

# Main Street Chiropractic

1922 S. Rochester Road • Rochester Hills, MI 48307

Phone: 248 - 656 - 2273 • Email: [info@mainstreetcc.com](mailto:info@mainstreetcc.com)

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## Put a Stop to Headaches Naturally

By: Gina DeMillo Wagner from "Delicious Living" July 09

### Smart Therapies to Prevent your Head from Hurting

At their best, headaches are merely annoying. At their worst, they are throbbing nightmares that put your life on hold for hours, or even days. Surveys show that nearly 75 percent of Americans suffer occasional headaches, and the National Pain Foundation reports that headaches cause people to rack up approximately \$30 billion in medical expenses each year. But if you can identify which type of headache you suffer from, you can effectively treat and prevent them - often without pain



medication. Use this cheat sheet to find the best natural solutions.

### MIGRAINE HEADACHES

**Symptoms:** Characterized by throbbing pain on one side of the head and often accompanied by neurological symptoms such as sensitivity to light and sound. It's not unusual for migraine sufferers to also experience nausea or vomiting, says Betsy Pepper, MD, a specialist with the Diamond Headache Clinic in Chicago. Migraines are less common but can be much more severe than tension headaches.

**Causes:** Migraines may stem from a neurological disorder, but more than any other headache type that can be triggered by diet. Common culprits? "Anything that contains nitrates, such as preserved meat," Pepper says. Others include histamines in beer, wine, fish, and fermented foods, as well as a chemical called tyramine found in cheeses and pickled foods. Also on the no-no list: conventional soy sauce (or anything with MSG), sour cream, peanut butter, chocolate, and avocado. It's not uncommon for women to experience migraines during menstruation, pregnancy, and menopause.

**Natural fixes:** The first thing migraine patients should do is keep a food journal to identify potential triggers, says Pepper. If that doesn't yield answers, the next step is using an elimination diet to identify which foods activate your migraines. First, cut out the trigger foods listed above for several weeks. Once you're headache free, add back foods one at a time. If you don't experience migraines while eating a

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# Put A Stop To Headaches Naturally

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## **ZINC** **VITAMIN OF** **THE MONTH**

Zinc is an essential nutrient, and is a very important mineral that is involved in a wide range of metabolic activities.

It is required in the **healing of injuries**, and is **necessary for growth and development, hair growth, insulin production, immunity, smell, taste, and fertility**. Zinc is also extremely important during pregnancy to ensure proper growth and development of the foetus.

The benefits of zinc supplements are equally important for those who may be lacking in this mineral.

Zinc can help promote healing in the body, and can be used to **fight cold and flu symptoms**. Supplementing zinc when you have a cold or the flu can lead to a speedier recovery. This is also known to happen with sore throats and skin injuries. Zinc helps **strengthen the immune system** which as we know is our body's key defense against infection and disease.

Information provided by *Nutritional Health Supplements Guide*.

particular food for three days in a row, you'll know it isn't a trigger for you.

Drops in blood sugar can also set off migraines, so Pepper suggest eating several small meals throughout the day and never skipping meals. Also, try cutting down on processed carbs and sugars to help prevent sudden blood sugar spikes and drops.

Migrains may be prevented and treated with vitamin B supplements. Co-Q10 can also work well (take 50-150 mg daily). In addition, the herb feverfew helped prevent migraines in at least one study.

### **SINUS HEADACHES**

**Symptoms:** Fluid buildup in the sinuses leads to pain across the cheekbones, nose bridge, or behind the eyes. Often accompanied by fever if due to infection. In severe cases, sinus infections can put pressure on the jaw and nerves at the base of the teeth, causing throbbing toothaches.

**Causes:** Infections or inflammation of the sinuses.

**Natural fixes:** Without having a CT scan, it's difficult for a doctor to know for certain if you're suffering a true sinus headache, Pepper says. As a result, some migraine sufferers mistakenly believe they have sinus problems. "The vast majority of sinus headaches are most likely a variation of a migraine," says Steven Y. Park, MD, clinical assistant professor of otolaryngology (a branch of medicine specializing in the diagnosis and treatment of head and neck disorders) at the New York Medical College in Valhalla, New York.

Sinus infections that don't clear up within a week or so may be bacterial in nature and therefore requires antibiotics, but there are measures you can take to prevent sinus inflammation (and the resulting headaches). Stay well hydrated to keep fluids moving through your sinus cavities. And stock up on immune-

boosting foods, such as citrus fruits and dark leafy greens, as well as infection-fighting compounds such as garlic. Using a neti pot to flush out your sinuses with saline solution once or twice a day can be helpful.

### **TENSION HEADACHES**

**Symptoms:** "A tension headache is a moderate, dull ache," explains Pepper. It's a squeezing pain that usually strikes the temples or back of head and neck.

**Causes:** Stress, hormone fluctuations, poor sleep habits, dehydration, or the drop in blood sugar that results from skipping a meal. This is the most common type of headache, affecting 65 percent of men and more than 80 percent of women.

**Natural fixes:** Tension headaches caused by stress are best treated with acupuncture, massage, spinal manipulation, stress reduction techniques. A 2009 review of studies concluded that acupuncture is a valuable treatment for people suffering from frequent tension headaches.

## **FREE HEADACHE** **EVALUATION**

**Do you have constant headaches?**

**Did you relate to a lot of the information in this article?**

**Well Chiropractic Care CAN HELP!**

Call our office at **248-656-2273** today to setup a **FREE** evaluation with Dr. Hamilton to find out how he can help you!

