

# VIENNA CHIROPRACTIC ASSOCIATES

tel: 703-938-6441

407c Church St NE, Vienna VA 22180

[www.neurologicalfitness.com](http://www.neurologicalfitness.com)

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## Calendar

## Hours

Jan 25 Independence Day  
2, 16 Saturdays In  
Feb 22 Independence Day  
13, 27 Saturdays In  
Mar 21 Independence Day  
12, 19 Saturdays In  
April 18 Independence Day  
2, 16 Saturdays In  
May 23 Independence Day  
14, 28 Saturdays In

The office is open:  
MWF 10-1 & 3-7  
T 10-1 (Dr M only)  
Saturdays (usually 2/month) 9-12  
The office is closed Thursday and Sunday,  
barring emergencies.

## WINTER SKIN

Your skin is more than a factor in your good looks or the wrapper that holds your “stuff” together. It’s the first line of defense for your immune system and it takes a beating during the winter months. Here are a few things you can do to help it out.

**Outside:** Cover it! On a windy day wrap a scarf around your face and neck. This will keep your skin from chafing and cracking on those crisp, windy winter days. It’ll also keep your diaphragm and intercostal muscles from contracting after gulping in frigid air (which could feel very like a heart attack!). Again, if you’re spending time outside, use a good sunscreen, even on overcast days. Chap stick is a good idea too, since winter air, barring snow or rain, can be very drying. Some sun is great, too much is too much and can damage your skin. Inside or outside, use a moisturizer. If you don’t want to go “cosmetic”, a little olive or coconut oil (think organic) can go a long way. Don’t skip your hands and feet, which may be particularly prone to cracking. Cracked skin is a breach in the barrier from bacteria and dirt your healthy skin provides. That breach can lead to infection as well as simply causing the rest of your immune system to work harder than it should have to.

In your home, keep moisture in the air with a humidifier or even a vaporizer. Keeping the thermostat on the low side, unless someone in the home must have it warmer, will save your skin from drying out as well as saving some of the energy it takes to keep the indoor temperature high.

**Inside:** Good nutrition saves the day again!

**Hydration...** Drink lots of water, your skin will be healthier for it. Caffeinated beverages, while providing fluids, may actually dehydrate you if taken in excess. Eating lots of

fruits and vegetables will provide additional fluids. Winter in Northern Virginia says “comfort food”, but unless that means a bag of oranges to you, do the fruits and vegetables, in as many colors as you can manage.

**Antioxidants...** Again, let’s look at fruits and vegetables. Antioxidants curb free radicals which damage your skin and cause unnecessarily premature aging. Vitamin C helps build and maintain connective tissue, maintain your skin’s elasticity. It also strengthens ligaments and helps prevent the breakdown of the walls of blood vessels. Think citrus, berries, pomegranates, tomatoes. Other fruits and vegetables grow new skin cells as well as repair them.

**Omega 3 essential fatty acids...** Among their other gifts (as in good for your heart), they also promote elasticity and resist wrinkle formation and general skin breakdown. Think wild caught salmon and sardines, walnuts, almonds and flaxseeds.

There are obviously many more foods that will help your winter skin (all year round, actually), but these will give you a good start. Please remember that older skin is thinner and more fragile. If you are older or are caring for an older person, try to be even more careful about winter skin protection. It’ll pay off in better health.

Oh, yeah, second hand smoke. It can do serious skin damage. Stay away from smoky, polluted environments. If you smoke, seriously consider stopping, for many reasons. If you continue to smoke, please don’t insist on sharing with non-smokers, particularly children. Thank you!

### **REMEMBERING YOUR APPOINTMENT**

When life turns into one big exercise in multitasking or bad weather hits and all you want in this world is to go home, it’s not impossible that you could forget an appointment. We hope the suggestions below help you remember them.

...Make sure we have a good email address for you. We’ll send you a reminder 1-2 days before your appointment as long as we have the information you need. When you get that email, if you need to make some changes, get back to us by return email or by calling 703-938-6441 and we’ll help you work out a new appointment that works better for you. If you forgot anyway and it’s close to the time for your appointment or you’ve decided to go straight home, please call us.

