



Back Column

Ted Showalter, D.C.
Showalter Chiropractic, Inc.
Optimum Health Clinic

August 2005

Keep Your Young Athlete Healthy and Fit

In today's age of health and fitness, more and more kids are involved in sporting activities. Although being part of a football, soccer or Little League team is an important rite of passage for many kids, parents and their children could be overlooking the importance of proper nutrition and body conditioning needed for preventing injuries on and off the playing field.

Highly competitive sports such as football, gymnastics and wrestling follow rigorous training schedules that can be potentially dangerous to an adolescent or teenager. The best advice for parents who have young athletes in the family is to help them prepare their bodies and to learn to protect themselves for sports-related injuries before they happen. Encourage your child to:

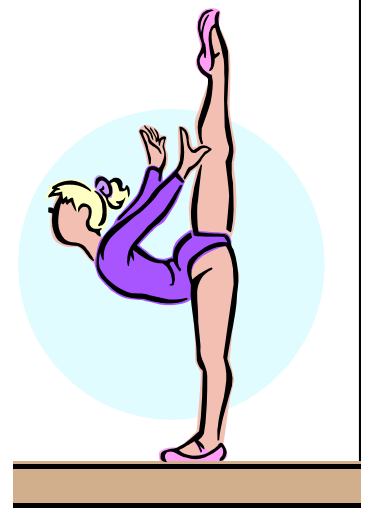
- Wear the proper equipment. Certain contact sports, such as football and hockey, can be dangerous if the equipment is not properly fitted. Make sure all equipment, including helmets, pads, and shoes, fit your child or adolescent. Talk to your child's coach or trainer if the equipment is damaged.
- Eat healthy meals. Make sure your young athlete is eating a well-balanced diet and does not skip meals. Avoid high-fat foods, such

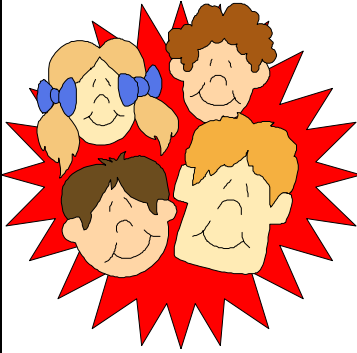
as candy bars and fast food. At home, provide fruit rather than cookies, and vegetables rather than potato chips.

- Maintain a healthy weight. Certain sports, such as gymnastics, wrestling and figure skating, require your young athlete to follow strict dietary rules. Be sure your child does not feel pressured into being too thin and that he/she understands proper nutrition and caloric intake is needed for optimal performance and endurance.
- Drink water. Hydration is a key element to optimal fitness. Teenage athletes should drink at least eight 8-ounce glasses of water a day. Younger athletes should drink five to eight 8-ounce glasses of water.
- Avoid sugar-loaded, caffeinated and carbonated drinks. Sports drinks are a good source of replenishment for those kids engaged in long-duration sports, such as track and field.
- Follow a warm-up routine. Be sure your child or his/her coach includes a warm-up and stretching session before every practice, game or meet. A slow jog, jumping rope and/or lifting small weights reduces the risk of torn or ripped muscles.
- Take vitamins daily. A multi-vitamin and Vitamin C are good choices for the young athlete. Vitamin B and amino acids may help reduce the pain from contact sports. Thiamine can help promote healing. Also consider Vitamin A to strengthen scar tissue.
- Avoid trendy supplements. Kids under the age of 18 should avoid the use of performance-enhanced supplements, such as creatine. Instead, they should ask their coach or trainer to include weekly weight-training and body-conditioning sessions in their workout.
- Get plenty of rest. Eight hours of sleep is ideal for the young athlete. Lack of sleep and rest can catch up with the athlete and decrease performance. Sluggishness, irritability and loss of interest could indicate that your child is fatigued.
- Chiropractic care can help. Doctors of chiropractic are trained and licensed to treat the entire neuromusculoskeletal system and can provide advice on sports training, nutrition and injury prevention to young athletes.

- Dr. Barton, our Medical Doctor, is a specialist in Physical Medicine and Rehabilitation. She can perform routine sports physicals and exams as well as set up a program of care for a young athlete who has been injured.
- Our Physical Therapist can help an injured young athlete recover quicker and "get back in the game."
- **We offer all these services at Pinnacle Physical Medicine and Rehab: Chiropractic, Medical, and Physical Therapy. Call today for a complimentary consultation for the young athlete in your life!**

Source: www.amerchiro.org





Welcome New Patients

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Alisa Nepp

Philip Gilbert (referred by Dr. Moody-thanks!)

Ashley Brandon (referred by Dr. Klinner-thanks!)

Karen Gilbert (referred by Philip Gilbert-thanks!)

Tracey Fleming (referred by Ashley Brandon-thanks!)

Elaine Peck

Sherrie Murphy (referred by Annice McMinn-thanks!)

Vance Cox (referred by Betty Bellamy-thanks!)

Robert Dooley (referred by Philip Gilbert-thanks!)