**Don't Wait... Get rid of your headaches NOW!**

# Healthy Snacks to Make at Home!

## Cherry Orange Oatmeal Bars

### Ingredients:

- Natural spray oil for pan
- 3 cups gluten-free rolled oats
- 1/3 cup 365 Everyday Value Smooth Almond Butter
- 1 cup dried sour cherries, or a mix of cherries and raisins
- 1/2 cup orange juice
- 1/3 cup 365 Everyday Value Wildflower Honey
- 1 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 3 egg whites
- 2 tablespoons 365 Everyday Value Organic Finely Ground Flaxseed

### Method:

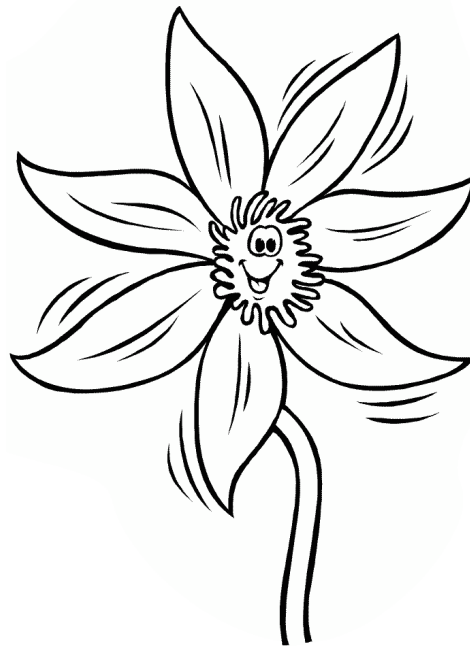
Preheat oven to 350F. Lightly spray an 8-inch square pan with oil; set aside. Mix together oats, almond butter, cherries,



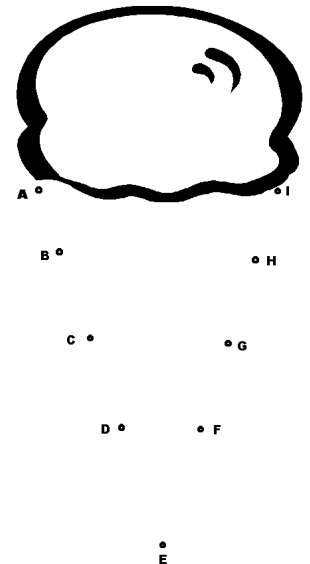
orange juice, honey, nutmeg, salt and egg whites in a bowl; press firmly into pan. Bake until golden brown around the edges, about 35 minutes. Let cool 5 minutes, sprinkle flaxseed over the top, let cool completely, cut into bars and serve.

*Recipe Courtesy of Whole Foods*

## Kids Corner



Color the flower.



Connect the dots to make a tasty treat and then color the picture.

*Kids Corner Activities are available in our office for kids to play. Stop by and pick up yours today!*

# Chiropractic Care Can Help with Your Whiplash Injuries!

By: American Chiropractic Association



## What is Whiplash?

Whiplash is a generic term applied to certain injuries of the neck. **Injuries that occur when the neck is suddenly and/or violently jolted in one direction and then another, creating a whip-like movement.** Whiplash is most commonly seen in people involved in motor vehicle accidents, but it can also occur from falls, sports injuries, work injuries, and other incidents. Although severe whiplash injuries can result in paralysis and even death, most such injuries range from relatively mild to moderate. **Keep in mind that even mild injuries may have a significant effect on the spine and your health.**

## What are the common signs and symptoms of whiplash?

**Approximately two thirds of people involved in motor vehicle accidents develop symptoms of whiplash.** The most common symptoms of whiplash are pain and stiffness in the neck. Headaches are also a common symptom, seen in more than two thirds of patients. **In addition, the pain and stiffness may extend down into the shoulders and arms, upper back, and even the upper chest.**

## How is whiplash treated?

**Staying Active - One of the most important aspects of whiplash**

**management is for the patient to stay active.** Patients should not be afraid to move and be active, within reason.

**Chiropractic manipulation - Ice and/or heat are often used to help control pain and reduce the muscle spasm that results from whiplash injuries. Spinal manipulation and/or mobilization provided by a chiropractor can also give relief in many cases of neck pain.**

## Can whiplash be prevented?

Generally speaking, whiplash cannot be “prevented,” but there are some things that you can do while in a motor vehicle that may reduce the chances of a more severe injury. **Always wear restraints (lap or shoulder belt), and ensure that the headrest in your vehicle is adjusted to the appropriate height.**

## FREE AUTO ACCIDENT EVALUATION

**Call our office at 248-656-2273 today to setup a FREE evaluation with Dr. Hamilton to find out how he can help with your whiplash injuries!**

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Our newsletters will go out to over 2000 people in Oakland County

# Important News About You!

## We Love Referrals

*Did you know that with every patient you refer to our office, you will receive a Free 30 Minute Massage. We love referrals, thank you to all of the patients who have provided us with new referrals. This is the best compliment we could receive.*

### Thank You!

Michelle F.

Lorri H.

Mohammed A.

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## Check out our Facebook Fan Page!!



For the month of September you have a chance to win a FREE MASSAGE! Write down a quote from our facebook page and bring it into the office. If the quote is correct you can drop it in our box to win a FREE MASSAGE!

Just go to [www.mainstreetfacebook.com](http://www.mainstreetfacebook.com)

## Welcome to Our Office

**Main Street Chiropractic Wellness Center would like to welcome the following people to our office.**

Margaret D.

Jeff F.

Jessica W.

Kyoko T.

Kirk W.

Toni P.

Nael Z.

Cory B.

If you have any questions please contact our office:

Main Street Chiropractic Wellness Center  
1922 S. Rochester Road  
Rochester Hills, MI 48307  
248 • 656 • 2273  
email: [info@mainstreetcc.com](mailto:info@mainstreetcc.com)