

Back Column

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

September 2004

Save Your Back, Improve Your Game

For some fans, there's nothing quite like a Southeastern Conference football game. Its showcase of athletic talent and its unpredictable nature have created excitement for a multitude of fans for decades. For others, their favorite sport may be baseball, basketball, golf or even body building. Recent research has shown that some of the most successful athletes in these sports have one thing in common: they all benefit from regular chiropractic care. Just for our readers, we've compiled a small list of some of the athletes that use chiropractic.



Football

During the 1997 season, Dr. Michael Petty started traveling with the Tennessee Volunteers. Dr. Petty had become so sought after by many of the players on the team that it was the best option for him. "I have enjoyed helping out at my alma mater," said Petty. "I feel like I am part of the team. These guys really depend on me. They are always looking for me and they thank me with a handshake or a hug. It is rewarding in itself to know that I am helping these guys play up to their potential."

Baseball



Wade Boggs said "Before I retired I found Dr. Newman and I have been seeing him ever since. I have been pain-free and feeling terrific. I swear by it." Among the many other players and former players that seek chiropractic care are Mark McGuire, John Smoltz, Chris Sabo, Roberto Clemente Jr. and Jeff Reardon.

Basketball



Gerald Wilkins, the former basketball star of the New York Knicks said, "I didn't know how much I could improve until I started seeing a chiropractor. Since I've been in chiropractic, I've improved by leaps and bounds, both mentally and physically."

Body Building



Arnold Schwarznegger, the former bodybuilder, actor, and current governor of California often proclaims the benefit of chiropractic care, "Let me tell you there is no better profession than chiropractic. Chiropractic really helps me. Every day chiropractors are preventing injuries."

Golf



This category deserves a bit of explanation. You see, an onlooker may assume that the never-ending quest to put the little white ball into the cup calls upon little of the athleticism required by the previous categories. Not true. Many avid golfers contort their bodies into oddly twisted postures, generating a great deal of torque—the twisting force that opens a bottle cap—on the back. Couple this motion with a bent-over stance, repeat 90 to 120 times over three or four hours, add the fatigue that comes with several miles of walking, and you've got a good workout—and a recipe for potential lower back trouble.

According to Dr. David Stude of the American Chiropractic Association (ACA) Sports Council, pro golfer Tiger Woods says that lifting weights and visiting his chiropractor regularly have made him a better golfer. As many of you know, Tiger won the masters in record style in a 1997, and he is an avid supporter of chiropractic. "Not only did my chiropractor adjust my spine, he also gave me

strengthening exercises to do. If you are tall and gangly like I am, or play sports, I would recommend chiropractic."

Well, there you have it folks! Some of the best athletes in a variety of sports have tried chiropractic and experienced a difference in their games because of it. For those of you sports fans out there who not only enjoy watching sports but playing them as well, chiropractic is a safe and easy way to better your game and your life.

Remember to keep your appointments and continue to get regular chiropractic care even after your initial treatment. Also, keep in mind that we have a Referral Rewards program as well. For every current patient who refers someone to us for chiropractic care, we offer a choice of:

- A free adjustment
- A \$25 gift certificate to Hamilton Place Mall
- \$50 off the bill of the patient you referred.

Share chiropractic with someone you know today!

Source: American Chiropractic Association

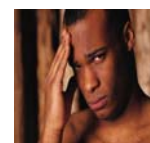
Announcing Spouse's Day!

Beginning on September 8th, we will have a Spouse's Day every month on the second Wednesday of the month. Bring your spouse or significant other in as a new patient to receive a special discounted rate on their first visit exam and x-rays.* The exam and x-rays will be 1/2 off (if x-rays are needed, this applies to one set of x-rays).



*This offer does not apply to worker's compensation or personal injury cases.

Stress-Related Illnesses



Constantly dealing with heavy workloads, having little control over your responsibilities, job insecurity, repetitive work and harassment can contribute to stress. Ulcers, skin and menstrual disorders, depression, high blood pressure and weakened immune function can all indicate stress. Although deep breathing, meditating, exercising and other stress-reduction techniques can help, they only provide short-term relief. Paul J. Rosch, M.D., president of the American Institute of Stress and professor of medicine and psychiatry at New York Medical College has some tips for dealing with stress. "To significantly reduce stress, a person needs to gain control of their situation. Sometimes it's the environment that creates stress." Make a list of your work stressors, and concentrate only on those where you can make a difference. Then create a plan to control or avoid those stressors. Two of the most common stress-related illnesses are explored below.

Tendinitis

Tendinitis is inflammation of a tendon tissue often caused by overuse. Similar to carpal tunnel syndrome, tendinitis can be caused by repetitive motion. Unfortunately, incidents increase with age as muscles and tendons lose elasticity. Pain or stiffness is aggravated by motion and most often occurs in the shoulders, elbows, wrists or heels. Frequent breaks provide the best prevention. Set a timer for 30 minutes and move around and stretch when it goes off. In addition, adjust your computer workstation so your forearms rest on a padded surface. If your job involves reaching overhead, lower the shelves or use a stepladder to make to reach easier.

Headaches

Erratic sleep and eating schedules as well as inactivity can contribute to headaches. So can poorly lit or badly designed work environments. Symptoms vary depending on the type of headache. Soreness in the temples or a tightening around the crown of the head signals tension-type headaches. Migraines often start as a dull ache that leads to pulsating pain, nausea, vomiting and sensitivity to light and noise.

