



Wellness in the News

05/1/08
Volume 1 Issue 6

Unruh Chiropractic and Wellness Center, 301 N 8th St. Suite 1, Rogers, AR 72756
www.yourwellnesspractice.com info@yourwellnesspractice.com 479 621-9006

Here's to your
Health and
Vitality!

Getting Healthy & Staying Healthy

By Nancy Riedesel, CA

Last month you read about the basic benefits of Good Pure Water in what part it plays in our health. This issue will expand on the benefits of **Sufficient Rest**, which is underestimated by many people as a necessary part of health.

I've found that resting is basically a change from our normal activities. If we are used to being active and doing heavy labor, rest would indicate being still for a while. If you are used to sitting at a desk all day, then rest would be to go for a walk and get some exercise to balance the body.

I don't know about you, but it seems that my life is on a spiral and there is not enough time for rest from all the tasks that I'm trying to get done each day. My days get longer and my nights shorter. However, rest and relaxation is very important. In fact, getting enough rest is imperative to living a healthy lifestyle and when you do not relax and get enough sleep you are putting yourself at risk for illness as well as other side effects.

I'm a prime example of this very thing as I got hit with the Bronchitis virus that's been affecting so many people around the Nation. As good as I eat with all raw vegan foods, and I still have suffered with this Bronchitis bug for 3 weeks. My only answer for it is that I've not gotten enough rest for my body to recoup from the day's activities.

Benefits of getting sufficient 7-8 hours rest each night are:

1. Better concentration
2. Healthier immune system to fight off viruses and bacteria
3. More needed energy to function properly
4. Positive Attitude
5. Exhibit more patience
6. General overall sense of wellness

It makes sense to get sufficient rest and enjoy all the benefits. Why feel poorly when you can feel energetic and healthy?

Wellness . . .? Priceless!

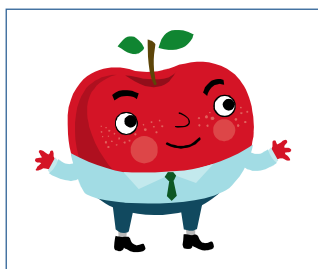
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*"Wellness . . . ?
Priceless!"*

We're So Excited!

"Ask us about our brand new addition to the DRX . . . We have installed and ready to use the Cervical Traction Unit for those with herniated or compressed discs in the neck. If you have, or know of someone who has this condition, call our office and ask about this new unit!"



The average head weighs 10 pounds. Chiropractic and exercise can help maintain a strong neck to hold up that weight.

Warning Signs of Whiplash:

- ✓ Headaches
- ✓ Neck Pain
- ✓ Mid-back Pain
- ✓ Shoulder & arm pain
- ✓ Dizziness
- ✓ Burning in neck & shoulders
- ✓ Ringing of the ears
- ✓ Numbness/tingling in neck, arms, hands, back
- ✓ Blurred vision
- ✓ Nausea

How Chiropractic Can Help

By John Unruh, D.C.

"No Auto Body Damage" Can Mean "MORE Soft Tissue Damage"!

It's a fact!! Nearly half of whiplash victims are injured in accidents where vehicles sustained no significant structural damage!

One Japanese study looked at 400 whiplash cases and found that as vehicle damage increased, the severity of the whiplash decreased! With auto body damage, the kinetic energy transfers into the "Crunch" instead of into the patient.

No studies, to date, have found any direct correlation between crash speeds and the risk for injury! And a car crash at speeds as low as 5 mph can cause injury.

So please don't let a minor accident keep you from getting the care you need. If you know of a friend or loved one who has been in a "minor" accident, encourage them to seek chiropractic care as soon as possible to avoid later surfacing pains and injuries.

With Chiropractic . . . You'll Get Relief!

Chiropractic techniques and skills are well-suited to relieving neck pain and other debilitating effects of whiplash. Chiropractic can help minimize the risk of long-term problems without drugs or surgery! Spinal adjustments help reduce inflammation, increase circulation and reduce built-up scar tissue, speeding up the healing process.

When the injured soft tissues of the neck no longer provide adequate support for movement and the weight of the head, a forward head position develops.

