERIENCE BY STRETCHING
WITH A PARTNER!**

Our Wellness Lectures begin promptly at 6:40pm. Call our office to sign up, but hurry seating is limited!

The Miracle of Green Tea

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it **to treat everything from headaches to depression**. In her book *Green Tea: The Natural Secret for a Healthier Life*, Nadine Taylor states that green tea has been used as a medicine in China for at least 4,000 years.

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the *Journal of the National Cancer Institute* published the results of an epidemiological study indicating that drinking green tea **reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent**. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea **lowers total cholesterol levels, as well as improving the ratio of good (HDL)**

Get Green for
St. Patty's Day



The Miracle of Green Tea

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cholesterol to bad (LDL) cholesterol.

To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful:

- * Cancer
- * Rheumatoid arthritis
- * High cholesterol levels
- * Cardiovascular disease
- * Infection
- * Impaired immune function

What makes green tea so special?

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful antioxidant: besides **inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue.** It has also been

effective in **lowering LDL cholesterol levels**, and inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

Links are being made between the effects of drinking green tea and the "French Paradox." For years, researchers were puzzled by the fact that, despite consuming a diet rich in fat, the French have a lower incidence of heart disease than Americans. The answer was found to lie in red wine, which contains resveratrol, a polyphenol that limits the negative effects of smoking and a fatty diet. In a 1997 study,

researchers from the University of Kansas determined that EGCG is twice as powerful as resveratrol, which may explain why the rate of heart disease among Japanese men is quite low, even though approximately seventy-five percent are smokers.

Why don't other Chinese teas have similar health-giving properties?

Green, oolong, and black teas all come from the leaves of the *Camellia sinensis* plant. What sets green tea apart is the way it is processed. **Green tea leaves are steamed, which prevents the EGCG compound from being oxidized.** By contrast, black and oolong tea leaves are made from fermented leaves, which results in the EGCG being converted into other compounds that are not nearly as

"Better to be deprived of food for three days, than tea for one." (Ancient Chinese

effective in preventing and fighting various diseases.

Other Benefits

New evidence is emerging that green tea can even **help dieters.** In November 1999, the American Journal of Clinical Nutrition published the results of a study at the University of Geneva in Switzerland. Researchers found that men who were given a combination of caffeine and green

tea extract **burned more calories** than those given only caffeine or a placebo.

Green tea can even **help prevent tooth decay!** Just as its bacteria-destroying abilities can help prevent food poisoning, it can also kill the bacterium that causes dental plaque. Meanwhile, skin preparations containing green tea - from deodorants to creams - are starting to appear on the market.

Harmful Effects?

To date, the only negative side effect reported from drinking green tea is insomnia due to the fact that it contains caffeine. However, green tea **contains less caffeine than coffee:** there are approximately thirty to sixty mg. of caffeine in six - eight ounces of tea, compared to over one-hundred mg. in eight ounces of coffee.

Article from About.com

Healthy “Green” Recipes

From Whole Foods

NATURAL GREEN BEAN CASSEROLE

SERVES 6 TO 8

INGREDIENTS

- * 1 can of cream of mushroom soup, or creamy Portobello mushroom soup
- * 2 large sweet onions, peeled, cut in half and thinly sliced (1/4 inch thick)
- * 1/4 cup whole wheat flour
- * 1/4 cup unbleached white flour
- * 1/4 teaspoon garlic granules
- * 1/4 teaspoon sea salt, or to taste
- * 1/4 teaspoon freshly ground black pepper, or to taste
- * Pinch of cayenne pepper (optional)
- * 1/2 cup buttermilk
- * 1 cup whole wheat bread crumbs
- * 2 tablespoons extra virgin olive oil
- * 1 pound fresh green beans, trimmed and cut into 2 inch pieces
- * Olive oil cooking spray

METHOD

Preheat oven to 425°F.

In a large bowl, combine whole-wheat flour, white flour, garlic granules, sea salt, pepper, and cayenne. Add onions and stir well or use clean hands to coat. Pour buttermilk over onions and toss again to coat well. Place the breadcrumbs into a separate large bowl. Add olive oil and mix well using clean fingers. Add onions. Toss well, again, coating every onion. Coat a large cookie sheet with olive oil spray. Transfer onions to prepared cookie sheet. Bake onions for half an hour, or until golden brown and crispy. While onions are baking, steam green beans until just tender, about 4 to 5 minutes. If necessary, drain green beans and return to pan. Reduce oven to 350°F.

