

Wellness in your Life



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Recreation, Weight Loss and Massage

July is a wonderful time to be thinking about outdoor recreation, vacations and weight loss. Therapeutic Recreation Week is July 12 - 18 and brings awareness of the beneficial aspects of recreation.

The Awareness Week is putting emphasis on the recreational activities available to individuals with different types of handicaps, but it can also point out that there are therapeutic benefits for all of us to get out and participate in sports and leisure activities such as hiking, fishing, and camping.

To make our time enjoyable however involves some preparation to avoid undue injury or muscle strain. If you have been pretty sedentary during the winter and spring months, a sudden burst of activity may be fun but can be marred by aching muscles and sprained joints.. If you aren't sure what is best to avoid these complications, check with your health care professional before setting out - or you may have to see him or her when you get back. Some things to consider for recreation, weight loss, and massage are inside this issue. In addition, we talk about taking care of your feet.

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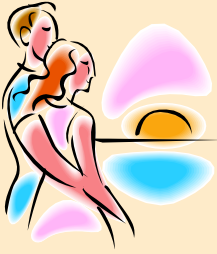
Taking Care of Your
Feet

July Schedule Notes

July 3 - 20 --- Dr. Cheney and Dr. Buchanan will be out of the office.

Dr. Anderson will be covering various hours during this time. See schedule page 6.

Recreational Benefits: Including Weight Loss



A number of health issues have been exploding on the scene lately. More and more people are developing diabetes, depression, heart disease and obesity. Our cur-

rent obsession with “health care” reform is looking for more ways to cut expenses and new ways to fund them.

Recreational facilities are often overlooked as a means to reduce costs and usually get reduced if cuts are needed. A 2005 report by the California State Parks documented many of the health benefits that can be realized from the recreation programs in communities, the state and nationally.

The physical activity that is promoted through recreational programs can have a direct effect on controlling obesity, boosting the immune system, diminishing the risk of disease and increasing life expectancy. Most of the benefits of a good exercise program can be achieved through recreation with the added benefit of new scenery and new activities.

The studies they found also document the benefits of reducing depression, relieving stress, improving self-esteem and personal growth.

Through many of these programs, certain social benefits are also possible. Recreational programs can go a long way in strengthening communities, promoting social bonds and supporting youth and senior groups.

Weight Loss Tips

Weight loss and fat loss are usually thought of as being synonymous. And to

a large extent, they are. If you rely on diet to lose weight, it is possible to lose weight and still keep a “spare time” or those “thunder thighs.” If you do “weight training” types of exercise only, it is possible to reduce the amount of fat you carry without losing any weight. If you want to lose weight and fat, you need to do both.

It matters how you put this combination together. You can lose weight by eating donuts, if you eat fewer calories (I lost 20 pounds this way one summer - editor). But the loss won't be permanent and your body won't be healthy as a result.

You can exercise in many ways that may make you more fit, but more and more effort doesn't always translate into pounds coming off.

Primarily, if you want to lose weight, the diet you use needs to start with cutting out processed grains, starches and sugars. This means eliminating a large number of favorite foods - to which most of us have a genuine addiction. You may need help to accomplish this.

Exercise for fat loss needs to be mostly aerobic in nature, with “wind sprints” - short bursts of added effort for a limited time, followed by recovery before another sprint - and some weight training for muscle definition and strength. An exercise coach may help.

Supplements are also necessary for building health. Dr. Cheney recommends a B-complex such as Excess Super, L-Carnitine, and ADHS, all available at the Centers. Cutting salt and drinking large amounts of water are also highly necessary.

Try Our Interactive "Hunt - Quiz" to see How Much You Know About Your Health

We are offering a chance to get involved with some home grown recreational activities. The following questions are based primarily on articles from past newsletters, but some answers can be found on the internet or by asking someone else who might know.

The "hunt" part is based on items or activities that can be found in the general area, some of which will involve actively doing the item listed. Complete the task and get an initial from someone in attendance for bonus points.



We will have a different quiz and hunt for the next three months with prizes given.

1. Name 15 benefits of therapeutic

massage.

2. Name 10 benefits of recreational therapy. _____

3. Name the top 8 foods that cause food allergies and sensitivities. _____

4. Name 10 symptoms of stress related conditions. _____

5. What is the Webster Technique used for? _____

The Hunt

_____ Find the nearest location where you can find almond flour. What can you use it for?

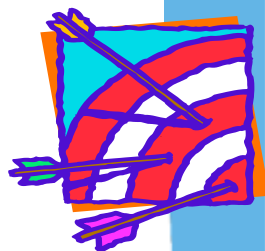
_____ Call and schedule an Introductory Orientation at the nearest Fitness Center (if you're not already a member). What two pieces of equipment seem most beneficial to you? _____

What pieces seem most intimidating?

(If you are already a member, get an attendant to initial your next visit, then answer the above questions.

_____ Take a free 3 minute trial massage on the Aqua Massage at the Phillipsburg Chiropractic Center.

When you complete the Hunt-Quiz drop your answers off at any of the three centers and your name will go into the drawing for prizes. Each month's winner will receive a ChiroFlow® Pillow.