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

Consumer Reports Ranks Chiropractic #1

In the August issue of Consumer Reports, an article on back-pain relief ranked various treatments and chiropractic came out on top! Consumer Reports surveyed their readers and the results for people feeling much better as a result of the treatment went in this order:

1. **Chiropractic treatment**
2. **Deep-tissue massage**
3. **Prescribed Exercise**
4. **Physical Therapy**
5. **General Exercise**
6. **Special Diet**
7. Acupressure
8. **Prescription Drugs**
9. Acupuncture
10. Over-the-counter drugs
11. **Glucosamine**

Here at Pinnacle Physical Medicine & Rehab, we offer EIGHT out of the eleven above treatments (7,9, and 10 are not available). Ask Dr. Showalter today how we can help you "Reach your pinnacle!"

Source: Consumer Reports, August 2005

How are Kids Using Computers & the Internet?

- Computer skills are important to do well in school and future jobs
- Kids are using computers and the Internet more and more in school, at the library, in their home and in after-school activities.
- Nearly 10 million kids are online in the U.S. and many more around the world.
- Two out of three public libraries have computers and internet access.

Source: www.kids.getnetwise.org



Announcement!

Dr. Barton, our Medical Doctor, is a specialist in Physical Medicine and Rehabilitation. She can perform routine sports physicals and exams as well as set up a program of care for a young athlete who has been injured. Dr. Barton helps people regain function (rehabilitate) after an injury. She also works with people with issues such as pain control or regaining strength. Physical Medicine & Rehab specialists often work with a team of health professionals that may include chiropractors, physical therapists and massage therapists, all of whom work together to improve a person's recovery from an illness, surgery, or injury. Dr. Barton is board certified through the American Board of Physical Medicine and Rehabilitation which is recognized by the American Board of Medical Specialties.



Question of the Month:

Proper nutrition and body conditioning can help prevent what?

- A. Weight gain
- B. Injuries
- C. Bad posture
- D. Scoliosis

The first patient to call with the correct answer will win a **FREE** bottle of Bio-Freeze (once per patient, please). The answer to last month's question was: 66 to 70 percent.

Annice McMinn answered the question right..

Congratulations, Annice!
Our **Patient of the Month** for August is **Chris**

Copher. Congratulations! Chris will receive a free half-hour massage.

A random number is picked each month so everyone has a chance to win!!

Want to Live Longer?

Take a vacation!

One study showed that people who take a vacation once every six years or less are twice as likely to have a heart attack as those who take vacations two or more times per year. They also found that you think more clearly if your brain takes a holiday, and that a vacation can improve family relationships. So get packing!

Source: *Remedy*, May/June 2004

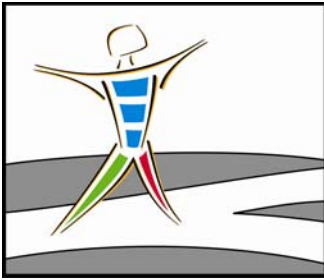
Vitamin E—A Necessary Antioxidant

Vitamin E is a fat-soluble vitamin present in many foods, especially certain fats and oils. It is one of a number of nutrients called antioxidants. Some other well known antioxidants include vitamin C and beta-carotene. Antioxidants are nutrients that block some of the damage caused by toxic by-products released when the body transforms food into energy or fights off infection. The build up of these by-products over time is largely responsible for the aging process and can contribute to the development of various health conditions such as heart disease, cancer, and a host of inflammatory conditions like arthritis. Antioxidants provide some protection against these conditions and also help reduce the damage to the body caused by toxic chemicals and pollutants.

Vitamin E deficiency can be seen in people unable to absorb fat properly. Such conditions include pancreatitis (inflammation of the pancreas), cystic fibrosis, and biliary diseases (illnesses or surgical removal of the gallbladder and biliary ducts). Symptoms of deficiency include muscle weakness, loss of muscle mass, abnormal eye movements, impaired vision, and unsteady gait. Eventually, kidney and liver function may be compromised. In addition, severe vitamin E deficiency can be associated with serial miscarriages and premature delivery in pregnant women.

The richest source of vitamin E is wheat germ. Other foods that contain a significant amount of vitamin E include liver, eggs, nuts (almonds, hazelnuts, and walnuts); sunflower seeds; corn-oil margarine; mayonnaise; cold-pressed vegetable oils, including olive, corn, safflower, soybean, cottonseed, and canola; dark green leafy vegetables like spinach and kale; greens (beet, collard, mustard, turnip) sweet potatoes; avocado, asparagus and yams. We carry Vitamin E through our Optimum Health Clinic.

Ask Dr. Showalter today how Vitamin E may be beneficial for you! Source: www.parentsplace.com



Pinnacle Physical Medicine & Rehab
8106 Standifer Gap Rd, Ste B
Chattanooga, TN 37421
Phone: 855-5053 Fax: 855-5856
www.mddcpt.com

We're on the web!

www.mddcpt.com or e-mail us at
chirodcs@yahoo.com

***The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.**

It's Kid's Day!

Our office believes in promoting Family Wellness.

The First Wednesday of EVERY month is Kid's Day at Pinnacle Physical Medicine & Rehab!! This applies to any child **14 and under** of a current patient. Bring them in on this day for a free adjustment. Please call ahead of time for an appointment (they go fast)!

