

Wellness News You Can Use Inspiring Health and Wellness

October is a wonderful month. The weather tends to be nice and we don't have to worry too much about the holidays until the end of the month. Once Halloween gets here it can seem like a blur through the New Year. So take the time to enjoy the quiet before the storm.

Of course your attitude will play a big part in how you handle the stresses of life. Adjusting is what we do every day in our office. Usually that means adjusting the spine, sometimes it means helping someone with an attitude adjustment, and other times it is both. Getting adjusted is great for the body and mind, so please read and enjoy our article, Attitude Adjustment.

If you want to start your day off right a healthy breakfast of oatmeal can be a great choice. However, some types of oatmeal are better choices than others. Choose wisely and not only can you enjoy a tasty breakfast you can enjoy a healthy one too. Read

more about your choices when choosing oatmeal in our article, Know Your Oatmeal.

One thing that more Americans are consuming now more than ever is medication. Sadly, but not surprisingly, all this medication is not leading to a healthier population. In fact, the opposite is true. The question is...are we taking more medication because we are sicker or are we sicker because we are taking more medication? Find out more in the article, A Cup Full of Sugar.

Finally, do yourself a favor and sit up straight. There are so many reasons to make sure you have good posture that we thought it would be important to review this topic in our article, Points for Good Posture. So many people know that posture is important, but don't really know why.

Have a great October and enjoy your reading!

Inside This Issue:

Points for Good Posture	1-2
Know Your Oatmeal	2
A Cup Full of Sugar	3
Attitude Adjustment	3-4
Recipe of the Month: Maple Roasted Sweet Potatoes	4
Recommended Reading	5
Wellness Quiz & Answers	5
Upcoming Articles	6

Points for Good Posture

Sit up straight, chin up, chest out/shoulders back..... ever heard any of those sage words of wisdom? Chances are you have and chances are even greater that the person telling you to follow those orders was slouched over with their head down and their shoulders rolled forward!

Posture is more than a tag phrase thrown around by well-intentioned authority figures. It is an essential part of living a fully functional and well life. Ever seen a house with a saggy foundation on one corner, or a badly rotted sill? Doesn't look good or age well, does it? In fact when you look inside, you see windows that don't open and close, doors that stick, and floors that are un-level, and eventually the exterior begins to deteriorate as well.

The same goes for the body; however, in the body there are more important considerations than the structure to be concerned with. For instance, when your spine is out of "alignment" or balance, the nervous system immediately tries to correct it through muscle contraction, joint fixation and/or hyper mobility, circulatory

changes, and eventually chronic scar tissue development. This is just the effect on the bones and muscles. What about the organs and glands?

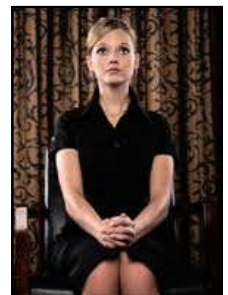
Question: Can a lack of proper posture affect your heart, your digestion, your thyroid gland, or any and all other tissues in the body?
Answer: ABSOLUTELY!

Question: Would you know if you had "bad" posture that was affecting your health?
Answer: NO, at least for the majority of people I have cared for in my career.

Question: How would I know if I had "Bad" posture?

...continued on page 2

Sit up straight, chin up, chest out/shoulders back..... ever heard any of those sage words of wisdom?



Points for Good Posture

...continued

Answer: Seek the advice of an expert in the proper balance and structure of the spinal column and nervous system.

As a chiropractor, the most common postural issues we see are the following: forward head posture, hyper kyphosis, and hip/shoulder/ear height imbalances. All of these issues stem from the body's natural and proper attempts to adapt to gravity, and all can be corrected if detected before permanent structural damage is done (usually in the form of degenerative arthritis or, better put, wear-and-tear arthritis).

The best advice I can give you as a responsible and compassionate care provider is this; get checked as soon as possible by a chiropractor for spinal and nervous system imbalance and then follow the appropriate corrective measures to get your spine, nervous system, and muscular system to a place of balance and integrity.

Once you have done this, it will be easy to maintain and your health and future wellbeing will be a blank canvas for you to paint a masterpiece on!

Dr. Brent Reiche

Question:

How would I know if I had "Bad" posture?

Answer:

Seek the advice of an expert in the proper balance and structure of the spinal column and nervous system.

Know Your Oatmeal

Many Americans are accustomed to starting their day with a bowl of oatmeal. Doctors recommend adding oatmeal to your diet because of its heart-healthy and anti-cancer properties. But are all oats created equal? No! There are different types of oat products on the market. The two kinds that you will most likely find on your supermarket shelf are "steel-cut" oats and different varieties of "rolled" oats.