Let's face it, the average head weighs about 10 pounds. A wobbly whiplash patient often has difficulty repositioning his/her neck. This abnormal posture leads to a damaging, constant strain on the neck, Upper back and shoulder areas. Left untreated, you can develop permanent limitations that may affect activities of daily living.

Chiropractic care helps to stabilize the cervical spine to better support that weight!

Cervical disc injuries are common after a whiplash. Repeat MRI images have demonstrated that Chiropractic care can actually decrease the size of the disc herniation.

Doc Unruh

Do you have a friend or family member who has been in an auto accident within the last 6 months?

- ✚ Or has one of your friends or family fallen to sustain even a minor injury.
- ✚ After reading the above article, you can see what damage can occur without realizing it.
- ✚ So to encourage you to encourage your friend or family member to take care of themselves, I am including a certificate here for you to give to them to come into our office for a check up - at my expense.
- ✚ Many serious problems have been averted by Chiropractic Care when addressed early enough.
- ✚ Who knows, . . . you may be responsible for improving someone else's life.

**PREFERRED FRIENDS & FAMILY GIFT
CERTIFICATE**

FREE First Visit Including:

**Consultation With SEMG Exam- Valued Up
To \$245.00**

***ABSOLUTELY NO OBLIGATION FOR FUTURE
CARE!***

Compliments Of...

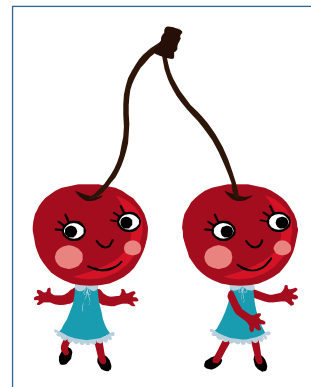
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EXPIRES ON 5/31/08

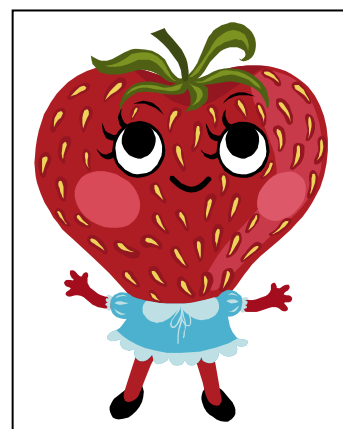
Interesting Tips, Tricks and Facts

- ❖ Pregnant women who drink two or more cups of coffee a day have twice the risk of having a miscarriage as those who avoid caffeine. U.S. researchers have said recently.
- ❖ Women who consumed the equivalent of two or more cups of regular coffee or five 12-ounce cans of caffeinated soda - were twice as likely to miscarry as pregnant women who avoided caffeine.
- ❖ This risk appeared to be related to the caffeine rather than other chemicals in coffee, because they also saw an increased risk when the caffeine was consumed in soda, tea, and hot chocolate.
- ❖ Caffeine is harmful because it stresses the fetus' immature metabolism. It may also decrease blood flow in the placenta, which could harm the fetus.
- ❖ Hormone use after menopause shows that heart problems linked with the pills seem to fade after women stop taking them; however, surprising new cancer risks appear.
- ❖ Those who'd taken hormones but stopped were 24% more likely to develop any kind of cancer than women who'd taken dummy pills during the study.
- ❖ Cancers included breast tumors, which also occurred more frequently in hormone users during the study.
- ❖ *"Leave your drugs in the chemist's pot if you can cure the patient with food."* Hippocrates, 420 B.C.



There are two great medicines:
Diet and Self-control.

...Cancers are directly
related to caffeine &
hormone therapy ...



The World Cancer Research Fund said the
link between body fat and cancer is closer
than generally realized.

Tuesday night health classes are informative, educational, and a great learning experience for the whole family. Make your reservation to come for these FREE classes given by Doc Unruh.

Topics for the month include:

- *Genetics, Lifestyle, and Health*
- *Think Well*
- *Eat Well*
- *Move Well*

Time: 6:15 Sharp
here at the office