...When you check out, ask for a card with your next appointment on it. Put it in your wallet next to whatever you’re most likely to look at or for the night before or day of your scheduled appointment.

We’re committed to helping you keep your appointments. It works better for everyone that way and besides, it’s less expensive than an ignored appointment.

## **THANK YOU AND HAPPY NEW YEAR!**

We'd like to thank all of you who referred your friends, family and co-workers to us during the year (and all the other years!) It's a terrific compliment and vote of confidence in our abilities and experience. If you know anyone you feel could benefit from our attention, whether for pain relief, functional neurological problems or improved general wellness, please feel free to share our phone number with them. We'll all thank you!

### **Brain Fitness Tips: The Other Vitamin K**

Many of you are familiar with vitamin K. This is a fat-soluble nutrient found in green leafy vegetables and is essential for normal clotting.

Recent research has highlighted the fact that there are actually two forms of vitamin K. The familiar form described above is now called vitamin K<sub>1</sub>. A second form is found primarily in animal foods such as meat, poultry, chicken liver, and certain cheeses such as Gouda. It is quite abundant in the fermented soybean food natto – apparently the only rich vegetable source of this form of vitamin K, which is now known as vitamin K<sub>2</sub>.

Vitamin K<sub>2</sub> is essential for promoting the deposition of calcium in bone tissue, while preventing inappropriate deposition in soft tissue. As such, it promotes healthy bone while preventing degenerative changes in the heart and blood vessels.

The reason we are mentioning K<sub>2</sub> under the topic of "Brain Fitness Tips" is because it has also been found to be necessary for the formation of normal myelin.<sup>1-3</sup> Myelin supports the function of all components of the nervous system, including the brain, spinal cord, and individual nerves.

For optimal brain fitness, eating plenty of K<sub>2</sub>-rich foods would be advised. If your dietary needs or choices exclude these foods, consider a K<sub>2</sub> supplement. (*With any supplement, do not exceed manufacturer's recommended dose unless advised to do so by your health care provider.*)

The statins disrupt vitamin K<sub>2</sub> metabolism. Some anticoagulants such as warfarin disrupt the normal functions of vitamin K<sub>1</sub> and K<sub>2</sub>. If you are on medications in these categories, discuss their long-term effects on cognitive function with your prescribing physician.

#### **References**

1. Carrie I, Portoukalian J, Vicaretti R, Rochford J, Potvin S, Ferland G. Menaquinone-4 Concentration is Correlated with Sphingolipid Concentrations in Rat Brain. *J Nutr*, 2004; 134(1): 167-172.
2. Crivello NA, Casseus SL, Peterson JW, Smith DE, Booth SL. Age- and Brain-Region-Specific Effects of Dietary Vitamin K on Myelin Sulfatides. *J Nutr Biochem*, 2010; 21(11): 1083-1088. Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/20092997>
3. Ferland G. Vitamin K and the Nervous System: An Overview of its Actions. *Adv Nutr*, 2012; 3(2): 204-212. Abstract: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3648721/>

## **Brain Fitness Tips: Your Brain at the Wheel**

You've probably heard plenty of conventional advice about exercising your brain. With all due respect for hobbies such as crossword and Sudoku puzzles, we invite you to take a close look at an activity that is a necessity for most of you: driving. You can make driving a brain-friendly, mindful activity, and the side-effects are all beneficial.

Within the constraints of safety, make an effort to accelerate, decelerate, and change lanes as gradually and smoothly as possible. This sounds absurdly simple, but excelling at this type of driving requires you to focus on your eye-hand coordination. Stimulating the cerebellum – the specific portion of the brain most responsible for coordination – benefits the brain as a whole.

If your mind wanders from brain-friendly driving, you will find yourself drifting to a “heavy foot” on the accelerator and brake, along with poor control of the steering wheel. Hopefully, the jerky feel of this sort of driving will shake you awake. Refocus your attention.

Speaking of attention, the sooner you notice accidents, potholes and other obstacles in the road, the sooner and more smoothly you will be able to take appropriate action. When your attention drifts, you end up reacting to obstacles suddenly and hastily.

