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Main Street Chiropractic

Monthly Newsletter



MAIN STREET CHIROPRACTIC WAS VOTED #1 CHIROPRACTOR IN OAKLAND COUNTY

We would like to say **THANK YOU** to everyone who voted for Main Street Chiropractic Wellness Center. It has been a pleasure working with all of our patients and we look forward to helping your friends and family in the future. As a way of saying Thank You to our patients for voting us number one we are offering \$250 gift cards to pass out to your friends and family members good towards their first visit. This gift card will give them their first visit **FREE!** **Show your friends and family why Dr. Hamilton and Main Street Chiropractic were voted Number One!**

We look forward to meeting your friends and family and helping them to receive the same award winning care that we provided to you. Stop in to get your **FREE** gift card today! See you soon!



CHIROPRACTIC ADVICE FOR PREGNANCY

By: American Chiropractic Association



The weight gain, the bloating, the nausea... Most new mothers will tell you that the aches and pains of pregnancy are a small price to pay for the beautiful bundle of joy they're rewarded with nine months later.

But as many new mothers can attest, the muscle strains of pregnancy are very real and can be more than just a nuisance. **The average weight gain of 25 to 35 pounds, combined with the increased stress placed on the body by the baby, can sometimes result in severe discomfort.** In fact, studies have found that about **half of all expectant mothers will develop low back pain at some point during their pregnancy.** This is especially true during late pregnancy, when the **baby's head presses down on a woman's back, legs and buttocks, putting pressure on her sciatic nerve.** And for those who already suffer from low back pain, the problem can become even worse.

During pregnancy, a woman's center of gravity almost immediately begins to shift forward to the front of her pelvis, according to Dr. Jerome McAndrews, spokesperson for the American Chiropractic Association (ACA). Although a woman's sacrum - or posterior section of her pelvis - has more depth than a man's to enable her to carry a baby, the displaced

weight still increases the stress on her joints. **"As the baby grows in size," Dr. McAndrews explains, "the woman's weight is projected even farther forward, and the curvature of her lower back is increased, placing extra stress on her spinal disks in that area.** As a result, the spine in the upper back area must compensate - and the normal curvature of her upper spine increases as well."

While these changes sound dramatic, Mother Nature does step in to help accommodate them. During pregnancy, hormones are released that help loosen the ligaments attached to the pelvic bones. But even these natural changes designed to accommodate the growing baby can result in postural imbalances, causing pregnant women to be more prone to awkward trips and falls.

What Can You Do?

The ACA and Dr. McAndrews recommend the following tips for pregnant women looking for relief from the discomforts of pregnancy:

Safe exercise during pregnancy can help strengthen your muscles and prevent discomfort. Try exercising at least three times a week - preceded and followed up by a gentle stretching routine. **If you weren't active before your pregnancy, however, now is not the time to start a new fitness routine.** Check with your doctor before starting or continuing any exercise regimen during pregnancy. Walking, swimming and stationary cycling are relatively safe cardiovascular exercises for pregnant women, because they do not require jerking or bouncing movements. Even jogging, however, can be safe for women who were avid runners before becoming pregnant — if done carefully and under the supervision of a doctor. Whatever exercise routine you choose, be sure to do it in an area with secure footing to minimize the likelihood of falls. Also, be certain that your heart rate does not exceed 140 beats per minute during exercise, and that strenuous activity lasts no more than 15 minutes at a time. Stop your exercise routine immediately if

CHIROPRACTIC ADVICE FOR PREGNANCY

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By: American Chiropractic Association

you notice any unusual symptoms, such as vaginal bleeding, dizziness, nausea, weakness, blurred vision, increased swelling or heart palpitations.

Wear flat, sensible shoes. Not only can high or chunky heels be uncomfortable, they can also exacerbate postural imbalances and cause you to be less steady on your feet than you already are. This is especially true as you get farther along in your pregnancy.

