



# Back Column

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## Exercise Good Judgment While Enjoying the Outdoors with Baby

From biking and hiking to walking and jogging, today's parents are keeping fit and bonding with their babies in the process. With an array of products unheard of a generation ago—like baby carriers, joggers and trailers—even the tiniest among us are enjoying the great outdoors. But while these items can make life easier and more enjoyable for both parent and child, they can be the cause of pain and injury if not used properly. The American Chiropractic Association (ACA) urges you to exercise caution and good judgment while exercising with your baby.

### BIKING

When biking with a child on board, use a trailer, a rolling ride-along that hitches to the back end of a bike. It is a much safer option than a carrier, a "passenger" seat that sits directly on the bike, according to Dr. Scott Bautch of ACA's Council on Occupational Health. Dr. Bautch prefers trailers because of their added stability. He cautions that carriers can decrease a bike's stability, possibly causing it to topple and injure both the parent and the child.

To further ensure the child's safety while biking, keep the following tips in mind:

- The trailer must be equipped with a harness that can be placed over the child's body. The harness should be complicated enough that the child cannot unhook it

or wiggle out of it.

- A screen that covers the front of the trailer will add an extra line of protection against stray pebbles and other flying objects.
- Be sure to select a trailer that has large, bicycle-style tires, which will add stability and ease to your ride.
- Protect your child's head with a sturdy adjustable helmet that can be sized to fit properly. If the helmet rests too high, it will expose part of the child's head, leaving it susceptible to injury.
- Bike only on smooth surfaces for optimal control.
- Only an experienced rider should attempt to bike with a child on board at all. And even then, the rider should practice with a smooth ride-along trailer for two weeks before riding with a real child—in an effort to get a feel for the strength and coordination necessary to maneuver the bike.

### JOGGING

If your wish to go for a jog and bring your child along for the ride, the baby jogger is your best option. A baby jogger is a rolling pushcart that a parent can jog behind, using handlebars to maneuver. Here are some rules to consider:

- Make sure the handlebars of the jogger are both large and adjustable, so that they fit comfortably into your hands for complete control. The handlebars should be kept as upright as possible.
- Handbrakes and a locking mechanism are a necessity.
- Look for a jogger with a good shoulder harness to keep the child secure.
- As with biking, large, bicycle-style tires offer more control and stability, and a screen over the front of the jogger adds to its safety by deflecting stray flying objects. Also remember to jog only on smooth surfaces.
- Since these carriers will change the feel of walking, they should not be used by beginners.
- Be sure the weight is distributed evenly, selecting a carrier with wide straps for your shoulders and waist. The shoulder straps should fit comfortably over the center of the collarbone.
- The carrier should include a harness to keep the child stable.

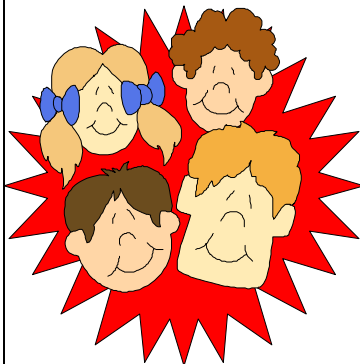
### BABY SLINGS

The baby sling is becoming more popular but keep in mind that it is only intended for very young infants and follow these tips:

- A baby can become very hot inside the sling, so be mindful of the temperature. Also make sure the baby's breathing is clear and unobstructed.
- Never run or jog while carrying the baby in a carrier or sling. This motion can do damage to the baby's neck, spine and/or brain.

Finally, don't forget to take care of yourself. When lifting your child, stay as close to the car seat as possible. The further the child is from your body, the more strain you will place on your spine and musculoskeletal system.

Source: [www.mercola.com](http://www.mercola.com) & [www.BK2Health.com](http://www.BK2Health.com)



## 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!*

**Rob Howell** (referred by Dr. Showalter...Thanks)

**Joe Barberich**

**Cheyenne Baxter**

**Paul Meyer**

**Calvin Fox** (referred by Dr. Showalter...Thanks)

**Frances Fox** (referred by Dr. Showalter...Thanks)

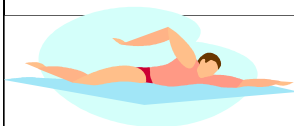
**Gayla Auerswald** (referred by our radio show...Thanks)

**Robert Bolton** (referred by Dr. Showalter...Thanks)

*Thanks to all of our patients who referred others 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.*

### FOUND!

Men's pocket knife. If you have lost one, please call us at 855-5053.