Pour mushroom soup into steamed green beans. Add half of the onion rings. Place in an olive oil-sprayed casserole dish. Top with remaining onion rings. Bake for 30 minutes or until hot and bubbly.

CHICKEN BROCCOLI STIRFRY

SERVES 4

INGREDIENTS

- * 8 ounces 365 Everyday Value® Organic Whole Wheat Linguine
- * 3/4 cup low-sodium chicken broth
- * 3 tablespoons soy sauce
- * 1 teaspoon rice wine vinegar
- * 1/4 teaspoon red pepper flakes
- * 2 teaspoons cornstarch
- * 2 tablespoons expeller-pressed canola oil, divided
- * 1 pound frozen Nature’s Rancher Boneless Skinless Chicken Tenderloins, thawed and cut into strips
- * 3 cloves garlic, minced
- * 2 teaspoons minced peeled fresh ginger
- * 3 cups small fresh broccoli florets (from about 1 large crown)
- * 1 carrot, peeled and cut into thin strips

METHOD

Cook linguine, drain and keep warm. Meanwhile, combine broth, soy, vinegar, pepper and cornstarch in a bowl. Heat a wok or heavy skillet over high heat. When very hot, add 1-tablespoon oil. Add chicken and stir-fry until lightly browned, about 2 minutes. Remove from wok and set aside. Add remaining oil, garlic and ginger; stir-fry 30 seconds. Add broccoli and carrot; stir-fry 2 minutes. Add soy mixture and chicken, stir well, and cover. Lower heat to medium and simmer until vegetables are tender, about 3 minutes. Toss with linguine.



VITAMIN OF THE MONTH

GLUCOSAMINE CHONDROITIN SULFATE

Glucosamine and Chondroitin are substances that are found naturally in the body and are sold as dietary or nutritional supplements. They are two molecules that make up the **type of cartilage found within joints.**

Glucosamine is a form of amino sugar that stimulates the **repair and formation of articular cartilage.** **Chondroitin Sulfate** is part of a large protein molecule **that gives cartilage elasticity.** It also prevents other body enzymes from degrading the building blocks of joint cartilage.

The purpose of Glucosamine and Chondroitin Sulfate supplements is to make more cartilage building blocks available for repair. It is thought that the oral consumption of glucosamine and chondroitin **may increase the rate of formation of new cartilage by providing more of the necessary building blocks.**

Recent evidence supports that this supplement can also help **relieve the pain associated with osteoarthritis.** Osteoarthritis is a condition that causes problems of wearing out of the normal smooth cartilage surfaces of the joints. It causes joint pain, swelling, and deformity.

Studies have shown that patients have **experienced pain relief or reduction** when taking glucosamine and chondroitin. The anti-inflammatory effects that are associated with both supplements may account for

some of the pain relief.

The results reported from the studies show relief in pain that is **similar to improvements experienced by patients taking nonsteroidal anti-inflammatory medications (NSAIDs) such as aspirin and ibuprofen.** One benefit of taking glucosamine chondroitin sulfate over aspirin is that **NSAIDs carry an increased risk of side effects including gastrointestinal complaints and bleeding.**

Glucosamine chondroitin sulfate supplements have few side effects, therefore their use would be preferred if the effects of pain reduction are the same.

As with all supplements more research is being done. All studies that have been done to date have been short and focused on pain relief. A long-term study, sponsored by the National Institute of Arthritis and Musculoskeletal and Skin Diseases and the National Center for Complementary and Alternative Medicine, is just beginning.

Before you see any results you may need to take the supplements for a couple of months. Make sure to speak to your physician about the benefits of glucosamine chondroitin sulfate and determine if this supplement is right for you.

The information in this article was extracted from orthoinfo.aaos.org, arthritis.org and about.com.

Chiropractic Tips & Advice To Improve Your Golf Game & Save your Back

By: The American Chiropractic Association

Many avid golfers contort their bodies into oddly twisted postures, generating a great deal of torque. Couple this motion with a bent-over stance, repeat 120 times over three or four hours, add the fatigue that comes with several miles of walking, and you've got a good workout-and a recipe for potential lower-back trouble.

As America's love affair with the game continues to grow, the American Chiropractic Association (ACA) has advice on how to take a proactive approach that will prepare your body for many years of pain-free play.

"Most golfers go until they get hurt, then look for help," says Dr. David Stude, member of the ACA Sports Council and founding fellow of the National Golf Fitness Society. **"Back pain is a warning sign that there is an underlying problem responsible for a symptom that will likely get worse.** Doctors of chiropractic look for the cause of the symptom and help reduce the likelihood of future injury."

