



Back Column

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Key to Aging Baby Boomer Health is Chiropractic & Healthy Lifestyle

Over the hill at age 55? Not these days. Americans are living longer and making more of their later years. One key is exercise.

Another may be visiting their chiropractor regularly, according to recent studies of the health-minded baby boomer generation.

Over the next 10 years, more than 70 million Americans will hit the half-century mark. This has prompted a quest to retain youthful vigor naturally. The American Chiropractic Association (ACA) urges you to follow the lead during the Spinal Health Month this October.

So, how can doctors of chiropractic help baby boomers improve their quality of life? Advice on age-appropriate exercise and diet are two of the most important ways.

"Perhaps the most debilitating influence on people's health as they age is a sedentary life," says Dr. Showalter. "Exercise can improve a person's mobility, digestive processes, and circulation. It can also reduce anxiety. Add proper nutrition and you have the makings of a naturally healthy lifestyle."

Dr. Showalter suggests the following tips to help our aging population:

Stretching:

The average person should stretch to prevent the bowing or stooping caused by shortening of the ligaments. Stretch the groin muscle by sitting on the floor "Indian Style" while watching television. Stretch the back muscles by putting your hands on a wall, one foot flat on the floor behind you. Then lean into the wall. Or stand straight up and bend over. Or sit with one foot on an ottoman and bend forward.

Walking:

Walking improves elasticity in blood vessels, which makes them less susceptible to formation of aneurysms or rupture. For those who have not previously been active, begin slowly. Start with one-third of a mile per day. Do that 3 days a week for a month, then double the distance, working gradually to up to at least a mile. Begin at a slow pace and work up to a brisk pace that will improve cardiovascular function.

Other types of exercise:

Because today's older Americans are remaining active well into their golden years, many seniors may be able to participate in more strenuous exercise, after consulting with their chiropractic or medical doctor.

Many seniors enjoy not only the physical benefits of golf, but the social benefits as well.

Swimming is an especially helpful exercise for older Americans. The water's natural resistance to movement offers a challenging cardiovascular workout, while its buoyancy lowers the amount of stress on muscles and joints.

Bicycling is a very good aerobic exercise that can benefit the heart and the rest of the cardiopulmonary system. However, ease into bicycling slowly. One drawback is that your weight is not distributed normally while riding, and this can cause back pain.

Tennis is a good exercise for those who want to strengthen their joints and joint muscles. However, you should avoid

tennis if you have arthritis or other joint irritation.

Eating right:

Drink 10-12 twelve ounce glasses of water a day to keep the kidneys active, dilute and remove toxins from the body, and replace lost fluids. (Coffee, tea, soft drinks and alcohol are diuretics/dehydrators. Don't substitute them for water.)

If you take vitamins, take them with a meal to allow for proper absorption. If you don't currently take vitamins, consider taking additional nutritional supplements, such as Vitamins D, C, magnesium, zinc, and silica.

Eat a healthy, balanced diet including fresh vegetables, fruits, nuts and seeds. For the extra calcium needed to maintain strong bones, try broccoli, kale, collard greens, cabbage, and turnip greens. Also tofu, salmon, sardines and grains are good sources of calcium.

Source: www.mercola.com

Dr. Showalter can suggest a wellness program that is right for you.



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!

Don Garrett

Yvette Wheeler
(referred by Kate Chaigne...thanks!)

Richard Allison

Mitch Cassel (referred by George Diamantis...thanks!)

Pat Harris

Barbara Cadavero (referred by Jeff Cadavero...thanks!)

Blake Orr (referred by Pat Harris...thanks!)

Chris Kranske (referred by Pat Harris...thanks!)

Crystal Vineyard

James Reynolds

Kevin Becker

Janet Brislan (referred by Noreen Gowran..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.

What Should You Expect From Your Chiropractor?

Your chiropractor is a neuro-muscular-skeletal specialist and one of the most important members of your health care team. He will work with you to help you recognize and treat signs of stress that rob you of the good health you are striving for.

When trauma hits—such as sudden chest pains and indigestion that could be a heart attack, a broken bone that requires specialized treatment, high fever that often signals a disease, cuts and abrasions that need to be treated prior to chiropractic intervention—seek help immediately from traditional medical professionals and institutions.

See your Chiropractor:

- When you feel signs of stress.
- When you're "just not feeling right." Your body is telling you that you need to pay attention to it. Your chiropractor will listen to your symptoms and, following an extensive examination, prescribe a course of treatment and, if symptoms signal the need, referral to another health care specialist.
- Regularly. Most conditions of ill health are the result of some underlying cause within the body. By finding that cause and applying correction, pain is relieved and health is restored and maintained.

Your body's natural state is one of health. That natural health comes when you have a normally functioning nervous system. The present-day doctor of chiropractic has had six to eight years of college and specialized education, rigorous examinations prior to licensure, and extensive clinical experience caring for patients nervous systems without the use of drugs or surgery.