## Safety Rules for Summer Pool Fun

More and more homes now have swimming pools. Even those people who don't have pools, at least have access to good places for their family to swim. With classes from the American Red Cross, schools, community programs and other sources, all children should be taught the fun of swimming...and swimming safely. Besides learning to swim, there are some basic rules for both swimmers and home pool owners. Here are a few of them:

- DO NOT allow "clowning around" in or around the pool.
- Teach children water games for friendly competitions to avoid poolside behavior such as pushing, running, dunking, or performing stunts. Know for sure that the water is deep enough for performing stunts.
- Teach children to be especially careful on water slides.
- Make sure your pool is fenced on all sides.
- Be sure an adult is present any time children are swimming.
- Flotation devices are fine, but do not depend on them absolutely.
- Keep electrically operated radios, CD players or other equipment away from the pool.
- Keep rescue equipment close to the pool and in good condition.
- Serve cold drinks in plastic or disposable unbreakable containers.
- Always be alert. Don't overestimate your abilities to those of children in your care. Play it safe.

Have fun in your pool or other swimming areas. Make sure each family member learns the rules so that they can become second nature. Then, relax and enjoy swimming, one of the best and most popular summertime activities.

## Lauren's Recipe Corner

### Fresh California Salsa

4 large tomatoes, diced  
 1/2 large onion, minced  
 3 cloves garlic, chopped  
 2/3 cup chopped fresh cilantro  
 1 jalapeno pepper, seeded and minced  
 2 tablespoons fresh lime juice  
 salt to taste

#### Directions

In a small mixing bowl, combine tomatoes, onion, garlic, cilantro and lime juice. Add jalapenos 2 teaspoons at a time, tasting after each addition to see how hot the salsa has become. Jalapeno peppers vary in heat, so it is important to taste the salsa to ensure you do not make it too hot to handle. Salt to taste. Enjoy!  
 Source: [www.allrecipes.com](http://www.allrecipes.com)

#### Question of the Month:

What is our new slogan for our office?

- A. "Just feel good."
- B. "Get on the right path."
- C. "No pain, no gain."
- D. "Be healthy."

The first patient to call with the correct answer will win a FREE massage and T-shirt. (once per patient, please). The answer to last month's question was: D. Omega 6:3 Ratio. **Loni Spencer** answered the question right Good job! Our **Patient of the Month** for July is **Sandra Moore**. Congratulations! **Sandra** will receive a \$40 gift certificate to the Hamilton Place

Mall area.

A random number is picked each month so everyone has a chance to win!! Be sure and tune in to 102.3 FM every Wednesday night from 7-8 PM for Optimum Health Hour. Dr. Showalter will be discussing health and chiropractic topics. Call in your questions at 267-1023.



#### Foods That Cause Headaches

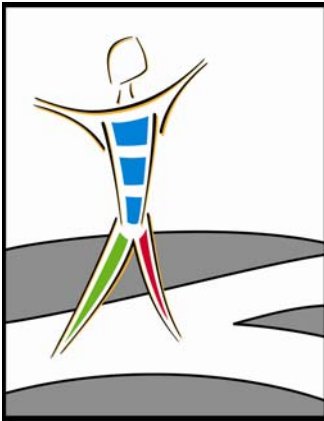
- Caffeinated Beverages
- Dairy Products,
  - Chocolate
  - Red Wine
- Cured or Smoked Meats

Source: *Woman's Day* 06/15/04

## C For Yourself

Although it's one of the most widely consumed supplements, vitamin C is also among the most misunderstood. Many people ascribe curative powers to the vitamin that it doesn't deserve, yet ignore the real health benefits it can provide. The *Journal of the American Medical Association* published an overview of vitamin C's benefits that said there was moderately strong evidence that diets high in vitamin C can help prevent cancers of the esophagus, stomach and breast (in premenopausal women). There was not, however, convincing evidence that it helps prevent heart disease, although there was some indication that it may be good for the heart when taken with vitamin E. What C doesn't help is the common cold. In fact, the Linus Pauling Institute at Oregon State University (named for the Nobel-Prize winner who is most associated with the traditional health claims for vitamin C) no longer touts C as a cold cure-all. Balz Frei, Ph.D., director of the Institute, says, "In addition to a healthy diet with at least five servings of fruits and vegetables, taking a 250 milligram (mg) supplement will assure optimum benefits." Foods such as broccoli (76mg a cup), melons (68mg a cup), and papaya (188mg in one whole fruit) are some of the healthiest sources. They also contain other antioxidants and micro-nutrients that provide disease protection. Source: *Remedy*, May/June 2004





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**We're on the web!**

**chirodc.com or e-mail us at**  
**chirodcs@yahoo.com**

*Contact us today to subscribe to our free monthly  
newsletter! Listen every Wednesday 7-8pm on  
talk radio 102.3FM for Optimum Health Hour*

# Just a Reminder

**WE NOW HAVE NEW OFFICE HOURS FOR THURSDAYS  
AND FRIDAYS ONLY.**

**ON THURSDAYS, OUR HOURS WILL BE  
8:30-12:30 AND 2:30-6:00.**

**ON FRIDAYS, OUR HOURS WILL BE 8:30-12:00.**