



Families From Start to Finish

Can chiropractic treat the whole family? Can it treat all conditions? Will I still need to see other health care professionals if I follow a chiropractic lifestyle? Is chiropractic concerned with my health or my illness?

When we start our families, we have many questions, only one of which is “how will I keep my family healthy?”

Most of us are aware that chiropractic treats back and neck pain. But can it treat other conditions, and can it treat the whole family?

The answer to both questions, is yes. Since our whole body is controlled and regulated by our central nervous system, chiropractic is fully capable of treating most conditions that occur in the body.

Chiropractic is also capable, especially through the chiropractic internist designation, to diagnose potential prob-

lems and treat them before they become a major condition.

For acute or emergency situations you may still want to see your medical doctor. If you have a condition that chiropractic can't treat, your chiropractor will refer you to the appropriate specialist who can treat your situation.

Our medical system is set up to treat you after symptoms occur or after an emergency. This is an illness care system. Chiropractic's philosophy is to go beyond the symptoms to find the underlying cause, and to discover and treat before conditions begin to show symptoms. So chiropractic is more concerned with your

health than with you illness.

Chiropractic can treat the whole family for most conditions and will refer the rest when it is appropriate. Chiropractic is **primary care**.

Inside This Issue
Page 2 - Antioxidants To Your Health
Page 3 - Your Immune Function
Page 4 - Hormone imbalances
Page 5 - Chiropractic and Pregnancy
Page 6 - Osteoporosis Awareness
Page 7 - Dr. Cheney and Dr. Buchanan

May is Women's Health Month

Schedule a woman's check up in May and we can check for:

- | | | | |
|------------------|-------------------|-----|-----|
| ✓ Weight (BMI) | Total Cholesterol | HDL | LDL |
| ✓ Blood Pressure | Diabetes | HIV | |

Also included is the Women's Wellness Panel that includes the CA125 Ovarian Cancer screen and Cardiac Risk Profile for **\$129**

Antioxidants To Your Health

Can chronic and degenerative diseases, such as cancer, heart disease, and neuronal degeneration such as Alzheimer's and Parkinson's disease be caused, even in part, by oxidative stress? Is oxidative stress also a factor in the aging process? What is oxidative stress?

Because we breathe in oxygen and your cells need it to produce energy, a byproduct is highly reactive molecules known as free radicals. These free radicals interact with other molecules in our cells, sometimes causing damage to proteins, membranes and genes.



Oxidative stress has been implicated by various research projects to contribute to many diseases including cancer, heart disease, Alzheimer's, Parkinson's and the aging process.

External factors such as pollution, sunlight and smoking also trigger the production of free radicals.

What should we do about it? The body produces an armory of antioxidants to defend itself. It is the job of antioxidants to neutralize or clean up the free radicals. Your body's ability to produce antioxidants is controlled by your genetic makeup and influenced by your exposure to environmental factors such as diet and smoking.

Because of the assault on our bodies from the environment and the quality of our typical diets, our bodies have dif-

ficulty producing enough antioxidants to neutralize all the free radicals.

We can reinforce our body's production of antioxidants through at least two avenues. One is the food we eat and the other is supplements we take. Supplements, so far, have not been shown to completely replicate the action of antioxidants from food. It is best to discuss with your health care professional what supplements may be useful and in what quantity.

Foods vary in what antioxidants they supply and what quantity. If you need to concentrate on any specific vitamins through your diet, you also need to discuss with your health care professional which foods to eat.

A few foods that are good to be aware of are:

- Tomatoes**, for lycopene;
- Citrus fruits**, contain phytochemicals like carotenoids, flavonoids, terpenes, limonoids and coumarins;
- Tea**, black, green and oolong all have catechin, with jasmine green tea having the most;
- Carrots**, contain beta-carotene, as do other deep orange and green vegetables.

One way of measuring how much antioxidants a food has is the **ORAC value**. ORAC stands for oxygen radical absorbance capacity. A recent survey by the U.S. Department of Agriculture (continued on next page)



Your Immune Function

The current H1N1 (swine) flu outbreak indicates what can happen if we are not prepared for a crisis such as this. Not just preparedness by our health care agencies, but prepared within our individual bodies.

If our bodies are not in a wellness state, our immune system may not be adequate to deal with a major assault such as H1N1 flu or cancer or a chronic disease. Our body is capable of handling many situations, but our lifestyles, environments and unforeseen circumstances, can deal us a blow if we are not prepared with a healthy immune system.

Our stress response is intended to prepare our bodies for the “fight or flight” response. Our respiration increases, blood pressure increases, additional energy is sent to our muscles and skin. At the same time, non-essential (to fight or flight) functions such as digestion and the immune system decrease. And hormones known as catecholamines (adrenalin) and cortisol (stress hor-

mones) are released to make all these things happen smoothly.

When the crisis passes, the body goes back to normal and awaits the next time it is needed to respond in such a way.

But what if the crisis never seems to pass? Or we get stress response on top of stress response? The stress hormones stay in the body, and the immune system is compromised.

