

# CHIROPRACTIC



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## Transformations



At Nielson Chiropractic Center we strive to grow and change with our patients and their needs. Each season places different demands on our bodies as we make the transitions in our exercise and diets.

Many adults and children play seasonal sports such as soccer that put high demands on the body. Nutrition, as well as structural alignment, flexibility and training, is key to how our bodies perform during games or practice. Even for those of us who do not consider themselves athletes, we tend to be more active during the summer months, getting more exercise and putting additional strain on our bodies and making proper nutrition a very important part of the day. During the summer months is when you will find the freshest and most nutritional fruits and vegetables. Grocery stores are able to buy from local farmers rather than farms outside of the state or even the country. The less a fruit or vegetable has to travel to get to the store, the more it retains its nutritional value. For suggestions on how to be sure you and your children are receiving the necessary nutrition please see the article "Nurturing an Athletic Body" on page four.

As more and more people are becoming aware of their choices in the grocery store, the

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demand for organic foods has increased and markets have increased the availability to meet those demands. Check out our article on page three for information about and how to choose organic foods.

Keeping up with new methods and techniques in Chiropractic is a strong focus for us. We are very excited to be including cold laser treatment into the practice within the next few months. For more information on Cold Laser Therapy please contact Dr. Nielson. He can help you to decide if Cold Laser treatments would be beneficial to you.

Thank you to all our patients for your commitment to health. Have an active and joyful summer!

## Patient Appreciation Day

### June is Cancer Awareness Month!

Patient Appreciation Day on June 21<sup>st</sup> is a very special day. All proceeds from the day will be donated to the American Cancer Society. Bring your check for the regular price of \$25 dollars made out to the American Cancer Society and we will donate the money directly. Don't forget, your "donation" is a tax write-off! Chair massages by Marty Harger of Balance will be available this month for \$10 for 15 minutes.

## Glucosamine Synergy

### *Maintaining Healthy Joint Function*

The bones, joints, and supportive connective tissue are living tissues that remain in a constant state of renewal and restoration. Glucosamine Synergy is a unique blend of glucosamine sulfate, *Boswellia serrata* extract, manganese, carbamide, and Protomorphogen™ and Cytosol™ extracts to support and maintain healthy bones and joints.

The connective tissue between any two bones creates a joint. Joints are classified according to their structure and movement. Fibrous joints are immovable, cartilaginous joints-such as the pubic bones are slightly moveable, and the synovial joints are freely moveable. The freely moving joints endure the greatest wear and tear, and as such, are constantly in some state of renewal and restoration. In order for these types of joints to remain fully functional, they require connective tissue to help keep them stable and lubrication to maintain durability. The articular surfaces of the bones of the joints, ligaments, muscles and tendons all work together to stabilize our joints. Synovial fluid provides lubrication and a thick layer of strong, smooth, and pliable cartilage covers the ends of bones to provide a uniform gliding surface. Where healthy cartilage does not exist unprotected joint surfaces continually grind against each other, the joints cannot move efficiently or effectively.

### **How Glucosamine Synergy Keeps You Healthy**

Glucosamine is an amino sugar, part of a carbohydrate that is made in the body and



involved in forming nails, tendons, skin, eyes, bones, ligaments, and heart valves. Glucosamine sulfate is the supplemental form of glucosamine and helps the body in the normal repair and rebuilding of cartilage. *Boswellia serrata* extract can help maintain healthy joint tissue. Calcium helps keep bone tissue strong, assists in nerve impulse transmission, and is necessary for proper muscle growth and contraction. Nutritional yeast contributes B-complex vitamins and inositol to encourage healthy brain and nerve function, plus minerals that help to form bone tissue and support connective tissue repair and maintenance. Carbamide promotes healthy fluid levels in joints. Bovine glandulars, Protomorphogen and Cytosol extracts encourage healthy cell maintenance. Manganese is needed for bone tissue growth and reproduction, and helps form cartilage and synovial fluid in joints. Magnesium also assists in the formation of bone tissue and is necessary for calcium and potassium uptake. Vitamins A and E provide strong antioxidant protection. Vitamin A assists in bone formation, while vitamin E encourages tissue repair.

Talk to your doctor if you would like more information on joint maintenance or if you think Glucosamine Synergy is right for you.

## Why Choose Organic?

**What is Organic Food?** In accordance with the Organic Food Production Act of 1990, organic food is produce, grains and animal products grown without chemical pesticides, genetic modification, growth hormones, or any other form of inorganic protection from pests or artificial means to increase product yield.

