

GEO CHIROPRACTIC CLINIC News

A HEALTH AND WELLNESS NEWSLETTER

This Issue:

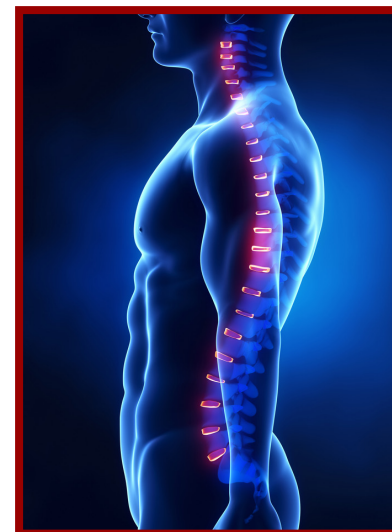
Natural Remedies for Kidney Stones

Chiropractic "Improves and Decreases" Tips

Happy New Year

Dear Patients and Friends,

I would like to be the first to wish you a happy, healthy and successful New Year! In this edition of the **Geo Health and Wellness Newsletter** there are many new developments in the area of health that I would like you to be aware of. The first topic, which as a wellness practitioner I am very excited about, is that the **Cancer Treatment Centers of America** has added chiropractic care to their **CAM** (Complimentary Alternative Medicine) program to support their cancer patients. **This is huge!** Medicine is slowly beginning to realize the benefits of a properly functioning spine and nervous system and how it affects the immune system and overall health. Even though we do not treat diseases such as cancer it has been my experience over the past 34 years that **patients with cancer that are under chiropractic care do better, have less pain, a higher quality of life and live longer.**



CHIROPRACTIC

IMPROVES

Health | Quality Sleep
Mental Focus | Active Lifestyle
Happiness | Well-Being
Immune System
Circulatory System
Healthy Digestion
Strength | Mobility
LIFE

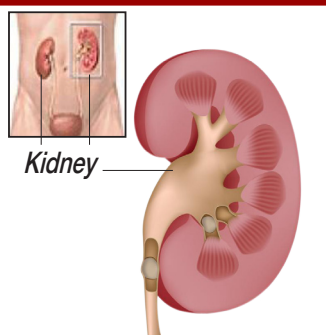
DECREASES

Pain | Disease | Illness
Stress | Aches | Insomnia
Anxiety | Depression
Prescription Druge Use
Fatigue | OTC Remedies
Injuries | Bad Posture



10 Natural Remedies for Kidney Stones

- 1) Lemon Juice, Olive Oil, and Raw Apple Cider Vinegar
- 2) Ema's Herbs Kidney Stone Tea
- 3) Dandelion
- 4) Kidney Beans
- 5) Horsetail
- 6) Pomegranate Juice
- 7) Magnesium
- 8) Organic Celery
- 9) Basil
- 10) Change in Diet



The kidneys are one of the most important organs in the human body. The kidneys help to detox and filter impurities from the blood, as well as waste products from your urine. Kidney stones form when the kidneys are not able to process toxins efficiently.

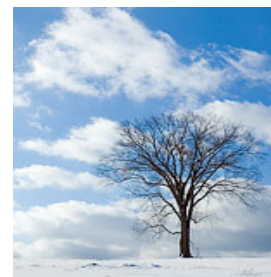
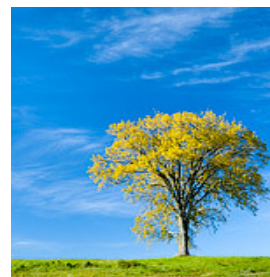
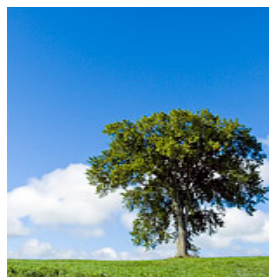
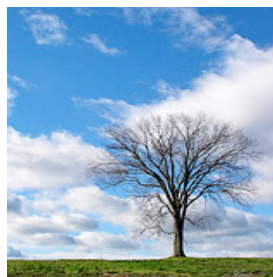
The second topic that is getting attention is the routine medical testing and recommendations for Vitamin D3. Chiropractors have long recognized the benefits of Vitamin D3 and the fact that it acts not only as a vitamin but also a prohormone especially in women. As estrogen declines with age, **Vitamin D3** helps to maintain **bone density** and also **immune function**. It is being highly researched in the treatment of breast cancer as well. According to the Mayo Clinic Health Newsletter, Vitamin D3 is also effective for "unspecified chronic musculoskeletal pain". The next time you go to your doctor for a routine physical, make sure you have them run a serum vitamin D3 as part of your routine blood work.

