

VIENNA CHIROPRACTIC NEWS

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Vienna VA 22180

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HOURS

M-W-F 10:00-1:00 & 3:00-7:00; **Tues** 10:00-1:00 (Dr. M. only); **Sat** (usually 2/mo) 9:00-noon
Closed **Thursday** and **Sunday** barring emergencies

Calendar

Jan 2 Office Reopens, **Happy New Year!**
23 Independence Day
7 Saturday Open

Feb 4,18 Saturdays Open
27 Independence Day

March 4, 18 Saturdays Open
20 Independence Day

April 1,22 Saturdays Open
24 Independence Day

May 20, 27 Saturdays Open
15 Independence Day
29 Mem'l Day, closed

Yes, We Are Moving Again!

Sometime in mid-January, we're boxing up everything, including Silk, the waving cat and moving to 243 Church St NW, # 300B, right here in Vienna. 243 is the building behind the Marco Polo Restaurant building. We're getting out of the basement! We don't have a moving date yet, we just wanted to give you a heads up. Check with us when you schedule an appointment for that space in time so we can make sure we are all in the same place for your visit.

Foot Levelers

Is that low back pain aggravated when you have to stand for long periods of time? Does that sore spot between your shoulder blades begin to complain more when you walk? Does your neck pain become more noticeable when you climb stairs? Part of the problem may be in your feet.

The human foot and ankle is almost as complex as the wrist and hand. If joints are misaligned, or if anything else is amiss in one or both feet, the rest of your body has to expend a great deal of energy to keep you upright and balanced. If the problem is recent

and mild, it can usually be corrected by a chiropractic adjustment of the involved foot, along with removal of any interference to the spinal nerve supply to the feet. If the problem is advanced and serious, the attention of a podiatrist or orthopedist may be required.

Some people fall in between these two categories. The chiropractic adjustment definitely helps, but a few hours or days on their feet, and the problems come right back. For these situations, we work with Foot Levelers – a Virginia company that has been making custom-designed orthotics (foot supports) for chiropractic patients since 1952. A number of our patients have found Foot Levelers to be effective and reasonable. To find out if these supports could benefit you, speak to one of our doctors.

BRAIN FITNESS TIP: Endocrine Protection is Brain Protection

Your endocrine system is intimately connected to your nervous system. In fact, a stalk of brain tissue controls your pituitary gland, which in turn controls your thyroid gland and adrenals, among other glands. Some scientists don't draw a sharp distinction between the two systems; they refer to the "neuroendocrine system".

Not surprisingly, problems that affect the nervous system will also disrupt the endocrine system. The National Institutes of Health (*NIH*) has published a list of "endocrine disruptors" that reads very much like a list of environmental neurotoxins. These include lead, mercury, arsenic and most pesticides. To avoid some of these toxins, see our previous articles, "Fish Story" (<http://www.neurologicalfitness.com/newsletr/May-Aug2015.pdf>) and "Avoiding Pesticides in Your Food" (<http://www.neurologicalfitness.com/newsletr/Fall10.pdf>).

Everyone knows that alcohol abuse is deleterious to the brain. Not everyone knows that alcohol abuse is a risk factor for thyroid and parathyroid problems, adrenal problems, and diabetes mellitus (*Zasimowics et al 2014; Wolszak et al 2014*).

You may have read or heard news reports concerning the abuse of opioid pain killers. Opioids are drugs derived from opium, including morphine, codeine, Vicodin, tramadol, Demerol, OxyContin, and Percocet. Opioid drugs are also known as narcotics. In addition to addiction and other brain-related problems, opioid abuse can cause adrenal and sexual dysfunction (*Elliott et al, 2012*).

Even much more mild medicines such as non-steroidal anti-inflammatory drugs (NSAIDs, including aspirin, Advil, Aleve, and Motrin) should not be over-utilized. NSAID abuse can disrupt thyroid function (*Samuels et al, 2003*). Drug-free pain relief from such practices as chiropractic is an obvious way to reduce abuse of NSAIDs and opioids.

One of the more surprising findings of recent research is that many synthetic fragrances can disrupt endocrine function (*Dodson et al, 2012*). Such fragrances are common in air

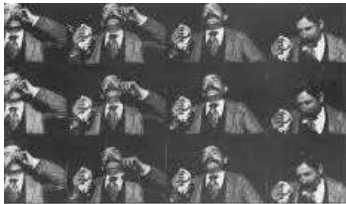
fresheners, dryer sheets and sunscreens. We recommend choosing fragrance-free products whenever that is an option.

References on Request

Seasonal Whiplash Runs Deep

In 1894, Thomas Edison produced a pioneering film titled, “Fred Ott’s Sneeze”. It has been archived by the Library of Congress at this site:

<https://www.loc.gov/item/00694192/>. Some of the stills from this film can be seen below:



The back-and-forth whipping action of Fred Ott’s head and neck is all too familiar as we make the transition from the ragweed season to the cold and flu season and then into the tree pollen season. A study from the 1990’s found that a cough or sneeze generates some 3 g (3 “gravities”) of force (*Allen et al, 1994*). That’s like your head suddenly growing to three times its normal weight. In other words, a sneeze resembles a whiplash.

Clearly, the muscles of the neck take a lot of strain when you sneeze over and over again, and the joints of the neck can easily become misaligned (subluxated). The effects of this strain and subluxation can run much deeper than we used to realize.