If you take the chiropractic approach, you're in good company. According to Dr. Stude, **Tiger Woods says that lifting weights and visiting his chiropractor regularly have made him a better golfer.** Dr. Stude



Chiropractic Tips & Advice To Improve Your Golf Game & Save Your Back

By: The American Chiropractic Association

and the ACA suggest these simple measures to help you avoid back pain or injury and improve your game:

- * **Purchase equipment that fits.** Don't try to adapt your swing to the wrong clubs: A six-footer playing with irons designed for someone five inches shorter is begging for back trouble.

- * For the women in golf: If you have "inherited" your husband's or significant other's golf clubs, they might be difficult for you to use. Not only are the clubs often too long, but the shaft is often not flexible enough for a woman's grip. **Women typically play better with clubs that are composed of lighter, more flexible material, such as graphite.**

- * For the men in golf: It is a good idea to spend some extra time performing quality stretches before and after your game to increase your trunk flexibility. While men are traditionally stronger than women, they usually aren't as flexible. **Men need to improve their flexibility to maintain a more even and consistent swing plane and thus improve the likelihood of more consistent performance.**

- * For senior golfers: If you show some signs of arthritis in the hands, consider a larger, more specialized grip for added safety and performance.

- * For all golfers: For some, scores may not be as important as enjoying the social benefits of the game. Having clubs that are comfortable will increase the chances of playing for a long time without significant physical limitations.

- * **Take lessons.** Learning proper swing technique is critical. At the end of the swing, you want to be standing up straight; the back should not be twisted.

- * **Wear orthotics.** These custom-made shoe inserts support the arch, absorb shock, and increase coordination. "Studies show custom-made, flexible orthotics can **improve the entire body's balance, stability and coordination**, which translates into a smoother swing and reduced fatigue," Dr. Stude says. While the upper part of a shoe may score style points, what the foot rests on affects your game.

- * Avoid metal spikes. They tear up greens and can increase stress on the back. Soft shoes or soft spikes allow for greater motion.

- * **Warm up before each round.** "Stretching before and after 18 holes is the best way to **reduce post-game stiffness and soreness**," says Dr. Stude. Take a brisk walk to get blood flowing to the muscles; then do a set of stretches. To set up a stretching and/or exercise routine, **see a doctor of chiropractic or golf pro who can evaluate your areas of tension and flexibility.**

- * **Pull, don't carry, your golf bag.** Carrying a heavy bag for 18 holes can cause the spine to shrink, leading to disk problems and nerve irritation. If you prefer to ride in a cart, alternate riding and walking every other hole, bouncing around in a cart can also be hard on the spine.

- * Keep your entire body involved. Every third hole, **take a few practice swings with the opposite hand to keep your muscles balanced** and even out stress on the back.

- * **Drink lots of water.** Dehydration causes early fatigue, leading you to compensate by adjusting your swing, thus increasing the risk of injury. Don't smoke or drink alcoholic beverages while golfing, as both cause loss of fluid.

- * Take the "drop." One bad swing-striking a root or a rock with your club-can damage a wrist. If unsure whether you can get a clean swing, take the drop.

Chiropractic Care Can Help

Doctors of chiropractic are **trained and licensed to treat the entire neuromusculoskeletal system**. Some doctors of chiropractic have specialized training in sports medicine and can provide advice for golfers to help them **decrease the stresses and strains placed on their bodies**. Doctors of chiropractic can address other health concerns, such as shoulder, knee, arm and wrist pain that could affect your game. "If you golf consistently, you will no doubt feel the stress of the game, but by following a few simple prevention tips, **it is possible to play without pain for a lifetime**," says Dr. Stude.

Patient Referral Contest!

Refer friends or family members to our office and you could be our

CONTEST WINNER!



The patient that refers the most new chiropractic patients to our office before the end of April will win a

NINTENDO WII!

REMEMBER:

Anytime you refer a patient to our office **YOU** will also receive a FREE 30-MINUTE MASSAGE in addition to the contest prizes!

Main Street Chiropractic Wellness Center

1922 S. Rochester Road
Rochester Hills, MI 48307

248.656.2273
www.mainstreetcc.com

DO YOU KNOW SOMEONE WHO COULD BENEFIT FROM CHIROPRACTIC CARE?

Refer a patient to our clinic and **YOU** will receive a FREE 30-MINUTE MASSAGE!

NEW PATIENT SPECIAL INCLUDES:

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- * Posture and Gait Analysis
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