Steel-cut oats are the least processed of the two varieties and so retain the

Your best option is to choose the least processed type of oats such as the steel-cut or old-fashioned.



greatest amount of nutrients—especially cholesterol-lowering soluble fiber found in oats. Because steel-cut oats are the least processed, they do take much longer to cook than the rolled type, but it is worth the extra time and effort for their superior flavor, texture, and nutrient composition.

Rolled oats are what most Americans know as oatmeal. These oats have been steamed, dried, sliced, and then flattened, producing the flat oatmeal shape that most of us are used to. There are three types of rolled oats: old-fashioned, quick-cooking, and instant. The instant variety is the most processed of the three and has already been precooked, making it convenient to cook but unfortunately mushy in texture. Also, the instant variety frequently has added sweeteners, salt,

and other flavorings. Your best option is to choose the least processed type of oats such as the steel-cut or old-fashioned. If you are pressed for time and need the convenience of instant, go with plain instant packets and add your own sweetener, such as honey, real maple syrup, stevia, or agave nectar. Also, be sure to add a couple tablespoons of oat bran, which will replace some of the cholesterol-lowering soluble fiber, which has mostly been lost in instant varieties.

You can also add nutrients and variety by topping your oats with vanilla yogurt, fresh berries, and slivered almonds. Just make sure your yogurt isn't full of added sugars!

Until next time, eat well!!

Dr. Brent Reiche

A Cup Full of Sugar

Have you ever seen the movie *Mary Poppins*? In the movie there is a scene where she is getting the children to clean their rooms and she sings a song with the famous line, "Just a spoonful of sugar helps the medicine go down." Based on current trends, the average American would have to take a cup full of sugar to get down all the medicine they are taking.

According to the CDC, the percentage of Americans that took at least one prescription drug in the last month increased by 10% over the last decade. Multiple prescription drug use increased by 20% and the use of five or more drugs increased by 70%. As of 2007-2008 half of all Americans used at least one prescription drug. What I find especially alarming is that 1 in 5 children and 9 out of 10 adults over 60 are on one or more prescription drugs. The cost of all this medicine is astounding. In 2008 \$234.1 billion dollars was spent for prescription drugs in the U.S. According to the study that is more than double what was spent in 1999.

Although the study was simply to report the trends of prescription use in the U.S., the authors seemed to find it necessary to put in a plug for the drug companies when they stated, "As new drugs are introduced and new uses for old drugs are found, more patients can have improved health and quality of life with the appropriate use of prescription drugs." Sadly, there is no comment about teaching and encouraging people to live healthy lifestyles so that they don't need to take these drugs.

If you spend some time searching the CDC website you can



Based on current trends, the average American would have to take a cup full of sugar to get down all the medicine they are taking.

also find lots of other interesting facts. For example, the World Health Organization rates the health of the average American 72nd in the world and rates our health care system 37th in the world. At the same time our population is getting more obese every year. Finally, we are second in the world in how much we spend on health care measured as a percentage of the Gross Domestic Product.

When you put all this together it seems too absurd to be true, but I encourage you to look into the facts yourself. We spend billions of dollars on health care and medication while as a nation we are getting heavier and sicker every year. Everywhere you turn there is an advertisement telling you to take the next great medication that will help you live a healthy productive life. Unfortunately, the evidence tells another story. I encourage you, if you haven't already done so, to take control of your health and start making those changes that will enhance your lifestyle in a way that will help you achieve true health and wellness.

Dr. Brent Reiche

Attitude Adjustment

I'm sure you've heard it before... "He needs an attitude adjustment". An attitude is a firmly held thought that governs a behavior. Attitudes are passed on from our parents, grandparents, peers, etc. We are told something at a point in our life and we decide at that time whether or not we will choose to make it part of our own belief system. You might hold a

certain attitude towards rap music due to the influence of someone in your circle. But other factors also affect our attitude. For instance, STRESS! When you are under stress you behave differently than when you are in a more relaxed state. When you're stressed, things bother you more easily...they get on your NERVES! As we go through our lives we are constantly bombarded by physical, mental, and environmental

stressors that challenge our body's ability to adapt to its surroundings. It's our nerve system's job to control and regulate this adaptation. However, our nerve system can become overwhelmed with stress and result in what we call a subluxation. Subluxation is simply an area in your spine that loses its normal function due to stress. It is an area that is restricted in its normal range of

Attitude Adjustment

motion or is misaligned, causing stress on the nerve system. Since our nerve system controls and regulates all function, stress on nerves can drastically affect your overall health.

Everything we experience is processed through our nervous system. When our perception of the world is distorted by subluxation, it compromises our ability to respond appropriately. Chiropractic adjustments work to reduce stress on the nerve system and can improve the function of all systems, including your mental health. A study published in The Chiropractic Journal introduced evidence that chiropractic

adjustments have the ability to increase Alpha brainwave patterns, which are “classically associated with a greater degree of relaxation and health”. In fact, for a period of forty years from the 1920s to the 1960s there were a handful of mental health facilities that utilized chiropractic care as principle service and achieved greater than average results. However, due to insurance reimbursement problems the service was suspended or the facilities closed. Recently published case studies also support the effectiveness of chiropractic care in people with depression and anxiety problems.