When picking up older children - or any other object for that matter - **bend from the knees, not the waist.** And never turn your head when you lift. Just to be on the safe side, avoid picking up heavy objects altogether, if possible.

When sleeping, lie on your side with a pillow between your knees to take pressure off your lower back. Many women find that full-length "body pillows" or "pregnancy wedges" are especially helpful during pregnancy. **Lying on your left side is ideal.** This position allows unobstructed blood flow, and helps your kidneys flush waste from your body.

If you have a job that requires you to sit at a computer for long hours, **be sure your workstation is ergonomically correct.** Position the computer monitor so the top of the screen is at or below your eye level, **and place your feet on a small footrest to take pressure off your legs and feet.** Also, take periodic breaks every 30 minutes by taking a quick walk around the office.

Eat small meals or snacks every four to five hours - rather than the usual three large meals - to help keep nausea or extreme hunger at bay. Good snacks include crackers or yogurt - bland foods that are high in carbohydrates and protein. Keep saltines in your desk drawer or purse to help stave off waves of "morning sickness" that can, unfortunately, occur at any time throughout the day.

Folic acid supplements -- at least 400 micrograms (mcg) a day -- before and during pregnancy have been shown to decrease the risk of neural tube birth defects, such as spina bifida. Some doctors recommend even more for women who are already pregnant, or who previously gave birth to a child with a neural tube defect. However, **check with your doctor before taking this or any other vitamin or herbal supplement.** Some herbs and supplements that are considered perfectly safe for non-pregnant women can be dangerous or harmful to the baby or expectant mother.

Get plenty of rest. Don't let the demands of work and family life put you and your baby at risk. Pamper yourself, and ask for help if you need it. Take a nap if you're tired, or lie down and elevate your feet for a few moments when you need a break.

Chiropractic Care Can Help...

Visit your doctor of chiropractic. **Before you become pregnant, your doctor of chiropractic can detect any pre-existing imbalances in the pelvis or elsewhere in your body that could make pregnancy discomfort even worse - or leave you with additional neuromusculoskeletal problems after childbirth.**

Many pregnant women have found that **chiropractic adjustments provide relief from the increased low back pain brought on by pregnancy.** And scientific studies have found that spinal manipulation carries no increased risk to the pregnant woman or her baby. Chiropractic's non-drug, non-surgical approach to back pain can be especially attractive to pregnant women who are trying to avoid over-the-counter and prescription drugs. Doctors of chiropractic can also offer nutrition, ergonomic and exercise advice that will help you avoid the discomforts of pregnancy.

Chiropractic care can also be helpful after childbirth. In the eight weeks following labor and delivery, the ligaments that loosened during pregnancy begin to tighten up again. Ideally, joint problems brought on during pregnancy from improper lifting or reaching should be treated before the ligaments return to their pre-pregnancy state. **In addition, as the upper and lower spine return to normal, muscle tension, headaches, rib discomfort and shoulder problems can result. Your doctor of chiropractic can help.**

I'm Pregnant - What Can I Eat?

By: The American Chiropractic Association

Pregnancy puts lots of limitations on a woman, and food choices are no exception. While these are sacrifices a mother-to-be is happy to make, it can sometimes be difficult to determine what she really can't have vs. what she should be careful with.

Below is a list of foods women **should avoid during their pregnancy and while breastfeeding.**

Luncheon or deli meats, processed meats, and foods containing nitrates

First, these foods are **highly likely to carry bacteria** because of their handling methods. If a woman chooses to eat them, individual slices should be heated thoroughly.

Second, many lunchmeats and processed meats contain nitrates. **When consumed, nitrates can turn to nitrites, which have been found to act as carcinogens in the body** and can also lead to intrauterine growth retardation, cardiac defects, central nervous system defects, brain tumors, miscarriage, and SIDS.

