



Wellness in the News

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Having a great attitude toward your health allows you to make necessary changes easier.

Getting Healthy & Staying Healthy

By Nancy Riedesel, CA

Last month you read about the basic benefits of Fresh Air and what part it plays in our health. This issue we're talking about **Attitude**; the benefits of a great attitude vs. a bad attitude.

Did you know that a positive attitude has everything to do with healing? There is a saying by the wisest man who ever lived: "A merry heart does good like a medicine, but a broken spirit dries up the bones."

Have you had encounters with people who are so depressed or just plain negative in their thinking that you don't want to be around them for any length of time? What is their health condition like? Are they sick, or do they complain of many symptoms and illnesses? Do you see them as shriveling up inside?

We have seen where just having a positive attitude – finding things to laugh about, or look forward to, has substantially altered their physical condition to a healing state. There is a man, Norman Cousins, who did just that. He was physically ill and dying in the hospital and healed himself through laughter.

"I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep," Check out his book – [Anatomy of an Illness](#).

You can add life to your years and years to your life just by having a great attitude and laughing at things that you can do nothing about. If you can't change it, don't sweat it!

Be positively **positive** that making **positive** changes in your diet, health, lifestyle and thinking will make **positive** improvements in your life. We can have the head knowledge of lots of information that would help us, but if we make changes with the idea that we are going to do it, but *not like* doing it, then 'doing it' is *not* going to have the **positive** effect.

So, to give you some food for thought: "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." "Attitudes are contagious. Are yours worth catching?"

INSIDE THIS ISSUE

- 1 Getting Healthy
- 2 How Chiropractic Can Help
- 3 Interesting Tips, Tricks, & Facts

"You don't stop laughing because you grow old. You grow old because you stop laughing."



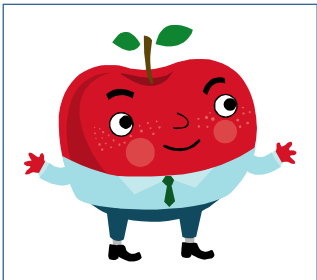
Happiness
(an attitude)
is an outward
sign of an
inward choice.



Don't worry; be happy!

It's REALLY Working!

"We're gaining great success with the Cervical Decompression Unit for those with herniated or compressed discs in the neck, as well as with the back.. If you have, or know of someone who has this condition, call our office to schedule an appointment! Space is limited!"



Frequency medicine has been shown to be quite effective in the relief of . . . sciatic symptoms for some people.

We are getting approximately 86% success with our DRX patients! That's incredible!

How Chiropractic Can Help

By John Unruh, D.C.

Back Injuries are more common now and can be life changing unless positive intervention is made:

It's summertime and lots of time for sports, out of doors activities, traveling, and many opportunities to injure the back before we know it.

Did you know . . . ?:

- Americans spend at least \$50 Billion each year on low back pain and it's the second most common neurological ailment in the U.S.
 - 80% of people over the age of 30 will experience back problems at some point in their lives. 30% of those will have recurring problems.
 - Each year, there are approximately 916,000 spinal surgeries performed in the U.S. and many of them with major side effects and failed results.
 - Back pain accounts for almost one fourth of all occupational injuries and illnesses.
 - There are conditions that may often be treated non-surgically, such as:
 - Herniated Disc
 - Degenerative Disc Disease
 - Facet Syndrome
 - Sciatica
 - Some common treatments used in the traditional medical arena that are not always effective and can have side effects:
 - Bed Rest
 - Physical Therapy
 - Medications
 - Acupuncture
 - Surgery
 - Traction
 - What do **we** have to offer that is so different than any other chiropractic office?
 - Special testing to find the "hot spots" in the back where there is injury
 - Case specific exams and adjustments to re-align the spine to correct abnormalities
 - Rehabilitation treatments individually designed
 - **DRX9000** – a **True Non-Surgical Spinal Decompression System** designed to provide pain relief for compressive and degenerative injuries of the spine, such as herniated discs, bulging or protruding intervertebral discs, degenerative disc disease, posterior facet syndrome and sciatica. We are now getting approximately 86% success with our treatments
- Call today to come check out this phenomenal treatment for back pain and see if you qualify.**

Do you have a friend or family member who has been suffering with Back Pain or Neck Pain?

- ✚ Or has one of your friends or family had an injury of some kind stimulating pain and weakness in the legs?
- ✚ After reading the above article, you can see how chiropractic can help, and how important it is to check this condition early.
- ✚ 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. Print it, cut it and share it.
- ✚ 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 by taking away their pain.

**PREFERED 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 8/31/08

Interesting Tips, Tricks and Facts About Childhood Obesity?

The rise in childhood obesity is a single problem with a whole lot of causes. One researcher states, "The childhood obesity epidemic is a tsunami". Like any epidemic, it hits some groups hard and leaves others mostly alone. Which group your family belongs to depends on income, ethnicity, geography and more. As an example: according to the CDC's 2006 figures, nearly 40% of Mexican Americans, 35% of blacks, and 31% of white American kids are overweight. Why. . . ?

Here are only some suggestions that have proven influential:

1. Genetic risk factors that they can do nothing about
2. Access to fresh produce is limited
3. Low Income family
4. Poor education
5. Little or no training in healthy nutrition
6. Limited daily activity, decreasing the amount of calories used up; (the principle is still the same: calories in; calories out in order to lose unwanted weight)
7. Choices for food is dependent on family income; processed fatty foods are convenient, available, and cheaper than healthy ones.
8. School lunch programs are overcooked, fatty, and limited in fresh produce
9. Limited parks and playgrounds in which to play
10. TV, computers, and video games have usurped the desire to play outdoors

So how does obesity really affect children?

- Poorer learning habits with decreased retention ability
- More easily agitated, Restless behavior; ADD; ADHD
- Juvenile diabetes
- High cholesterol; heart disease; colon disease
- Poorer eyesight, weaker teeth with more decay, etc.

What are some suggestions that we can curtail this runaway problem?

1. Cut down on processed and fast foods, especially ones with food dyes.
2. Replace animal products with natural fresh vegetarian options
3. Encourage the child to be active every day; be active with your child.
4. Replace sodas with water
5. Cut out all sugared foods and replace with natural fruits
6. Have the child do special chores at home to stay active
7. Cut back on TV and computer time to promote outdoor play

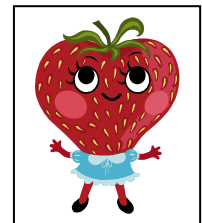
What results will likely be seen in the child with these changes?

- Calmer spirit, more cooperative, less agitated, better sleep
- Quicker learning abilities with better retention
- Natural weight loss and improved self esteem
- More creative in play and work
- Healthier, fewer allergies, more energy, . . . etc., etc.,



**Two
contributing
factors
to obesity:**

*.. principle is still
the same: calories
in; calories out . . .*



**Creative
play**

Remember Tuesday's
Health Classes to increase
your knowledge and
improve your health
6:15 here at the office