Massage Therapy: Benefits

We know that massage makes us feel good, and relieves some of our aches and pains. While we would like to do it more often, we frequently feel that massage too often is a luxury indulgence that we can't afford except for special occasions.



If something was a benefit instead of a luxury, would that make it more reasonable? Massage therapy is just that, a therapy that gives a benefit to the health of your body, with the addition of making you feel good also.

What health benefits do we get from massage? Probably the biggest benefit is the reduction of stress. Stress also falls into one of those categories that we often dismiss because we feel stress is a natural part of life and there's not much we can do about it.

From a health point of view, stress contributes to all of the major diseases such as heart disease, cancer, high blood pressure, diabetes, and most of the other chronic conditions we are beginning to take for granted.

Our daily lives are putting our bodies into a constant state of cortisol production without the necessary time for recovery. Cortisol is a necessary part of our "fight or flight" response, but if it doesn't get turned off and have recovery time, it contributes to major diseases.

Massage can help in that recovery time. Massage reduces muscle tension which is one of the main effects of stress, as well as reducing cortisol levels, and increasing blood circulation which will boost our own body's immune system.

In addition to stress, studies have been conducted on the pain management of massage, for all types of pain. The relaxation benefits helps us sleep better which brings more body recovery. Better circulation can also improve our brain function and alertness.

If exercise is in your routine, you also know that sometimes we overdo it. This brings sore muscles. And when we haven't been exercising that much, we are even more vulnerable to sore muscles. Massage can help our muscles recover after exercise.

To get the most from your massage it helps to be as receptive and open as possible. Communicate with your massage therapist about any health information to be aware of, and what your expectations are.

Don't eat just before your massage. Try to be on time so you don't feel rushed and frenzied before arriving. Relax and breathe normally, don't get up too quickly. Be prepared to schedule several massage sessions to get the greatest benefits over time. The therapeutic effects of massage are cumulative, so the more often you get a massage, the better you will feel and the more quickly your body will respond.

Talk with your health care professional about what therapeutic benefits you might expect from massage, and build a team relationship between your health care professional and the massage therapist.

Aquamassage? Does That Really Work?

Aquamassage is also known as hydrotherapy or hydromassage. The aquamassage unit is a self-contained device in which the client lays down, fully clothed and enveloped by a waterproof barrier.

Interior jets rotate and pulsate while releasing streams of pressurized, heated water along the body. You remain completely dry, yet receive the full benefit of hydrotherapy. The pressure of the water against the body through the waterproof barrier provides the massage.

The aquamassage provides many of the same benefits of a regular massage, usually without the need to schedule an appointment in advance.

The biggest benefits come from stress reduction and muscle tension relief. It can be used to provide some reduced soreness, improved sleep, increased circulation, and pain reduction. It is best used in conjunction with regular chiropractic care, but does not have to be scheduled at the same times.



Your Feet Affect Many Other Body Parts

Even if your feet don't hurt, they may be a major factor contributing to your health problems. A foot problem may be the cause of discomfort or pain in your leg, knee, hip, back, shoulder, or even your neck.

- Do you stand or walk on hard surfaces more than 4 hours daily?
- Do you participate regularly in any physical sport?
- Are you age 40 or over?
- Have you had a prior injury to your knee, back, or neck?
- Do your shoes wear unevenly?
- Do you have joint pain while standing, walking or running?
- Is one leg shorter than the other?
- Do you have knock knees or bow legs?

- Do your feet "toe out" when you walk?

If you answered "yes" to any of the above, you may want to discuss orthotics with your health care professional.



The Foot Leveler™ computerized digital scanner takes precise measurements of your arches and feet. This in-

formation, along with an examination preformed in our office, is then sent electronically to Foot Levelers™ for your custom order.

Orthotics are important because they can help stabilize the feet, which helps level the pelvis, improve balance, and restore postural stability. They also help absorb damaging heel-strike shock, provide variable firmness, flexibility and control at midstance, and provide a propulsive "boost" as the body moves forward.



- Do you have obvious foot problems, (bunions, corns, flat feet, etc.)?

**From the Desk of . . .
Bruce Anderson, DC**

Summer and warmer weather are right around the corner, wait; change that, they're here now! Opportunities such as; fundraisers, barbecues, camping, county fairs, rodeos, festivals and others give us a chance for community, fellowship and.....food.

"NOW Doc, please don't take our summer food away as well, we've been waitin' all year for the better weather and the good eats!" Why; the thought never crossed my mind.

The secret to weight loss is to decrease caloric intake and increase caloric output. Eat less calories and burn more calories.

However, there are some things we can do to help get through these festive months and still lose weight. We can choose water over soda pop or beer, at least once in a while. Salads and vegeta-

ble kabobs on the barbeque offer great flavor and much less calories.

Leaner meats such as fish, lean pork chops or chicken white meat offer fewer calories as well.