Tap water

Nitrates and nitrites can also be found in drinking water. Well water offers the greatest risk for high nitrate levels. **Filtered or bottled water should be considered, instead.**

Raw fish sushi, raw eggs and rare meats

These foods hold too great a risk for carrying bacteria and contaminants, so it is best to avoid them during pregnancy. Cooked fish sushi, vegetable sushi without fish roe, cooked eggs, and well-done meats are fine.

Mercury-containing fish

Eating fish has a lot of health benefits, but the mercury content can be troublesome to pregnant and breastfeeding women and small children. **Avoid king mackerel, shark, swordfish, tilefish and tuna steak because of their high mercury content.** For guidelines on fish to consume and to avoid, and contacts to determine the safety of fish in your area, go to www.epa.gov/waterscience/fish and click on the Public Information box.

Imported soft cheeses

Imported cheeses are often produced without pasteurization—the process that kills bacteria. It is best to avoid them to reduce possible exposure to bacteria. If a pregnant woman does choose to eat them, it is recommended that the cheeses be heated to bubbling to help kill off any bacteria.

Sprouts

While all fruits and vegetables should be thoroughly washed before eating, **sprouts are difficult to clean** and therefore more likely to carry bacteria than other fresh foods.

Peanuts

If you have a history of peanut allergy in your family, avoid peanuts during pregnancy. Researchers are hesitant to recommend that all mothers restrict the consumption of peanuts because they are a good source of folate and protein. Owing to the growing number of peanut allergies and serious effects of these allergies, however, it may be wise to restrict peanut-containing foods eaten by children until the age of three to prevent allergy development.

Caffeine

Although drinks such as coffee and soda used to be blacklisted for pregnant women, the general consensus is currently that one cup of coffee a day is OK. Excessive caffeine intake has been linked to birth defects, low birth weight, preterm delivery and miscarriage in animal studies, but no conclusive human studies have been completed. In general, **no more than 150 to 300 mg of caffeine per day is recommended.** To check the amount of caffeine in common products, go to www.americanpregnancy.org/pregnancyhealth/caffeine.html Some sodas contain artificial sweeteners or caffeine, **so a pregnant woman should read their labels before drinking them.**

Herbal teas

Some herbal teas may have negative effects on pregnancy. Many teas made by companies such as Yogi Tea and Traditional Medicinals will include packaging statements if they are not safe for pregnant or breastfeeding women. If in doubt, ask your practitioner.

Artificial Sweeteners

The impact of artificial sweeteners on the unborn fetus is not known, but some studies on adults show that highdoses of some sweeteners, like saccharin, can cause health problems such as cancer. Since sweeteners do cross the placenta and reach the tissue of the fetus, **avoid or limit all artificial sweeteners when possible while pregnant**

I'm Pregnant - What Can I Eat?

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and breastfeeding.

A healthy diet in pregnancy should provide a balanced variety of carbohydrates, proteins, vitamins and minerals. For more information about foods to encourage, visit www.marchofdimes.com or <http://revolutionhealth.com>.

Fight Nausea with Nutrition

Vitamin B6 has been found to help alleviate nausea and provide relief to many pregnant women. If you are experiencing nausea, ask your practitioner if this remedy might be right for you. **Other remedies for nausea include ginger, Preggie Pops and Sea Bands.**

Prenatal Vitamins

Prenatal vitamins are encouraged throughout pregnancy, but many women experience nausea in response to them. In general, women are strongly **encouraged to begin taking a prenatal vitamin several months before they plan to get pregnant, and to continue**

taking the vitamin at least through the first month of pregnancy, when the child's neural tube and spinal column are developed. It is during that period in particular that folic acid is very important. After that, a prenatal vitamin is still a great idea, but if the mother is experiencing strong nausea, she may be advised to discontinue use for a few months under the supervision of the health care provider.

Instead, try:

- Children's vitamins, like gummy vitamins or chewables. They will very likely go down easier and still provide some nutrients.
- Cereals with vitamins. Brands such as Total are low in preservatives and provide a full day's supply of many nutrients including folic acid, while being low in vitamin A, so they are safe for pregnant women.