Maintain regular sleeping, eating and exercising schedules. Cut out any caffeinated beverages since they could trigger a headache, says Merle Diamond, M.D., associate director of the Diamond Headache Clinic in Chicago. As you work, maintain good posture, sit in a chair with back support and adjust your workstation to your body. Migraine sufferers are especially vulnerable to color stimulation, so dim computer displays and avoid bright fluorescent lighting. If poor air quality from smoke or perfumed colleagues is the cause, find out if you can relocate your workstation. Also keep in mind that Dr. Showalter treats patients with both tendinitis and headaches, so getting an adjustment can help with your pain—call for an appointment today.

Source: www.womansday.com 6/15/04

Lauren's Healthy Recipe's

Tuna-Apple Salad in Pita Pockets

2 pouches (6 Oz. Each) tuna packed in water, drained 1 Tbsp. fresh lemon juice
 1/2 c. chopped celery 1/2 c. chopped unpeeled Granny Smith apple
 3 to 4 Tbsp. Hain safflower mayonnaise 1 tsp. white vinegar Sea salt
 Freshly ground black pepper 4 whole wheat pita pockets, halved and split
 1 c. mixed salad greens

Directions

Put the tuna and the lemon juice in a large bowl and break up the tuna with a fork. Add the chopped apple. Toss well.

In a small bowl whisk together the mayonnaise, vinegar, and sea salt and pepper.

Combine the tuna mixture with the mayonnaise until well-blended. Taste and adjust the seasonings as necessary.

Spoon a quarter of the tuna salad and a quarter of the salad greens into each pita half. Refrigerate until served.

Source: *Remedy magazine*



Quotable Quotes

Wish not so much to live long, as to live well.

Three may keep a secret, if two of them are dead.

But dost thou love life, then do not squander time, for that's the stuff life is made of.

Source: *The Wit & Wisdom of Benjamin Franklin*

Question of the Month:

Fill in the blanks:

_____ and _____ are two of the most common stress-related illnesses.

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 months question was: C. 96% **Jean Saunders** answered the question right. Good job!

Our Patient of the Month

for September is **Melissa Milligan**. Congratulations! Melissa will receive a \$40 gift certificate to the Hamilton Mall area. A random number is picked each month so everyone has a chance to win!

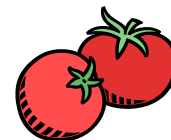
Don't Hold the Onions and Tomatoes!

Gentlemen, did you know that onions and tomatoes can help prevent prostate cancer? A recent study shows that men who consume 10 grams or more of Allium-Genus vegetables daily, including onions, scallions, or garlic, have half the risk for prostate cancer, compared to those who eat little or no Allium vegetables. Other Allium vegetables include leeks and chives, although these are not as potent as onions. A separate study confirms onions as the strongest dietary risk-reduction factor for prostate cancer, ahead of grains, fruits, and vegetables. Eating fatty meat and dairy products is associated with a higher risk for prostate cancer.

Urologists have been telling us for years that eating tomato products also helps prevent prostate cancer. This is presumably due to their lycopene content. Lycopene is an antioxidant that neutralizes harmful free radicals, waste products of the body's metabolism. Apparently, lycopene can be helpful even after a diagnosis of prostate cancer. According to a recent study from India, once you have had a prostate cancer removed, lycopene supplements may help improve your chance of survival. Dr. Isadore Rosenfeld gives the following advice: "Whether or not you take lycopene pills, be sure to eat lots of tomatoes too—in pasta, salads, or juice."



Sources: www.satevepost.org and *Parade magazine*, May 16th 2004





Ted Showalter, D.C.
Showalter Chiropractic
Optimum Health Clinic
8106 Standifer Gap Rd, Ste B
Chattanooga, TN 37421
Phone: 855-5053
Fax: 855-5856

We're on the web!
chirodc.com or e-mail us at
chirodcs @ yahoo.com

Massage Therapy for Health & Fitness

Massage Therapy is a holistic procedure that affects all systems of the body: digestive, elimination, respiratory, circulatory, lymphatic, endocrine and nervous systems. It is accomplished through specific manipulations with the hands of the soft tissue of the body for therapeutic effect.

Many of today's health problems arise from stress. Because stress upsets the delicate balance of all of your body functions, it is important to regain this balance. The relationship of stress and illness is of interest to anyone maintaining their health. Affected by stress, the heart works harder, breathing becomes rapid and shallow and digestion slows. Nearly every body process is degraded. Researchers have estimated that 80% of disease is stress related.

Users of massage therapy as a healing tool quickly realize that they have found a form of drugless therapy. Headaches, insomnia, digestive disorders including constipation and spastic colon, arthritis, asthma, carpal tunnel syndrome, sinusitis and minor aches and pains are some of the problems that can respond to massage therapy. Massage can have an excellent effect on nervous people who have been dependent on their pharmacy for rest and relaxation. Simply stated, the foundation of massage is to stimulate the body's natural recuperative powers by boosting the body's own processes. Massage can benefit people of all ages and conditions.

Angie Reuger is our licensed massage therapist and is working by appointment only.

Some insurance plans now cover massage partially or fully. Call to schedule your appointment today!

