

Cornerstone CHIROPRACTIC

Health Partners



“Health Care For
the Whole Family”



Health Hope
Healing



June 2010



www.cornerstonechiropractichealth.com

Ph. 320-269-3211

519 1st St. SW, Montevideo MN

TAKE GOOD CARE OF YOUR SPINE... YOU ONLY GET ONE!

Let's look a little closer at the lifestyle choices we mentioned in the May newsletter that can work with or against your chiropractic adjustments. In the newsletters this spring we already discussed physical support means such as pillows, mattresses, chairs, and shoes. If you did not see this information, please contact our staff for a copy. Here are the other topics we mentioned last month:

What type of work do you do? Repetitive postures and activities don't always cause immediate discomfort, but instead the injuries build over time. Working in a seated position, riding in a car, or doing a lot of forward bending at the waist are all unnatural positions that strain your spine and health in the long run. Since you may not be able to change all of these factors, consider these tips: 1) Get up and walk around after 30-60 minutes of sitting. The discs of your spine receive their nutrients and rid their wastes through a pumping mechanism that is created when you walk. The bottom line is this: your discs will be less healthy if you do not walk on a regular basis. 2) Try to sit on a firm surface as often as possible and avoid prolonged sitting on soft surfaces like overstuffed chairs & couches. Provide support to the lower back with a proper cushion when sitting for longer periods of time in a chair or in the car. If you spend a lot of time at the computer, ask us for a "Seated Worker Diagram" that shows how to properly lay out your work station to prevent repetitive stress injuries. 3) If you need to reach something down low, bend your knees and squat or kneel instead of bending over. This technique is important for tasks as simple as getting something from a low file drawer or retrieving an item from the floor, but it is essential if you will be lifting anything heavy. Lastly, make sure you square up to whatever it is you will be lifting - twisting the spine while forward bending is a recipe for disaster!

What type of leisure activities do you do? All of the abovementioned principles also apply to your personal life. Try to avoid prolonged sitting at home and, when you are seated, try to sit on a firm surface and provide support to the lower back. Additionally, be mindful of forward bending. Whether filling the dishwasher or tying your shoes, try to bend your knees and squat down whenever possible. Always use your

leg muscles to lift, avoid twisting, and get help with something that is too heavy or awkward for one person to lift.

Have you had any recent or substantial prior injuries?

Car accidents, falls, injuries and even some sports can cause unnatural stress on your body and spine. If you have a recent injury, be sure to check in with the doctors as soon as possible. Scar tissue begins forming immediately in the days and weeks following an injury. Scar tissue reduces your range of motion and causes increased pain in the long run. Immediate chiropractic care can reduce the amount of scar tissue that is formed and promote a better prognosis. If you have an old injury, be sure to let us know as well. Chiropractic care and various manual techniques can be used to try to break up some of the old scar tissue to improve your range of motion and decrease pain.

What type of diet do you consume? Arthritis literally means joint inflammation. You may unknowingly be eating foods that cause inflammation in your body and therefore accelerate the arthritic process. Eating foods that have trans fat or omega-6 fats will create excessive inflammation in the body. Inflammation is a key component in many chronic diseases in addition to arthritis, including heart disease and cancer. Eating foods like wild-caught ocean fish, and pastured meat & dairy products will provide omega-3 fats to your body, which are anti-inflammatory.

Do you take any nutritional supplements such as fish oil or glucosamine? Since most people don't eat omega-3 fats on a regular basis, a fish oil supplement is an excellent way to make sure you are getting enough of this important nutrient. In addition, joint supplements that contain ingredients like glucosamine, chondroitin, and MSM provide the cartilage building blocks for your body to repair damaged joints.

Do you smoke? The blood of a smoker contains carbon monoxide and nicotine. These substances collect in the discs and cause smokers to have a 3-4x higher rate of disc degeneration. In simple terms, this means the spine becomes arthritic at a much younger age. The presence of these chemicals in the blood of smokers also means that they heal much slower. It is worth noting that a smoker may expect their spine to take more time than a non-smoker to respond to care.

Friends and Family Week

June 14-19, 2010 is *Friends and Family Week* at Cornerstone Chiropractic. Refer a family member or friend that could benefit from chiropractic care & they will receive the full first appointment for half price (\$48) when paid that day!

First appointment services include consultation, examination, spinal x-rays, and the first adjustment.

You will be receiving a postcard in the mail soon. Have your friend or family member call to make an appointment at our office for the week of June 14-19 and give him/her the postcard to bring to his/her appointment to redeem the special *Friends and Family Week* price.

Give the gift of health... Tell others about Chiropractic!

Appointment Hours:

Monday, Wednesday, Friday:
9:30am-5:30pm with Dr. Sam

Tuesday, Thursday: 7-10am with Dr. Sam
Tuesday, Thursday: 10am-4:30pm with Dr. Jennie

2 Saturdays/Month: 9am-Noon with Dr. Jennie
(June Saturdays: 5th & 19th)

Mystical Massage:

Shana Stubblefield (Mystical Massage) will be joining Cornerstone Chiropractic on **June 1**. Mandi Johnson is also still available for massage appointments at our office. You can contact our front desk to set up an appointment time with either massage therapist. They offer half or full hour massages and have a variety of massage styles to suit your individual needs. Gift certificates are also available.

SUPPLEMENT OF THE MONTH: **JOINT RELIEF**

What is it? Joint Relief is a dietary supplement that contains compounds beneficial for maintaining healthy joints as well as other components that are naturally occurring anti-inflammatory mediators.

Joint Relief contains glucosamine, MSM, and chondroitin. These are the building blocks of connective tissue, they inhibit cartilage breakdown and stimulate joint repair. It also contains boswellia, turmeric, white willow bark and bromelain, which are each naturally occurring inflammation reducers.

Who should take it? Joint Relief can be taken by anyone who would like to improve the health of their joints, especially those in the legs and spine since they bear weight. It may take up to 8 weeks to notice changes, so don't give up if you just started supplementing.

Where can I get it? We carry Joint Relief at the clinic and are offering a **15% discount for the month of June.**