VITAMIN OF THE MONTH: CALCIUM MAGNESIUM CITRATE

Calcium Magnesium Citrate is an important supplement for body development because both calcium and magnesium are needed in many body functions and systems. **They aid the body in fighting diseases that are associated with old age, such as kidney failure, high blood pressure, heart disease and osteoporosis.** Additionally, Calcium Magnesium Citrate (with Vitamin D) assists the body in fighting against Alzheimers and Parkinsons.

Calcium and magnesium are present in certain foods however it is **hard for people, especially for the elderly, to get the necessary amount of calcium and magnesium from their diets.** A Calcium Magnesium Citrate supplement is an easy way to make sure you get the right amount of calcium and magnesium in your body.

The purpose of obtaining the right amount of calcium is to provide the body with strong bones and teeth. **People who do not get enough calcium in their bodies are at high risk for bone disease and osteoporosis.** In addition, the need for having the right amount of magnesium in your body is because it is necessary for protein, fat and nucleic acid synthesis in the body. Magnesium also inhibits muscle contraction, and blood clotting and helps the body use glucose. **Although, one of the key factors with Magnesium Citrate is that it is essential in the functioning of the heart.**

The preferred ratio of calcium to magnesium that a person should take is two parts calcium to one part magnesium. **The Calcium Magnesium Citrate supplement that is sold in our office contains 1000mg of calcium and 500mg of magnesium, a 2:1 ratio, and it contains 100 capsules.** To obtain the maximum benefits from this supplement it is recommended that you take the Calcium Magnesium Citrate directly following a meal.

With any supplement, make sure to ask your doctor if Calcium Magnesium Citrate (with Vitamin D) is right for you.

Information in this article was provided from: www.wise4living.com, vitamins.ultimatefatburner.com, and ezinearticles.com.

Quick and Easy Recipes for Moms on the Go!

From Whole Foods

WHOLE WHEAT LINGUINE WITH GREEN PEA PESTO

Serves 6

Ingredients

- 1-pound whole wheat linguine
- 1 cup fresh or frozen and thawed green peas
- 1 cup packed flat-leaf parsley leaves (from 1 bunch parsley)
- 1/2 cup packed basil leaves, or a combination of basil and mint
- 2 tablespoons lemon juice
- 1 tablespoon brined capers, drained
- 1/3-cup extra virgin olive oil
- Sea salt and freshly ground pepper, to taste
- 1/2 cup chopped walnut pieces, toasted

Method

Bring a large pot of salted water to a boil. Add linguine and cook until al dente, 8 to 10 minutes. Reserve 1/2 cup of the cooking water, then drain linguine and transfer to a large bowl. Then put the peas, parsley, basil, lemon juice and capers into a food processor and pulse to make a coarse paste. With the motor running, add oil in a steady stream. Then season the pesto with salt and pepper to taste. Toss hot linguine with reserved 1/2 cup cooking water and pesto. Top with walnuts and serve immediately.



SESAME AND LEMON BROCCOLI

Serves 4 to 6

Ingredients

- 2 pounds broccoli, stems removed, crowns cut into large florets
- 1 tablespoon Japanese sesame seasoning (gomashio)
- 1 tablespoon lemon juice
- 1 teaspoon toasted sesame oil

Method

Arrange a collapsible steamer in a large pot and add an inch of water to the pot. Cover and bring to a boil. Arrange broccoli in steamer, cover and steam, tossing once or twice, until just tender, 4 to 5 minutes. Transfer broccoli to a large bowl, toss with gomashio, lemon juice and oil and serve.





HAPPY MOTHERS DAY!

Ladies:

Come into the office between Friday May 8th and Monday May 11th for an adjustment or a massage and you will receive a special gift.



Main Street Chiropractic Wellness Center

1922 S. Rochester Road
Rochester Hills, MI 48307

248•656•2273

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