

Healthy Living Chiropractic Newsletter

Petterson Chiropractic Clinic

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AUTO INJURIES

With all the snow and ice storms that we have had this winter, I would like to spend some time talking about auto injuries. Symptoms from an auto accident may not appear for days, weeks or even months after the accident. Although the rear end type of accidents represent only 20% of motor vehicle accidents, it causes over 80% of the injuries giving long term and persistent symptoms. A surprised accident victim does not have a chance to brace for impact which can result in more serious injury to the spine and nervous system. An older victim will generally suffer a more serious injury because of the decreased elasticity, dramatic loss of flexibility and strength, and slowing of the natural healing rate. In general, a woman's lighter musculature means that she will have a higher incident of injury. In a typical collision, having the head turned to one side such as when talking to another passenger, can dramatically increase the amount of neck injury.

A whiplash injury occurs when the neck and head are thrown very quickly in one direction and then rebounds in the opposite direction. Because the second, snapping motion happens faster than the spinal structure can recover, the muscles, ligaments and bones in the neck are often damaged. This type of injury can also occur in diving accidents and hard falls. The greatest amount of injury in a typical rear-end collision is from the shifting about of the victim's spine. The more the vehicle is accelerated and propelled forward, the more "whipping" action occurs. Studies indicate that injury can occur at impact speeds of 8 mph where there is little or even no damage to the car. In accidents where there is little damage to the car the energy is absorbed by the human spine and the head can receive up to 2 1/2 times more force than the car itself. When the head is turned (if you are looking to the right or left) the injury is more severe.

Many times, severe whiplash can be detected immediately after a collision. However, a whiplash injury may take hours, weeks, months, or even years before symptoms are noticed. This is due to the bleeding and formation of scar tissue that occurs in the deep soft tissues and ligaments that surround the spine and injured area. Sometimes whiplash pain can appear at the time of injury, and then decrease as time goes by. Later severe symptoms can occur when excessive stress is placed on the spine, signaling an untreated whiplash injury. This is often due to an injured and unstable spinal ligament, most often the posterior longitudinal ligament, which runs down the back of the spine. The most obvious symptom of whiplash is neck and shoulder pain. Other symptoms may include headaches, dizziness, stiffness, nausea, numbness and tingling in the arms and hands, weakness, swelling, blurred vision and back and chest pain.

Treatment of a whiplash injury involves correction of the spinal structure with gentle Chiropractic care to remove nerve pressure and re-align the injured vertebrae. Other treatment may involve therapies to relax muscle spasms and therapeutic exercises to strengthen injured muscles.

SUPER FOODS

Super foods have intense amounts of antioxidants, fight cancer, and have many other healing qualities.

Broccoli and other cruciferous vegetables (brussel sprouts, cabbage, cauliflower) have indoles that are known agents in protection against cancer. Broccoli is the best vegetable for breast cancer prevention.

Oatmeal is known to lower LDL (cholesterol) and blood pressure. It is also known to reduce the risk of colon cancer. Soluble fiber that was once thought to have no benefit is thought to activate and enhance the immune system.

Tomatoes contain lycopene (an antioxidant more powerful than vitamin C). It stimulates immune function and is best known to decrease the chance for prostate cancer.

Whole Grain, whole wheat, brown rice, and other whole grain products are packed with nutrients including vitamin E (a hard to get nutrient), B-vitamins, minerals, and a variety of phytochemicals that work as antioxidants. Whole grains are also high in fiber, which help prevent constipation and some cancers. Another benefit of whole grain products is that they are much more filling than their white counter parts; you are satisfied and you eat less. Remember to always check your bread labels to make sure that the flour used is whole wheat, not just wheat.

Blueberries lower the risk of cardiovascular disease and cancer. They also help maintain healthy skin and reduce



the sags and bags brought on by age. Other berries such as strawberries, blackberries, raspberries and cranberries are also excellent sources of antioxidants. Research has also shown that berries seem to slow and even reverse many of the degenerative diseases of the brain.

Yogurt Scientists have found that the active culture of bacteria in yogurt, which is called Lactobacillus, actually helps activate and enhance the immune system. Studies have shown that yogurt triples the production of interferon, which the immune system produces to destroy tumor cells.

Sweet potato A nutritional All-Star one of the best vegetables you can eat. They are loaded with carotenoids, vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

Soybeans and Soy products Tofu, tempeli, soy milk, and soy nuts. These soybean products are powerful foods for lowering the risk of developing certain cancers. They are loaded with antioxidants and phytochemicals that fight off the differentiation of healthy cells into cancerous cells. Studies have shown a particular benefit with reducing the risk of breast cancer. Soy products also slow down the progression of many cancers by choking off the blood supply to the tumors. Daily intake can reduce your risk by up to 50%.

Walnuts and Almonds Nuts are a great source of hunger fighting elements. They contain omega 3 and omega 6 fatty acids (Good fats that your body needs). Eat them raw and unsalted. You can get many of the same benefits from pistachios, sunflower seeds, macadamia nuts, hazelnuts, and cashews. However, I believe that almonds and walnuts are the best.

Beans Beans are high in protein and complex carbohydrates. They contain both soluble and insoluble fiber. Beans also contain phytochemicals and protease inhibitors that have shown in laboratory studies to prevent cancer.

Turkey A great example of a 21st century "healthy" protein source, which is extremely low in fat and provides multiple nutrients, which help build a strong immune system. As with all meat, organic, free range, hormone free, antibiotic free is your best option.

4 THINGS TO REDUCE OR ELIMINATE FROM YOUR DIET

French fries and other foods deep-fried in oil. They are all full of harmful fats that are called trans fats or trans fatty acids. These harmful trans fats are known to increase the risk of heart disease, arteriosclerosis (clogged arteries), Type 2 diabetes, as well as developing some cancers.

Chips, Crackers, and breads with hydrogenated oils Hydrogenated oils are TRANS FATS. They are used as a preservative to increase the shelf life of the product. Again, these TRANS FATS/hydrogenated oils are very harmful to your body. Since these oils were introduced into the American (last 50 years) diet, diabetes has increased 1000%. Heart disease, cardiovascular disease, and cancer rates have also increased.

Soda Many sodas contain caffeine. They also contain about 10 teaspoons of sugar per can. This sugar stresses your pancreas by elevating your blood sugars and forcing it to release copious amounts of insulin into the blood to lower your blood sugar. Soda also contains artificial food colors and sulphites. Diet sodas are even worse because they contain artificial sweeteners.

White flour, sugar, white rice and other highly processed grains These are all simple carbohydrates, which are easily broken down into sugar. This raises your blood sugar level too high, which stresses the pancreas by forcing it to release large amounts of insulin to lower the blood sugar. A better option is whole grain foods, brown or wild rice, fresh raw fruits and vegetables.

THANK YOU

Dr. Petterson, Deanna and Hastings Family Service would like to thank all of you who brought in special gifts for local families in need before Christmas. Hastings Family Service told us that these gifts went to many families and children in their time of need for Christmas.

Thank you again!

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