

Healthy Living Chiropractic Newsletter

Petterson Chiropractic Clinic

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Hello patients and friends, we have decided to send out a little newsletter for the spring season. With all the hype about the swine flu I have included a section about how Chiropractic can help. I have also included a few notes on getting back in shape and losing those few extra pounds for the summer season ahead. We have a new intern named David as part of our health care team. David is originally from Wisconsin and is learning the Gonstead technique at our clinic. Some of you will meet this nice young man when you come in for adjustments.

Dr. Petterson



THE SWINE FLU

The swine flu is the reason Chiropractors got their medical license. A swine flu went around the United States in 1918. One out of every 12 people under medical care died who had the swine flu. One out of every 883 people under Chiropractic care died who had the swine flu. This meant that most people who were getting adjusted did not die if they got the swine flu. The government saw this and licensed the Chiropractic profession as Doctors. This story was profiled last year in the San Francisco Chronicle.

Why were more people able to survive under Chiropractic care? Chiropractic adjustments allow the immune system to work better. It is as simple as that. The nervous system (brain, spine and nerves) controls the immune system. When the body is exposed to a virus like the swine flu virus the immune system sends a signal up to the brain through the nerves that there is an intruder or bad guy in the body. The brain will respond by sending a signal back down the nerve system to the immune cells to fight this virus. This is called the immune response. If there are vertebrae out of alignment in the spine putting pressure on nerves this signal can not properly get from the external immune recognition system up to the brain and back down to the immune cells. This would be similar to having a kink in a garden hose that does not allow the water to flow properly. Chiropractic adjustments will move these misaligned vertebrae back in to the proper alignment. This will remove the nerve pressure, open up the nerve channel and allow the brain to communicate with the immune system at 100% function. This would be like getting the kink out of the garden hose so the water can flow again.

Chiropractors in the state of Oklahoma used to go into orphanages and adjust the children in 1918 when the swine flu was going around. The children did not die when they got their adjustments. The priests were in charge of the orphanage. They were so thankful to the Chiropractic profession for doing this that to this day every time a new Chiropractor is licensed in Oklahoma a priest will come and give their blessing.

So, do not worry so much about the swine flu; if you are getting your adjustments your immune system will work much better.

Over the years Chiropractors have helped many people with many different symptoms and problems. This section is dedicated to some of these conditions. We have listed the vertebral levels and corresponding problems and symptoms if these nerves are pinched. Chiropractors correct these problems by adjusting the specific vertebra back in to the proper alignment and removing the nerve pressure. Perhaps you know someone who has one or several of these pinched nerves?

LUMBAR 1

L1 can cause large toe pain.
Can cause pain in front of the femur head (thigh).
Can cause constipation, kidney problems.

LUMBAR 2

L2 can cause varicose veins in the legs.
Can cause kidney problems and high blood pressure.
Can cause colon problems and constipation.
Can cause pain in the outside of the lower leg and behind the thigh.
Can cause problems with menstrual cycles, loss of cycles and trouble getting pregnant.
Can cause sexual dysfunction and bladder problems.

LUMBAR 3

L3 can cause pain down the lateral leg.
Can cause deep bone pain.
Can cause knee pain.
Controls the descending colon, testicles, bladder and prostate, can cause problems with those organs.

LUMBAR 4 AND 5

L4 and L5 can cause pain in the low back and at the belt line.
Can cause pain down the back of the leg.
Can cause low back pain when going from sitting to standing.
Dr. Gonstead called this the most important vertebra.

WEIGHT LOSS TIPS FOR SUMMER

1. Eat 5 small meals instead of 3 big ones. Substitute a protein shake for the 2nd and 4th meal.
2. Get a note book and keep track of what you are eating at each meal and how many grams of protein, carbs and fat are in each meal. Total up your protein, carbs and fat in gram amounts at the end of each day. Take a couple days a week and eat less carbs. This is called cycling your carbs. This will help to crank up your metabolism so your body burns more fat at rest.
3. Eat better foods. Your goal should be some protein, some carbs and some fat at your three main meals that are not protein shakes. Good sources of lean proteins are chicken breast, fish, eggs, lean beef, and turkey. Good carbs are beans, brown rice, yams, and oatmeal. Good fats are olive oil, grape seed oil, flax oil. A good rule of thumb is to eat a cup portion of protein and carbs at each meal and use a little olive oil or flax or grape seed oil poured over your food.
4. Eat plenty of fruits and veggies. One third amount of fruit to two thirds amount of veggies. Lots of salads and greens are best.
5. Do a little exercise. You do not have to over do it but start with a 10 minute walk on an empty stomach in the morning 3 days a week. Work up to 20 minutes and then a half hour. Exercise on an empty stomach in the morning burns your body's fat stores for energy. Make sure you have a good breakfast when you get home.
6. Make these changes slowly but keep them up. You need to slowly change your lifestyle and eating habits to see consistent weight loss. Have patience, it takes time to make changes in the body.

Have a great summer!

Dr. Petterson and Deanna

