

# HEALTH

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## News & Views

**March 2014**

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# Expect A Miracle



## The Clenched fist

One story that I will never forget was a 70-year old woman who came to see me with neck pain, and when I walked into the examination room to take my history, I noted that she had hearing aids in both ears, and I didn't pay any attention to it. She proceeded to tell me her chief complaint was her neck. It had bothered her for a couple of years. She had some trouble moving it, she had some stiffness, and it made some crackling noises when she moved it around, and she was coming to me to get help for that.

So I proceeded with my examination and took my x-rays, and the next day she came in for the Report of Findings. I explained to her what I thought was wrong with her neck and what it would take to help it. I prescribed a series of adjustments twice a week for about six weeks to start with.

I sat her down in a chair and gave her a cervical chair adjustment. It was to the 6th cervical vertebrae at the base of the neck. It wasn't a great adjustment, didn't make a lot of movement, didn't make a lot of noise. I would love to claim that was a terrific adjustment, but it wasn't my best, so I sent her home and thought nothing of it.

She came back the next day. I walked into the adjusting room and there she was standing with a clenched fist. That was the first thing I noticed, and I got scared. I thought she was going to hit me. I had done something wrong, I instantly thought. However, when I looked up, I saw tears in her eyes and she slowly opened up her hand, and when I looked down at it, there were those two hearing aids.

And she said "Doc, ever since you adjusted my neck, I don't need these any more. I can hear excellently right now for the first time in about eight years". We both cried

about that for a while. It was so amazing. It was the first time I had ever had a hearing improvement in a patient. I had heard it happen to other chiropractors (of course that is how chiropractic got started, by the healing of a deaf man by the name of Harvey Lillard back in 1895). So this is something I will never forget. It was a tremendous experience for me.

Dr. Tom Potsik  
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Article courtesy of [Expectamiracle.com](http://Expectamiracle.com)

## Happy St. Patty's Day!

Those who own pets know the feeling you get when a purring cat curls up in your lap or when a dog shakes his entire body to greet you when you walk through the door. Scientists are now validating what these pet owners already knew: having a pet makes you feel better! Research has proven that pet owners have lower blood pressure, cholesterol, and triglyceride levels; less stress, depression, and loneliness than those who don't own pets. Plus they make us laugh!



## Expand Your Viewpoint

There is always something new to learn about, whether you are young or old or somewhere in between. Let us help you *know your stuff!*

Our Website of the Month  
(we think it's worth checking out)

[www.supertracker.usda.gov](http://www.supertracker.usda.gov)

Get your personalized nutrition and physical activity plan.  
Track your foods and physical activities to see how they stack up.  
Get tips and support to help you make healthier choices.

## Be Air Friendly

According to the Environmental Protection Agency, the average adult breathes more than 3,000 gallons of air every day. Children breathe even more air per pound of body weight and are more susceptible to air pollution.

Pollutants in the air threaten the health of human beings and all other living things on our planet. You can improve the quality of the air by doing the following:

- Run ceiling fans to keep air circulating.
- Install and use exhaust fans that are vented to the outdoors in kitchens and bathrooms.
- Ventilate the attic and crawl spaces to prevent moisture build-up.
- Keep the house clean. Dust mites, pollens, animal dander, and other allergy-causing agents can be reduced, although not eliminated, through regular cleaning.
- Regularly replace your central system air filters (1-3 months) with a HEPA-rated filter. Have central air-handling systems, including furnaces, flues and chimneys, inspected annually.
- Operate a dehumidifier in the basement, if necessary, to keep relative humidity levels between 30-50%.
- Opt for environmentally friendly cleaning products.
- Plants help to clean the air. Grow indoor houseplants and plant a backyard garden, if possible.
- Drive less. Use public transit or, better yet, try walking or biking to your destination.
- Keep your vehicle engines cleaned and tires filled to improve fuel efficiency and reduce air pollution.
- When you're in the market for a new car, look for the most efficient, lowest-polluting vehicles.
- Tightly seal the lids of chemical products and solvents, such as lawn products and household cleaners, to minimize evaporation into the air.