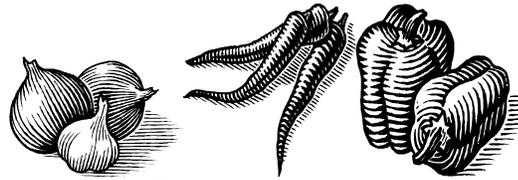
In conventional farming, crops are sprayed with chemical pesticides, which reside in the soil and find their way into crops for years to come, potentially causing health and environmental hazards. The soil can also be accessible to runoff and other environmental hazards. Organic foods are grown in the soil on which pesticides or other chemicals have not been used for at least three years prior. The crop is often smaller and generally rotated to ensure improved nutrient content.

Although organic produce usually doesn't look as shiny or large as conventional food options, it often has purer nutrient content. If locally grown, the food should have an even greater flavor and nutritional content due to a reduced time from harvest to table. Conventional produce may have a trace taste of pesticides or wax and may lack flavor because of poor soil, longer shelf life, or artificial growth inducers. In addition, larger produce does not necessarily mean higher nutrient content; instead, artificial means may have been used to boost its growth.

**Sensitivity to Pesticides** Many people can also be sensitive to pesticides in their foods and feel they cannot eat raw fruits or vegetables.<sup>1</sup> Other times, allergies to specific foods may be mistaken for sensitivities to the chemical used on the foods. Symptoms of chemical sensitivities can include headache, nausea, dizziness, and eye or skin irritation or rash.<sup>2</sup> Organics eliminate these chemicals, so most people can eat the foods and receive the nutrients they provide.

**“But They’re So Expensive!”** The cost of organic products has gone down greatly, bringing the price very close to the conventional options. To keep your grocery bill low, purchase organic products that are on sale and eat with the seasons. Think of healthful eating as a long-term investment. By taking preventative measures, you are taking steps to reduce your healthcare spending—one of the greatest expenses for many people.

**Environmental Health** No matter how many fruits and vegetables we eat or how many supplements we take, if we are surrounded by smog and chemicals and have limited exposure to sunlight and nature, our health cannot be optimal. In addition to contributing to your health, organic foods also benefit the environment. They allow the earth to produce natural, wholesome food and prevent the use of the harsh chemicals and pollution that undermine human and environmental health.



**Local vs. Organic** Organic and local foods are both good choices. When choosing between them, select the option that makes more sense for your personal concerns. Organic may be especially important for people with pesticide allergies or those concerned with cancers linked to some pesticides. Local foods reach the consumer closer to the date they were picked, ensuring more nutrients and reduced impact to the earth since the foods do not travel long distances. Local foods also allow you to support your local farmers. There is even a growing idea that eating local honey can help stave off allergies by exposing you to small amounts of your local pollen.<sup>3</sup>

**Does Organic Mean Healthful?** Remember that organic does not always equal healthful. With the popularity of organic foods, many processed food manufacturers have begun including more natural ingredients into chips, cookies, crackers and other foods. While these options are certainly better than the traditional packaged foods, many contain high amounts of salt, sugar and fat and are still highly refined, stripping the food of its nutrient values. When selecting such products, pay attention to your serving size and complement these choices with whole, unprocessed foods.

### Tips for Healthful Eating

- »Choose local, unprocessed foods whenever possible.
- »Use a safe cleaning agent such as Castile soap or a fruit or vegetable wash to remove external pesticides from produce.
- »Peel the skin from conventionally grown produce. Eat organic produce whole, if possible—edible fruit and vegetable skins store the majority of fiber and nutrients in most produce.
- »Grow your own foods!
- »Request and support organic choices at your local grocer or farmer's market. If local markets see demand for organic foods, they will meet it by stocking the requested products. Your voice can help make organics available in your area.

### References:

1. [http://www.epa.gov/pesticides/about/consumer\\_faq.htm#chemically\\_sensitive](http://www.epa.gov/pesticides/about/consumer_faq.htm#chemically_sensitive)
2. <http://www.webmd.com/allergies/guide/multiple-chemical-sensitivity>
3. [www.honey.com/consumers/honey-health/healing/diseaseprevention.asp](http://www.honey.com/consumers/honey-health/healing/diseaseprevention.asp)

## Nurturing an Athletic Body: Fats, Food and Fluids

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Summer is a great time for athletes of all ages to get into shape. Whether you are learning a new sport for fun, fulfilling a resolution to get back on your bicycle, or training for a triathlon, diet is just as important to your performance as how you train. Also, with soccer, baseball and football seasons on the way, it is important for parents to make sure their children get the nutrition they need to play their best. Here are a few tips for keeping you or your child at peak performance levels all season long.

### **Fabulous Fats**

Avoiding dietary fat to control weight is common among many athletes but is actually detrimental to their performance, especially in women. Fat is important for hormones, the immune system, and tissue healing and repair. Without fat, the body is not getting fat-soluble vitamins-A, D and K- which are important in bone and muscle regeneration. Fats are also critical for athletes whose bodies are still growing. Reducing dietary fat could stunt a developing athlete's growth-the body needs a lot of energy to grow muscle.

