



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

**Sleep Is
The Golden
Chain
That Ties Health
And Our Bodies
Together.**

Thomas Decker 1572 - 1632

**Getting Healthy & Staying Healthy
Headaches, Hygiene and Pillows - by Laura Weyer, CA**

Last month you read about the importance of **ATTITUDE** and its powerful effect on maintaining or regaining health. This month we'll focus on **REST**.

We hear about dental hygiene and how to eat right, but when was the last time you considered if you slept well - in a way that does not stress the spine? Most of us know it's important to avoid head and neck trauma because serious and devastating injuries can occur. Less understood, are how minor and cumulative stresses over time can affect the soft tissues in the neck.

If you have never suffered an obvious neck trauma, maintaining good neck habits is still critical. But most of us have had a few kinks in the neck over the years, and we tend to suffer when problems are ignored.

Ever wonder why your neck might be stiff in the morning? Maintaining good spinal hygiene while sleeping is just as important as proper care of your teeth! Eight hours of bad posture can be a significant problem.

Because there is a naturally-formed arch in the neck when you lay on your back, a pillow can be designed to support the middle of your neck. These types of pillows are called cervical pillows or neck support pillows. Researchers from Canada (J Can Chiro Assoc, 2004) used a semi-custom pillow in patients with neck pain (with or without headache) to test its effectiveness. The patients used the pillows over four weeks. In this randomized and controlled study, the patients that used the pillows had significantly less pain in the morning. They also looked at the patients' ability/disability over time and discovered that this also improved in the group that used the neck-supporting pillows.

Our wellness center provides patients with spinal hygiene exercises, neck support pillows and chiropractic care for neck problems. These can be key to your avoiding re-aggravation of your condition and to prevent problems from occurring in the first place. Many headache patients benefit when they pay attention to the stresses on their neck. Aggravation can be caused by looking at a computer screen with the head down or it could be as simple as the pillow you use while sleeping.

INSIDE THIS ISSUE

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

"There is a time for many words, and there is also a time for sleep." Homer



**To Achieve
The Impossible
Dream...
Try Going
To Sleep!**



**It is better to sleep on things beforehand
Than lie awake about them afterward.**

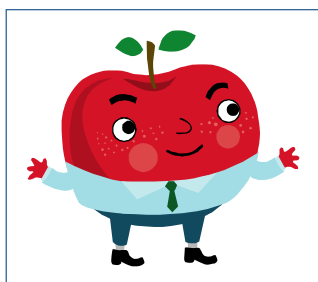
Baltasar Gracian

It's REALLY Working!

"I wish I had seen a chiropractor sooner."

Says Brett Cimino, a plumber who for 10 years has suffered from headaches nearly every day and debilitating migraines two to four times a month.

"As soon as I began getting adjusted I noticed a difference. A year later, I am on a maintenance plan now and to say I have had six headaches of any kind in the last year would be an overstatement."



Drugs only dull headache pain, they don't treat the cause!!!

1 in 6 Americans Suffers from Chronic Headaches!

How Chiropractic Can Help

By John Unruh, D.C. & Ryan Monson, D.C.

Chiropractic & Headaches

For decades, Doctors of Chiropractic have successfully treated headaches. Success was so quick and profound in some instances that chiropractors theorized that some headaches are caused by dysfunction in the neck and cervical spine. This theory was largely over-looked by the scientific community as they knew of no biological or physiological link.

But we chiropractors were right! In 1995, a team of researchers at the University of Maryland in Baltimore were intricately dissecting cadavers and discovered the biological link—a connective tissue bridge from a muscle in the head (the *rectus capitis posterior minor muscle*) to the membrane covering the brain and the spinal cord (the *dura mater*).¹ By showing the biological link, this important discovery essentially cemented the theory that neck dysfunction can cause headache.

Today, one of the most commonly treated complaints in chiropractic offices is headache. Several causes of headache are:

- Muscle inflammation and “trigger points”
- Joint irritation and nerve compression
- Dural traction on the spinal cord and brainstem

Do you suffer from Migraine headaches? A recent trial by Dr. Peter Tuchin at Macquarie University showed that 60% of migraine sufferers had a reduction in their symptoms during the course of chiropractic care. As study by Dr. J. S. Wight reviewed chiropractic treatments since 1923 and found a success rate between 72% and 90%. The benefits at times seemed to last for years after the treatments.

Chiropractic is a safe and effective way to treat headache or migraine without drugs. The idea behind chiropractic is not that the condition itself is treated, but that the body is able to heal itself. Some people have dramatic results, and become completely headache free. Some migraine sufferers find complete relief. Others find relief simply from some symptoms or after effects of the migraine attack. The best thing to do is find a chiropractor that you're comfortable with, and track the results of the treatment over time.

***Call me today!* Let me check into your headache pain and identify a treatment that can help you heal and stay well!**

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

- ❖ Has one of your friends or family suffered from frequent or severe headaches? Neck aches, whiplash, or migraines?
- ❖ 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...

*

*

**Unruh Chiropractic and Wellness Center
302 N 8th St, Suite 1; Rogers AR 72756. 479-621-9006**

EXPIRES ON 11/15/08

Interesting Tips, Tricks and Facts About Life's Best Medicine – **Laughter!**

“Always laugh when you can. It is cheap medicine.” ~ Lord Byron

It's been said for centuries, and research is proving it true - laughter is good medicine - not just for your mental health, but also for your physical wellbeing.

According to Michael Miller, M.D. director of preventive cardiology at the University of Maryland Medical Center in Baltimore, laughter causes the tissue that forms in the inner lining of blood vessels to expand and increase blood flow. The researchers also found that mental stress will cause an unhealthy narrowing of blood vessels, which could contribute to heart disease.

Laughter has been found to increase cells that boost your immune system along with disease-fighting proteins and antibodies. It also decreases stress hormones that constrict blood vessels and suppress immune activity. Laughter increases the concentration of immunoglobulin A in saliva, which defends against viruses and bacteria in your lungs.

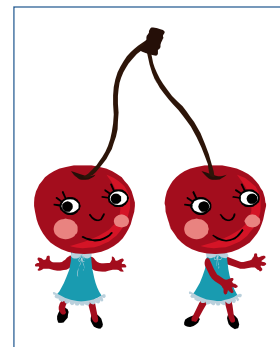
While laughter can't replace regular exercise, researchers estimate:

- Laughing 100 times is equal to 10 minutes on the rowing machine!
- Laughing 100 times is equal to 15 minutes on an exercise bike!
- Laughter works out your diaphragm and abdominal respiratory, facial, leg and back muscles!
- Laughter of 10-15 minutes can burn up to 50 calories!

Melissa B. Wanzer, Ed.D., professor of communication studies at Canisius College in N.Y. found that if employees view their managers as humor-oriented they also view them as more effective. She also found that humor is an effective way to cope with on-the-job stress, when used appropriately. It was also found that aging adults who used humor could cope better, leading to greater life satisfaction.

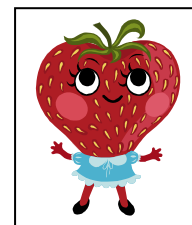
*See the humor in everyday things
And share it with others...*

Laughing is contagious!



Laughing lowers blood pressure and increases blood flow and oxygen to the blood.

*He Who Laughs...
Lasts!*



Laugh & Play
Every day . . .

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