You don't have to be suffering with a clinically diagnosed mental health



...our nerve system can become overwhelmed with stress...

problem to benefit from chiropractic care. I hear from clients all the time who report that getting their spine adjusted helps them handle the day to day stresses of their lives, and let's face it, if you are in discomfort and not feeling well having a great attitude is difficult.

Schedule your appointment today to see if chiropractic care is right for you!

Dr. Brent Reiche



Recipe of the Month: Maple-Roasted Sweet Potatoes



Prep & Ready Time: 1 Hour 10 Minutes

Directions:

Yields: 12 Servings

Ingredients:

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9x13 inch glass baking dish.
3. Combine maple syrup, butter, lemon juice, salt and pepper in a small bowl.
4. Pour the mixture over the sweet potatoes; toss to coat.
5. Cover and bake the sweet potatoes for 15 minutes; uncover, stir and cook, stirring every 15 minutes until tender and starting to brown, 45-50 minutes.
6. Enjoy!



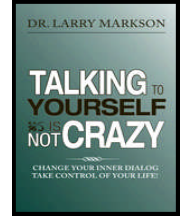
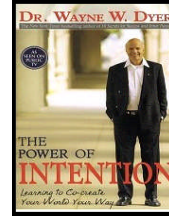
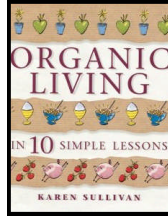
C7—A subluxation or interference at this spinal level can affect the thyroid gland, bursa in the shoulders, elbows.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

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-or-
207-571-8028

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit www.amazon.com.

- **Organic Living in 10 Simple Lessons**, by *Karen Sullivan*~ The perfect introduction for people who want to go organic but don't know how to get started.
- **Power of Intention**, by *Wayne Dyer*~ Learn to co-create your world your way.
- **Talking to Yourself is Not Crazy**, by *Larry Markson*~ Change your inner dialog, take control of your life.



Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

info@activechiropractor.com

or

Wellness Quiz
439 Main St #104
Saco, ME 04530

We will enter your name in a monthly drawing to win a 1 hour Personal training with Matt Thone @ Bear Essentials Fitness, He looks forward to working with you soon! Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employment will be listed in a future issue.

1. Can a lack of proper posture affect your heart, your digestion, your thyroid gland, or any and all other tissues in the body?
2. What type of oats are the least processed and retain the greatest amount of nutrients?
3. How much money was spent for prescription drugs in the U.S. in 2008?
4. The World Health Organization rates the health of the average American 72nd in the world, yet our health care system is rated what?
5. When our perception of the world is distorted by a _____, it compromises our ability to respond appropriately.
6. Chiropractic adjustments work to reduce stress on the nervous system and can do what?
7. What organs and/or body parts could be affected by a subluxation at the seventh (C7) Cervical Vertebrae?

September Answers:

1. Dr. Brent suggests that you create balance in your life by doing something every day that you do love!
2. Vitamins A, C, E, K and B are all found in apples.
3. For the maximum benefit you should eat your apples raw with the skin. The skin of the apple is where you will find your highest concentration of fiber and nutrients.
4. Dr. Brent believes that the first line of care or evaluation for sciatica should not be expensive and in most cases unnecessary diagnostic procedures, steroid injections, physical therapy, or spinal surgery because these are primarily aimed at treating the symptoms of sciatica as opposed to detecting and correcting the cause.
5. By packing a lunch you can plan ahead, create a balanced nutritious lunch and save some money.
6. One way to improve your fitness at work is to take advantage of the opportunities that are available to you on a daily basis. Opt for those activities that demand more effort over those that are more convenient. For example, use the stairs versus the elevator whenever possible, park farther away from the building to have more of a walk to the building, use an exercise ball as a chair, etc.
7. A subluxation or interference at the sixth (C6) Cervical Vertebrae can affect the neck muscles, shoulders, tonsils.

Inside the November Issue:

- Smoking by the Numbers
- The Role of Chiropractic in Cancer Treatments
- Financial Fitness
- Daily Dose of Levity
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Active Chiropractic News & Updates

Breast Cancer Month!!

Thermal Breast Imaging Talk

Tue. Oct 25th @ 6pm **207-571-8028**

RSVP Limited Seating-
Refreshments Served

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About Active Chiropractic



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At Active Chiropractic we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.

Our Mission Statement:

To provide excellent Chiropractic care, education, and support with the intent to stimulate, nurture, and facilitate growth, learning, health, and well-being for our patients and community, thus empowering and inspiring a new paradigm of health based on the philosophy and principles of Chiropractic.