Chiropractic has special techniques for locating and correcting spinal misalignments that disturb the normal function in the organs, tissues, and cells of the body.

Being your best means being healthy. Regular chiropractic care is one of the most effective roads to health. *Give yourself the gift of good health. Schedule an appointment to see Dr. Showalter today.*

Chiropractic Facts

- 80% of Americans will suffer incapacitating low back pain in their life-time.
- Last year 5,000,000 people switched to chiropractic care after a referral from a friend.
- Chiropractic is the second largest primary health care provider in the western world.
- There are 23 chiropractic colleges throughout the world.
- Chiropractic is twice as effective as medical treatment in returning injured workers to their job.
- Federal agencies now recommend chiropractic treatment over other forms of medical care to acute back pain.

Source: www.backtohealth.com



Some Exciting New Changes are on the Way!!!

Within the next month, we will be changing our name to **Pinnacle Physical Medicine & Rehab**. We will be expanding our services to add a medical doctor who will handle physical medicine (physical therapy & rehabilitation). We are adding this new service to compliment our current Chiropractic and Optimum Health services.

We are making these changes to better serve our patients, by offering a wider range of health care at our office.

Question of the Month:

How many Americans will turn 50 in the next decade?

- A. 35 million
- B. 8 million
- C. 134 million
- D. 70 million

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: Tendinitis and Headaches. **Grady Dagnan** answered the question right. Our **Patient**

of the Month for October is **Mary Anne Foster**. Congratulations! Mary Anne 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!!



Keep Your Memory Sharp

Forgetting names and misplacing the car keys probably doesn't mean you're losing your memory, according to Mayo Clinic experts. It could be due to increased responsibilities, depression, or stress. To help keep your memory sharp, stay physically active, take a class or learn a new skill, and get periodic health exams. *Source: The Saturday Evening Post, July/August 2004 issue*

Who Is At Risk for Osteoporosis?

Over 20 million American women have osteoporosis, but 80% of them are not aware of it. Osteoporosis is a chronic, progressive condition that steals bone from the body, often leading to fractures of the hip, wrist, and spine. Many older people suffer disability and even death from osteoporosis-related fractures. While osteoporosis will affect one in two women, it also affects one in eight men.

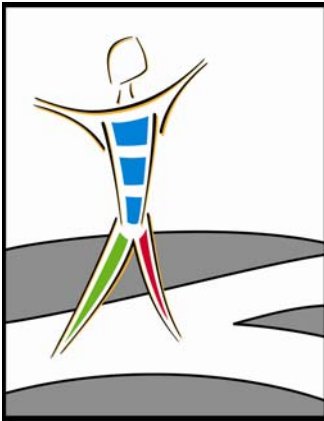
Dr. Showalter can help you evaluate your risk factors and devise a strategy to maintain and improve the health of your bones. It is important to find out how healthy your bones are, so you can make lifestyle and dietary changes if necessary. Meanwhile, incorporating exercise into your lifestyle, not smoking, and eating well-balanced foods especially those rich in calcium, can help you maintain good bone strength.

Risk factors:

1. Being female—especially thin, Caucasian or Asian.
2. Having a family history of osteoporosis.
3. Being older.
4. Being physically inactive.
5. Taking corticosteroids, thyroid medications, anticonvulsants, anticoagulants, Dilantin, diurectics, antacids with aluminum, and drugs that alter digestion, such as Ranitidine.
6. Smoking.
7. Heavy alcohol, coffee, and carbonated beverages consumption.
8. Low intake of calcium.
9. Chronic diseases of the kidney, lung, stomach, and intestines.
10. Hormonal changes because of menopause or hysterectomy.



Source: www.mercola.com



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newsletter!

October is Spinal Health Month

Back pain is pervasive among American adults, but a new and disturbing trend is emerging among the nation's youth. Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks and poorly designed computer workstations is a contributing factor.

This October during Spinal Health Month, sponsored by the American Chiropractic Association (ACA), doctors of chiropractic across the country are urging parents, teachers and school administrators to take steps to help stop this trend.

"The increase in back pain among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks - often slung over just one shoulder - and the long hours they spend tapping away at computer keyboards," said Dr. Kelly Synowiec-Moroney. "These activities can negatively impact a child's body during the developing years, resulting in harmful physical effects that can last a lifetime."

According to the ACA's Council on Occupational Health, a recent study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman. Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result. Other studies have shown that slinging a backpack over one shoulder can exacerbate the curvature of the spine in scoliosis patients.

We are offering FREE spinal check-ups through the month of October. Make an appointment for a friend, co-worker or family member today!

****Any article in this newsletter is not to be confused with medical advice, it is for information only, not to be used for recommendations. Please call our office at 855-5053, or seek medical advice from your primary care physician before changing anything or starting anything new.**