Even when we feel we are handling all the demands placed on our body, the hormones and stress conditioning remains in our bodies. We eventually break down - and get sick with a cold, or flu, or cancer, or diabetes, or heart disease, or fibromyalgia, or arthritis.

Antioxidants (see previous page) are one part of the arsenal we need to keep our immune systems strong and our bodies safe. Another is adequate exercise and stress reduction.

Chiropractic and acupuncture are two more tools to keep our bodies working properly. Adjustments and acupuncture can keep the blood and body energies flowing to where they need to work, and bring adequate wellness.

See your chiropractic health care provider to identify your vulnerabilities and whether you need supplements, adjustments, or other treatments to build your immune defenses before they are needed for a crisis. Your body will thank you.

Antioxidants (continued from previous page)

measured 227 selected food items and reported their results in 2007. The top ten included:

- Ground Cloves --- (ORAC)314,446
- Ground Cinnamon --- 267,536
- Dried Oregano --- 200,129
- Ground Turmeric --- 159,277
- Pecans --- 17,940
- Ginger Root --- 14,840
- Red Kidney Beans --- 8,459
- Lentils --- 7,282
- Blueberries --- 6,552
- Plums --- 6259

Discuss any dietary concerns with your health care professionals.

Hormone Imbalances

We often hear what should be done when you are pregnant. But what about when you want to get pregnant and are finding it not so easy?

Similar advice for when you are pregnant also applies for when you want to get pregnant. Avoid alcohol, caffeine and sugar. Give up smoking and drugs. Increase eating whole foods rich in vitamins and minerals to ensure the ovaries produce healthy eggs.

Take adequate amounts of essential fatty acids from oily fish, fish liver oils, seeds, nuts, pulses, beans and unrefined vegetable oils. These fatty acids stimulate production of sex hormones.

Avoid foods with wheat protein and/or gluten. Identify and control any food allergies.

Supplements that may be helpful include: vitamin E; zinc; vitamin A. Glandulars help adjust any hormonal imbalances, and pantothenic acid help reduce stress.

Get regular exercise, relaxation, meditation and adequate water.

Pretty much common sense, but we don't often think about these steps for leading up to pregnancy as much as after we are pregnant.

Hormone imbalances are one of the causes for difficulties in getting pregnant. It can also lead to a long list of other conditions including: hypothyroid; high cholesterol; bloating; lack of vitality and energy; muscle and joint pain; migraine headaches; sleep disturbances; low sex drive; and many, many more.

If you have symptoms you are hav-

ing trouble pinning down, see your health care professional to run some tests about hormones among other possibilities.

Besides taking the advice above, there are other treatments that may be useful in getting pregnant.

One study published in the **Journal of Vertebral Subluxation Research**, looked at 15 women in 14 separate articles who were having problems getting pregnant. Eleven had never been pregnant, two had prior successful unassisted pregnancies, one had an assisted pregnancy, and one had a miscarriage.

Of these 15 women, nine had previous infertility treatment and four were still taking infertility treatment when they decided to try chiropractic care. Each one went to different chiropractors who used a variety of methods, but all focused on correcting vertebral subluxations. They also showed nerve system interference, detected by the presence of subluxations.

Each one became pregnant after treatment between 2 months and 20 months.

Chiropractic care is not considered a treatment for infertility, but improvement of spinal neural integrity seems to help the process.

Stress reduction through exercise such as yoga or tai chi, meditation and massage may also contribute to creating the proper conditions for pregnancy to take place.

Always check with your health care professional to determine whether other supplements, nutrition, or techniques may be necessary or useful in becoming pregnant.



Chiropractic and Pregnancy

Pregnancy for the new mother, and for many who have already experienced it, can be a time of great joy, confusion and decision making.

Deciding to get pregnant is only the first of a long list of decisions that will have to be made before birth. And decision making won't stop after the birth.

Some decisions which are "no brainers" include stopping smoking if you smoke, stopping the use of drugs and discussing with your doctor all prescription meds, no more alcohol, and limiting your intake of soft drinks, sweets, junk food and caffeine.

Continuing to exercise (or starting) could be a question for some (the answer is yes). Then probably the biggest decision is whether to have a natural childbirth. This affects what prenatal care you need, what birthing training you might want, and what procedures you will ultimately go through.

Chiropractic Care

Part of this may be whether to continue or start chiropractic care. Chiropractic care is not only safe for pre-natal care, but in many ways is essential for an easier pregnancy, a decreased labor time, and a smoother recovery after the birth.

One important reason for chiropractic care throughout pregnancy is to

help establish balance in the mother's pelvis. Any narrowing of the pelvis can lead to difficult labor.

Also, since the woman's pelvis supports her growing uterus with specific ligaments, any imbalance of the pelvic bones can create problems for the development of the baby.

Pelvic imbalances may also hamper the baby's movement within the womb and hinder the baby's getting into the proper position for birth.

Webster Technique

Methodology developed by Dr. Larry Webster, D.C., Founder of the International Chiropractic Pediatric Association, establishes the pelvic balance and reduces stress to the uterus and supporting ligaments.