Of course, loading up on lard and margarine is the wrong way to go. Eating proper amounts of good fats, such as coconut oil, fish oil, or avocado, will provide the body not only with fat but with high-quality nutrition.

### **Eating Whole Foods**

The biggest struggle, however, is getting athletes to eat *food*. It's important to eat meals consisting of 80 percent vegetables and 20 percent proteins and fats-not junk or chemical-based shakes.

Despite the belief that athletes need tons of protein, the common mistake is



actually not eating enough dark-green vegetables, which are excellent sources of calcium and magnesium which help to maintain healthy bones, joints and ligaments. To adequately meet protein needs try two to three slices of organic turkey or chicken, a spoonful of whole cottage cheese with diced fresh pineapple or peaches, or, for those not allergic, a glass of whole organic milk. As for other high-quality protein sources, you can't beat an egg. For vegetarian athletes protein can be found in items such as beans and chickpeas.

### **Timing Meals**

Skipping breakfast is another common mistake of busy athletes. When you wake up, your liver has low levels of blood sugar. When you start working out in the morning without breakfast, the body starts breaking down its own tissues. If someone wants to get muscle mass, it's important to eat a moderate-to large-size breakfast to kick off your metabolism for the day.

Remember to allow adequate time to digest the meal before a workout. Eating heavily before exercise is a mistake. It takes three to four hours to digest a larger meal, two to three for a light meal, and an hour for a snack. High-fat proteins, such as cheese, take the longest to digest and can make you sluggish or nauseated.

Usually, athletes get into the habit of grabbing something quick either after a game or before a work-out. "Something quick" almost always means chemical-laden processed foods. Keep trail mixes, granola-type snacks with nuts and seeds, pre-cut vegetables and water for nutritional pre- and post- workout snacks.

Post-workout nutrition is critical to replenish glycogen, the energy stores. Within 15 minutes after training an athlete can aid in their recovery by drinking a shake which includes carbohydrates, protein, digestive enzymes, fatty acids, vitamin C, Bromaline (an extract from pineapple) and a high-potency multi-vitamin.

### Healing the Athletic Body

The shake above can also accelerate the healing process after an injury. Fish oils and bromaline have anti-inflammatory properties. Enzymes help actively repair the muscle tissue. Bromaline, tumeric, ginger, And bioflavonoids can help to reduce inflammation and are much safer than NSAIDs or steroids. B-vitamins, calcium and magnesium can also help the body repair itself. Fruit supplies electrolytes to the body: some, like pineapple, may help reduce inflammation and aid in recovery.

The recovering athlete needs to watch calorie consumption as their injuries heal. They tend to overeat because they are bored, depressed, or in the 'I deserve a treat' syndrome. They also tend to worry about losing muscle tone-although, in fact, all they are losing is intersegmental fat, and after recovery, muscle will return quite well.

Recovering older athletes may also need to load up on extra nutrients...and patience. With age, it takes longer to recover or to develop muscle. Getting plenty of calcium, magnesium, and vitamin

D is also important to older athletes. To protect joints or to fight degeneration, glucosamine and chondroitin sulfate can also be helpful.

### Replenishing Fluids

Inadequate hydration is a big factor in muscle pulls and colds and infections in athletes-it also seriously affects performance. To calculate proper fluid intake, divide your weight by two in ounces (e.g., 50 ounces for 100 pounds of weight) for your daily intake, plus 30 ounces for every hour of activity.

Before a big sports event, drinking at least 60 ounces of water up to two hours and 48 ounces of water five to 10 minutes prior, especially in hot weather, will clear the stomach. Large volumes are more effective than sipping fluids during the event. Naturally carbonated drinks, such as Perrier also help to supply minerals to the body.

No matter what your game, proper nutrition will help you to keep on top of it.

## Financial Corner

We are happy to announce that Nielson Chiropractic is now processing insurance claims online. There are many advantages to filing claims online as opposed to the traditional method of filing paper claims through the mail. Most claims filed online have a faster turn around than paper claims. Electronic claims are sent immediately to the insurance carrier and are adjusted promptly. This allows us to see what benefits a patient is eligible for as well as what benefits will actually be applied. We can know almost immediately what your insurance will pay, why and what your portion of the bill will be for that day. Immediate claims adjusting will also help us to avoid problems with insurance companies and also avoid retro-billing our patients.

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## ***PATIENT APPRECIATION DAY***

Please mark your calendars and join us on the following dates:

- June 21st
- July 19th
- August 16th
- September 20th

Special Patient Appreciation Day Prices:

\$25 - Chiropractic adjustment

\$10 - 15 minute chair massage

Call and schedule your appointments today!

Refreshments will be served as a “thank you” to all our wonderful patients.

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*Office Hours*

*Monday, Wednesday, and Friday*

*9:00 - 1:00 and 3:00 - 6:00*

*Tuesday and Thursday*

*9:00 - 1:00*

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