Alertness and coordination require a good oxygen supply for your brain, and that requires a posture that supports optimal breathing. Before beginning your drive, adjust your car seat and your posture until you have found one that allows you to take a deep, comfortable breath. Now, adjust your rear-view mirror. Every time you slide into a posture that smothers optimal breathing, your loss of rear vision will remind you.

Plan your errands, so that one trip will take the place of multiple short trips. Not only does this planning save valuable time, it also exercises your brain's “executive function”.

The above advice applies in all seasons, but Winter, with its snow and ice, offers a graduate level course in mindful driving.

Now, let's talk about beneficial side-effects. If it feels as if your car is generating an earthquake in your body, that's rough on the spine. By contrast, brain-friendly driving is spine-friendly driving. It's also car-friendly driving; for example, your brakes will last longer.

You get more miles per gallon when you practice brain-friendly driving. This is probably good for your engine. It is definitely good for your budget, and excellent news for the planet's atmosphere. The U.S. Department of Energy offers additional tips for fuel-efficient driving: <http://www.fueleconomy.gov/feg/driveHabits.jsp>.

Brain-friendly driving is the opposite of aggressive and distracted driving, so your risk of a car crash goes down. That's more good news for your brain, your spine, your car, and your wallet. These benefits are also enjoyed by your passengers and fellow drivers, who are spared

harm every time you avert a crash. It also helps the planet; few things waste more fuel and create more pollution than a traffic jam caused by an accident.

If brain-friendly driving becomes difficult, your nervous system may have become distracted by vertebral misalignments (subluxations). Please see our article, "Pain Relief: Safe Behind the Wheel": <http://www.neurologicalfitness.com/newsletr/0108.pdf>.

Happy motoring!

### **Mo's Concussion: Watch and Share the Video**

Northern Virginia Community College has just posted Dr. Masarsky's video, "Mo's Concussion". It is available for public access at this link:

<https://www.youtube.com/watch?v=ZgQJQh577hw&feature=youtu.be>.

The video follows the progress of a concussed major league baseball player as his doctor of chiropractic helps him regain balance, concentration, coordination and emotional stability. While the story is fictitious, the science it illustrates is fact. Along the way, a great deal of interesting information about the nervous system is presented in an entertaining format. We invite you to watch "Mo's Concussion" and get back to us with questions or comments. Feel free to share the link with your friends and community organizations.

In addition, we want to remind you that we offer screening for certain aspects of brain function as well as coaching for brain fitness. Also, if your business or community organization would like to have Dr. Masarsky present a program on brain fitness, please get in touch.

### **Veterans**

Have you been deployed to Iraq, Afghanistan, or any other active conflict area during the past five years? If so, we have a gift for you. Whether you were injured (currently receiving care or not) or would just like to treat your spine and nervous system to some more optimal functioning, we'd like to offer you a year's care at no cost to you. All we need to see is a copy of your orders and your ID. **Call 703-938-6441 for more information.** It's our way of saying, "Thanks, and welcome home."

### **Multipacks**

If you are interested in having your spine checked regularly on an early intervention basis, you may be interested in our six- or twelve-packs or our eighteen-visit family pack. You'll save money while safeguarding your spinal health and mobility.

## **Chiropractic Independence Days**

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, there are no set fees. Your decision to seek care is based solely on your need for same, independent of insurance, lack of it or your financial situation. Payment, unless you opt to write a check or pay by credit card, goes anonymously into a box at the front desk. You determine the amount, based on what you thought the care was worth and your ability to pay. Medicare is the one exception, as those fees are federally mandated. We do accept new patients on Independence Days, as long as the schedule permits and it's a great way to introduce a friend or family member to chiropractic. It makes sense to book early as the choice time slots go quickly. We do ask that you respect your fellow patient community members and let us know as early as possible if you cannot keep your appointment so that someone who needs it can get in. Thanks!

**Happy 2016!**

### **News**

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**407-C Church Street, NE**

**Vienna, VA 22180**

Address Correction Requested