New research in preventative medicine has shown that people with a **short leg** or pelvic unleveling of more than 10mm on one side of their body will dramatically increase their chances of needing a hip replacement later in life. This is a great example of an ounce of prevention outweighs a pound of cure. Ask your Doctor or Chiropractor to evaluate your leg length. It can be easily done with a standard non-invasive leg length check and if positive can be verified by a standing pelvic x-ray. The shift in weight bearing puts an abnormal amount of stress on the long leg side. This is very important in that hip replacement surgery is on the rise.

You have probably heard numerous commercials on the **benefits of walking**. You can lower your risk of heart disease and stroke by 50% by incorporating a daily walking program into your activities of daily living. 20-30 minutes 5 days per week will do the job. Walking is also the best exercise for low back pain and weight loss. Start walking today and you will see the benefits in a very short time.

“The beauty about Chiropractic is the fact that it works with natural means. It puts nothing new into the body nor does it take away any natural gland or organ. Chiropractic simply releases life forces within the body, sets free rivulets of energy over nerves, and lets nature do her work in a normal manner.”

—D.D. PALMER



Do weather changes cause joint pain especially in those with “Arthritis?”

The answer is yes. Here is why. The link is lowered barometric pressure. A 2010 study published in the International Journal of Biometeorology established a direct connection between low barometric pressure, inflammation and joint pain. Additional studies in the Journal of Spinal Joint Disorders (2002) and the 2007 study in the American Journal of Medicine determined a direct correlation between barometric pressure changes and arthritis of the knee. The most likely explanation involves the expansion of fluid in swollen joints following fluctuations in barometric pressure. Inflammation due to dysfunction, disease or injury will lead to edema in and around the joint. This affects muscles, ligaments, connective tissue and joint capsules stretching sensitive tissues on a cellular level activating pain receptors. The key, however, is there must be inflammation present to begin with. Although there is some legitimacy in the saying, “Aches and pains mean coming rain,” **warm, sunny and dry weather is not a substitute for a good healthy diet, regular exercise, and regular preventive chiropractic care.**

A 2009 study by the journal, Medicine and Science in Sports, found that prolonged sitting is associated with increased risk of several chronic diseases including cardiovascular disease (147%), type II diabetes (112%) and dying prematurely (49%). Another recent study in 2011 Journal of the American College of Cardiology found that people who are sedentary for 2 or more hours a day double their risk of heart attack and stroke. Both studies concluded that regular exercise did not counteract the damages done by being sedentary. The average American spends 2.8 hours in front of the T.V., 6.5 hours standing or walking, 7.7 hours sleeping and **9.3 hours sitting.** The solution is **N.E.A.T.** The acronym stands for **non-exercise activity thermogenesis** as coined by obesity researcher, James Levine, M.D., PHD. N.E.A.T. is the code for getting out of your chair and walking as much as possible. Take the stairs at work. Get up every 20 minutes. Take a frequent water break. When watching T.V. pick up an activity that keeps you moving such as folding clothes, housework or cooking. **The key: is to get up and move!!!**

New research in obesity concludes we are addicted to certain foods, especially foods high in sugars, sweets and refined carbohydrates such as breads, pasta and chips. Each of these foods turns into sugar in the body and spikes your blood sugar level. According to **Mark Hymen, M.D.**, functional medicine expert and cardiologist, “sugar lights up the pleasure centers of the brain just like cocaine and heroin do. This causes the addictive cravings that we often cannot resist. It also explains why 70% of Americans are overweight.” One in two Americans has what he calls “diabetes”, the spectrum of imbalance ranging from mild insulin resistance to prediabetes to full blown type II diabetes. People turn to fad diets and even drastic measures such as gastric bi-pass to overcome health and weight issues, when what is really required is a good healthy diet rich in whole, natural foods and regular exercise.

Until next time, **stay well!**
Gene Orłowsky, D.C.