Everyone needs to breathe to stay alive, no argument there. The quality of air that you breathe greatly affects the outcome of how healthy your body stays. Because pollution knows no boundaries and can be carried by the wind across many miles, we must come together globally to preserve our quality of air... DO YOUR PART!



This recipe is Paleo and Gluten Free!

## Creamy Smoked Salmon and Veggie Scramble

1 tablespoon grass fed butter, ghee, or coconut oil	Serves 2
1 heaping cup baby spinach	
2 tablespoons chopped leeks	6 eggs
3 asparagus stalks, trimmed and chopped	2 tablespoons chèvre goat cheese
1 small zucchini, diced	2 ounces smoked salmon

Melt the butter in a skillet over medium heat.  
Sauté the asparagus, spinach, zucchini, and leeks until cooked through, about 8 minutes.  
Whisk the eggs with the goat cheese then add them to the hot pan with the vegetables. Allow the eggs to sit for 30 seconds before stirring.  
Gently move the eggs around the pan with a rubber spatula until they are scrambled and cooked through.  
Add the smoked salmon then serve immediately. Garnish with fresh chives.

# Chiropractic and Children



It is a well-known fact that children fall and injure themselves all the time; any parent can relate to that. As children grow, their bones and muscles grow and even minor injuries can cause problems to these muscles and joints over time.

It is well understood that a healthy nervous system is essential for normal body function. The nerves supply the muscles, blood vessels and all of the organs in the body. So either directly or indirectly, healthy nerves are essential to maintaining a healthy blood flow and normal functioning of these organs.

Chiropractors are experts in identifying any misalignments in the spine or any other joints for that matter. By identifying the misalignments, chiropractors are able to administer safe and effective treatment to children in order to give them normal, healthy body function.

## How Does Chiropractic Care Benefit Children?

There has been some controversy recently about whether chiropractors are providing any benefit to children and whether it is safe for children. Outside of the United States, in the United Kingdom, the British Chiropractic Association has programs specifically designed for children. One such program is called ‘Straighten Up UK’, which is a 3 minute posture care program that has proven to help children feel and look their best. In many other countries children are commonly treated by their chiropractor without question and with excellent, safe results.

Chiropractic care involves gentle manipulations of the spine, helping the spine to properly align. This adjustment relieves any pressure on the nerves; thereby improving nerve health, which in turn helps improve blood flow to organs and other structures such as muscles and tendons.

These manipulations can be done with hands-on gentle thrusts or with special tools that apply minimal amounts of pressure to adjust the spine itself. This can sometime result in a soft ‘pop’ or crack, which is nothing to be alarmed about and is completely normal. This adjustment helps relieve any pain or discomfort the patient may be having or can be a part of normal maintenance to keep the patient feeling their best. Utilizing a chiropractor for maintaining a healthy body is often a smart idea with children; as they can often have bumps and falls that can misalign their bodies, causing stress on their body. Maintenance can often result in fewer ear infections, fewer colds and illnesses and overall better health in your child.

Other than simple manipulations, application of ice packs, ultrasound therapy and exercises may be performed or prescribed if required.

## Ask Your Chiropractor

There is obviously going to be some concern from the parent regarding the safety of their child undergoing such treatment. Be reassured, the treatment is provided by licensed experts who are trained to work on the human body. Chiropractic has been around for centuries. Manipulations are gentle and rarely cause any significant pain. Moreover, every chiropractor explains the benefits and risks of each method of manipulation to the parents so that they may decide what’s best for their growing children.

Following the procedure, there may be generalized tiredness and occasional redness at the site of manipulation. This is normal after the procedure and passes very quickly. Regular treatments often become such a relief to the stresses on a child’s body that they will look forward to their office call!

Children are extremely active, and are prone to injuries from playing or just accidental injuries. Once an initial assessment is conducted, chiropractors can play an important role in enhancing the child’s health and eliminating any pain or discomfort the child may be experiencing. Your chiropractor plays an important role in overall growth and development of a child.