The Webster Technique is a specific chiropractic analysis and adjustment that reduces interference to the nerve system and facilitates biomechanical

balance in pelvic structures, muscles and ligaments. This has been shown to reduce the effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.

Using this Webster Technique, the Journal of Manipulative and Physiological Therapeutics reported in the July/August 2002 issue, an 82 percent success rate of babies turning vertex.



May is

Osteoporosis Awareness And Prevention Month

Osteoporosis is defined as bone density loss due to aging. "It is responsible for over a million broken bones each year, and is a major cause of fractures, back pain and spinal problems. Of the 25 million Americans who have osteoporosis, 20 million are women" (01)

It's important to remember that our bones are actually a living tissue and throughout our lives, bone is constantly being repaired by new bone.

When we are young, the bones are dense and strong. At approximately age 35, bone loss begins to exceed bone building.

For people who have strong bone, this slow loss of minerals may not cause problems. When loss of bone density is so great that bones fracture easily, the person is said to have osteoporosis.

Early diagnosis of osteoporosis is important because actions can be taken to slow the rate of bone density loss. Osteoporosis develops painlessly with no noticeable symptoms.

Generally the first indicator is frac-

ture; most common is the hip, spine or wrist. People with osteoporosis may develop a curved spine (called a "dowager's hump") or a decrease of height, due to loss of bone in the spine.

Risk factors include (among other factors):

- Aging
 - An inactive lifestyle
 - Inadequate calcium and vitamin D
 - Medical conditions such as liver disease, kidney disease, diabetes, or thyroid problems
 - Prolonged use of alcohol or tobacco
- ### Preventive measures include:
- 1 Avoid prolonged weight loss diets
 - 2 Limit alcohol and tobacco
 - 3 Manage your medications
 - 4 Get enough calcium
 - 5 Stay active



More information may be obtained through the National Osteoporosis Foundation at www.nof.org and let's help keep **Wellness in your Life.**

(01) Caresource Healthcare Communications

We Have a New DABCI in the House

Dr. Susan Buchanan-Cheney, DC, now has a new designation after her name. As of April, 2009, she is officially a DABCI. DABCI stands for Diplomate of the American Board of Chiropractic Internists.

The DABCI represents the credentials earned by chiropractors who have completed 300+ hours of post-doctoral training in the use of diagnostics for both pathological and wellness evaluation.

Chiropractic internists are in a position to offer their patients sound health care advice and assessment, and are considered primary care physicians within the complimentary health care arena.

The chiropractic internist philosophy and approach is to "treat the fire, not the smoke," and promoting a wellness model that treats dysfunction before disease develops.

Dustin S. Cheney, DC, DABCI

When you consider your health, what components go into your thoughts? Do you think health is not needing to take medication? Do you think health is not needing surgery? Do you think health is “all in the mind?”

Ask five different people what “health” is and you’re likely to get five different answers.

For my office, we have a unified view of what a patient needs to be considered healthy. First and foremost, your body is always fighting off a bug, virus, or disease. So one component of health

is being able to have a strong immune system. (see page 3)

Second, health is the ability to react to changes in the environment in a homeostatic (balanced) way.

Third, health is the privilege of having a strong social, emotional, and religious network to help you balance the stress and demands of day to day life.

Are you in **Balance?** We hope so.... After all, we want you to have **Wellness in your Life.**

From the Desk of . . .**Susan Buchanan-Cheney, DC, DABCI**

It has been a long road, but I have finally finished my Chiropractic Internist Diplomate. I has been a wonderful journey and I have learned much along the way.

I am also finishing my Chiropractic Pediatric Certification Program through in-office research for the ICPA (International Chiropractic Pediatric Association).

I fully enjoy treating families in the office and look forward to seeing expectant moms and children in the office on a daily basis. Families are the cornerstones of our communities and the health of each one is very important to me.

As a mom myself, I also know how important it is to make sure all moms are healthy and happy, benefiting the overall health and happiness of each family.

Make sure as a mom you take time for yourself and try to alleviate stress whenever you can. That includes getting enough sleep, eating right, exercising, and not overextending yourself through too many volunteer positions.

I also suggest you get outside whenever you can for fresh air and sunshine (vitamin D is important).

This may all seem very basic to everyone but there are only a very few who make an effort to do these things. Sometimes the simplest things can make all the difference.

Have a wonderful Mother’s Day to all moms out there. Dads and kids - give mom some help and time off on Mother’s Day. You never know which little things will give you **Wellness in your Life.**

Visit Our New Website

The Chiropractic Centers of Phillipsburg, Stockton and Hill City officially have a website now. Go to www.thechiropracticcenters.com to get information about our clinics, about chiropractic and wellness. You can sign up for several specialty newsletters and read back issues of this newsletter. Many more features are available. Register as a member and get the full spectrum. Tell us what you think.

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



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

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

Visit our new website:

www.thechiropracticcenters.com

Find news and information about our centers, about chiropractic and about yourself. Sign up for additional email newsletters, fill out forms, and leave us suggestions or feedback about our service and our website.