There are at least three muscles and one ligament in the neck that have direct connections to the meninges (*Enix, Scali and Pontell, 2014; Mitchell, Humphreys, and O’Sullivan, 1998; Hack et al 1995*). The meninges are the protective covering of the brain and spinal cord. When these connections are disturbed, not only can neck pain and headache result, but such cognitive functions as memory may be at risk (*Fakhran, Qu, and Alhilali, 2016*).

The effects of seasonal whiplash run deep. When you have been through a particularly bad siege of coughing or sneezing, consider moving your next appointment to an earlier date. Less stress in your neck can mean less stress for your brain and spinal cord.

References on Request

Calcium/Magnesium, Magnesium/Calcium

Want to protect your heart, relieve muscle cramping and spasms? How about building bones and controlling blood glucose (diabetes) and blood pressure? Regulate nerve impulses? Support fetal development? Alleviate digestive problems (Crohn's, celiac,) chronic fatigue and fibromyalgia? Here are a few more: retard the formation of kidney stones, help with polycystic ovary disease, combat colon cancer, protect your gums and help control PMS. Those are just some of the things sufficient intake of calcium and magnesium can help with. Let those sink in for starters. Getting the ratio of these minerals exactly right with supplement tablets is tricky. For years, nutritional authorities have recommended a 2:1 ratio of calcium to magnesium. Today, you can find authorities who recommend a 1:1 ratio, among others. Our practical suggestion: get your minerals from food! You can make your choices from the following:

Magnesium: almonds, apples, avocado, bananas, beef, broccoli, brown rice, carrots, cashews, chicken, edamame, halibut, kidney beans, legumes in general, milk, nuts, oatmeal, peanuts, peanut butter, potatoes, raisins, salmon, seeds, soy milk, spinach (green leafy vegetables in general), sunflower seeds, white rice, whole grains, yoghurt,

Calcium: acorn squash, almonds, arugula, basil, beans, bok choy, brie, broccoli, Brussels sprouts, canned sardines, celery seed, cheddar, chia seeds, collards, corn, cottage cheese, dried fruit and nuts, figs, ice cream, gruyere, kale, kelp, kiwi, leafy greens, marjoram, mint, mozzarella, mustard greens, oregano, parmesan, poppy seeds, thyme, turnip greens, milk, molasses, okra, oranges, parsley, peas, rhubarb, rosemary, quinoa, ricotta (part-skim), shrimp, sage, salmon, sesame seeds, sour cream, soy beans, spinach, tofu, walnuts, yoghurt,

Denial just isn't cutting it; it's winter! Here's a little comfort food that'll also help you get your calcium and magnesium fix.

Walnut Cheddar Logs

Ingredients:

1 package phyllo
2 cups walnuts, chopped small but not fine (you're not looking for walnut flour)
1 ½ cups grated cheddar cheese
1 cup small curd cottage cheese
2 eggs, beaten
½ cup milk (any dairy, soy or almond)
Salt pepper to taste, pinch powdered cayenne pepper, ½ tsp dry mustard
Olive oil for phyllo coating (not extra virgin)

Preparation:

Melt cheese slowly in milk. Season with salt, pepper, red pepper and mustard, then slowly add eggs, stirring constantly.

Mix in bowl with walnuts until all are well-coated.

Spread out 2 sheets of phyllo, drizzling each with the olive oil. Fold over, once or twice to the size you want.

Spread spoonful of the nut/cheese mixture along the phyllo, going down the long side of the sheets. Be generous, but not so much that the phyllo can't comfortably contain it when rolled (you don't want escapees).

Fold ends of the phyllo over to help contain the filling, and then roll into logs. Continue until all phyllo and filling are used up. Each piece will look a little like a stuffed cabbage or grape leaf, maybe an egg roll.

Lay the "logs" on a parchment covered baking sheet, brush with oil and bake at 325 until light brown. You will probably have some mixture left after you use up the phyllo. Pour it into a baking dish, bake at 350 until set and browned. Now you have breakfast, too.

These can be appetizers, dessert (with hot cranberry compote), or serve slightly larger ones as a vegetarian main dish with a green vegetable.

Halibut Chowder**Ingredients:**

2 lb halibut fillets, cut into 1 inch pieces

3 russet potatoes

3 orange carrots

1 lb frozen lima beans

0.5 lb frozen peas

2 large cloves garlic, cut into chunks

2 medium onions

3 large stalks celery

Salt and pepper, 2 bay leaves, pinch red pepper, 2 tablespoons cornstarch

2 cans coconut milk

Dry dill and parsley to taste

Water as needed (should have about 6 cups of liquid, all tolled)

Preparation:

Cut the potatoes into ½ inch pieces. Boil in salted water along with the limas. (You want them soft) Add the peas when the potatoes are cooked through as you don't want them mushy.

Meanwhile, cut the carrots into ¼ to ½ inch rounds, and light saute in the bottom of your soup pot. You don't want them too soft. Add chopped onions and the celery, cut into ¼ to ½ inch pieces. Add each vegetable separately, lightly seasoning each layer with the salt and pepper. Stir them together and mix in the fish pieces. They'll cook quickly.

Add the potatoes, limas and peas, including the liquid in which they were cooking. Toss in the garlic, bay leaves and red pepper. Mix, then add dill and parsley. Stir in the coconut milk. Mix the corn starch (thoroughly) into some cold water and add to the chowder. Add as much water as you need to “fluff up” the veggies, and let it cook a little longer on medium high to let the flavors set. It’s even better the 2nd day.

Vienna Chiropractic Associates, P.C

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Address Correction Requested