Increase caloric output is all around us in abundance, walking, jogging, swimming, canoeing, bicycling, yard games, pick up game of football, basketball, and so on.

The web site **WEBMD.com** offers a nifty calorie counting calculator. It shows that a person who walks 1 mile in 20 min. burns 200 calories, swimming for 30 min burns 350 calories, gardening 215 calories. Imagine how many calories you could burn doing things as an outing at the lake!

Summer was made for people to enjoy, so enjoy! And keep **Wellness in your Life!**

Hours for Dr. Anderson, July 3 - 20 - Dr. Cheney and Dr. Buchanan will be out of the office during this time.

	Mon.	Tue.	Wed.	Thur.	Fri.
Phillipsburg	July 6 - 3:00 - 6:00	July 7 - 8:00 - 1:00	July 8 - 3:00 - 6:00	July 9 - none	July 3 & July 10 1:00 - 5:00
Stockton	none	2:00 - 5:00	none	8:00 - 2:00	none
Hill City	8:00 - 10:00	6:00 - 9:00	8:00 - 2:00	3:00 - 6:00	8:00 - 12:00
Phillipsburg	July 13 & July 20 3:00 - 6:00	July 14 - 8:00 - 1:00	July 15 - 3:00 - 6:00	July 16 - none	July 17 - 1:00 - 5:00
Stockton	11:00 - 2:00	none	none	7:00 - 11:00	none
Hill City	8:00 - 10:00	2:00 - 6:00	8:00 - 2:00	12:00 - 6:00	8:00 - 11:00

From The Desk Of . . .

Dustin S. Cheney, DC, DABCI

Thank you for taking time to read this from cover to cover. We truly enjoy putting the newsletter out and thoroughly love the feedback we receive from you regarding our production.

I have two requests. Please visit our web site at www.TheChiropracticCenters.com and click on the "contact us" and email me a quick letter and tell me what you think of our web site. Let me know what you would like to see on our web site or in future newsletters. We would love to make it more personable to you.

The second request I have, while you're already on the computer, is to go to www.ChiroVoice.org and please click

the "Join Now" icon. The chiropractic advocacy network is a dedicated group of supporters who educate policymakers about the value of chiropractic and work to positively impact any legislative efforts to reform the current national health care system. Through the chiropractic advocacy network, patients and chiropractic supporters can stay informed about important health care issues and contact their legislators in Washington.

I thank you for taking time to share with us via the web and look forward to continuing to provide for your health-care needs and providing you with **"Wellness in your Life"**.

From The Desk Of . . .

Susan Buchanan-Cheney, DC, DABCI

Summer is a busy time, filled with lots of fun and activities. Along with staying active, it is important to stay well hydrated, especially during your time outdoors.

Most people have heard the age old saying, "you should drink 8-10 glasses of water per day," which is a big step in the right direction.

In reality, you should be drinking half your body weight (in pounds) in ounces per day. That means a 150 pound individual needs 75 ounces or 10 8-ounce glasses per day. A 200 pound individual needs 100 ounces, or 13 8-ounce glasses per day.

Some other things we also must take into consideration when drinking water is it must be H₂O! NOT pop, NOT juice, NOT coffee or tea, etc. These can all deplete water from our system due to their sugar and/or caffeine content.

Another rule is when you do consume pop or coffee, you need to drink the same amount of water to compensate.

Also some common sense, if you are sweating water out, you need to drink more to make up for what you are losing. The body is made up of over 60 percent water. If you wait until you are thirsty to drink water, you are already starting to dehydrate.

I also recommend drinking purified (i.e. distilled or reverse osmosis) water. By drinking adequate amounts of water along with an active lifestyle, healthy eating habits and managing stress effectively, you can help yourself and teach your family to lead healthy lives and in doing so, help prevent disease.

Enjoy your summer, have fun with family and friends, don't forget your water bottle and keep **"Wellness in your Life."**

Phillipsburg Chiropractic Center

A Diagnostic and Wellness Center

875 3rd St., Phillipsburg, KS 67661
504 Main St., Stockton, KS 67669
303 W. Main St., Hill City, KS 67642



Dr. Dustin Cheney
Dr. Susan Buchanan-Cheney
Dr. Bruce Anderson

Office Manager: Cheryl Hall	785-543-2700
Stockton Assist.: Gina Deutscher	785-425-6060
Insurance: Jamie Pierot	785-540-4040
Editor: Wes Hall	785-543-2700
Hill City Main Office	785-421-2800

www.TheChiropracticCenters.com

Come visit our new website

www.TheChiropracticCenters.com

The Phillipsburg Chiropractic Center, Stockton Chiropractic Center, and Hill City Chiropractic Center together have a new website to give you information about each center, each doctor, and educational and informational articles about your health, what we can do for you and what you can do for yourself.

Register as a Member and you can access all of our specialty newsletters as well as get back issues of **Wellness in your Life**. You can also access forms to fill out and bring with you for your first visit, learn what to expect on a first visit, and leave us a note through email.

Demonstration videos are available for exercises to do and an interactive skeletal program lets you see exactly what goes on inside your body.