

# VIENNA CHIROPRACTIC NEWS

Jan-Apr, 2023

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

You Tube: [www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg](https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg)

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## HAPPY NEW YEAR!

In this issue, we'll give you a few ideas to help manage stress in this busy time of year. We also have an announcement of a new paper and local courses. There's a brief project for the readers among us and we proudly present our 2023 Play List, with convenient links. Besides holiday songs, we've included a few just for winter, celebrations, peace and even a lullaby. When you get to the Lion Dance, give yourself time to watch the video. These guys are amazing! When you watch the Grass Dance, you can see the dancer portray the healing process as he recovers the use of a previously lamed leg. Finally, Tuba Skinny helps us strut into 2023.

And now, let's talk about STRESS. Briefly, stress is bad, good, chronic, adaptive, occasional. We can't fix all those things that go bump in the night, especially around 3:30 AM but we're going to try to help you deal with them in a more helpful, less anxiety provoking way.

### Stress: Q&A

**What is stress and why is it bad for me?** Stress is an adaptive response to change. It can be the events leading up to marrying the love of your life and it can be the hungry bogeyman who insists on sleeping under your bed. Stress can be having your fridge break down the day before Thanksgiving, hoping you can hang on to your job or dealing with a chronic health problem (yours or someone you care about). No matter what the day's special is, it can tax your adrenals, activate your inborn fight or flight mechanism, raise your blood pressure and turn your stomach into a pool of acid. The trick is to do the best you can.

Stress can alter your breathing pattern, loosen your ligaments to the point of pain and accident proneness. It can increase your chances of developing diabetes, gaining weight that just won't leave, alter your sex drive and make your heart race. It's a survival mechanism that works to your advantage when you have to spring into action (a very good thing) and becomes miserably serious when it is chronic and there seems to be little time to escape it. Clearly not good for you but read on.

**Is stress more physical or more emotional?** Yes! Stress can make you sad, frightened, manic, slightly catatonic or unfocused. Clearly emotional. Stress can tax those adrenals, loosening ligaments and making you physically unstable. It can do all the above and disrupt your vertebral movement to the point of pain. Seriously physical.

**So what can I do about it?** Feed and depend on whatever is positive and available to you. We're not saying it's easy and it doesn't always work the way you'd like but it can work to one degree or another. Norman Cousins beat serious illness by immersing himself in comedy. There is help and most of it can be drawn out of you, with a little help from your friends.

- A. *When you walk into our office***, your eyes meet the Serenity Prayer. Most people associate it with AA but it is older than that. We think this is some of the best advice ever:

*God grant me the Serenity to accept the things I cannot change,  
The Courage to change the things I can,  
and the Wisdom to know the difference.*

- B. *Eat a good diet***. For most of us, this can be achieved to one degree or another though it can involve a little time and creativity. The following foods have been found to have nutritional aspects that may help your body and mind cope better with the fast balls life sometimes insists on throwing us.

Blueberries, dried fruit, oyster, turkey, leafy greens, asparagus, avocado, coconut oil, wild caught fish, pumpkin seeds, whole grains, colorful vegetables in general.

- C. *Move!*** This can be really hard to do if you're feeling down or are hurting, but every little bit helps. It can take your mind off things for a while, but it also helps blood and lymphatic flow as well as getting some more of that good oxygen. Find something you like so you will actually do it. If you hate competitiveness or intensity, you probably don't want to go in for rugby. It doesn't have to be a sport or even long walks. It can be a few minutes scattered throughout the day working a few muscles if you are not up to working out yet. Can't get to a gym or don't want to? You can do it on your bed or chair, the living room or kitchen might serve. Get that oxygen flowing even if it's 10 minutes a day.
- D. *Socializing***. Most of us can benefit from being around other people, at least for a short period. This doesn't have to be someone to whom you bare your soul (that's why there are cats and dogs!), just some shared humanity. If you have time volunteer. Helping someone else can help you, but if you're more of a loner, just going to a place where there are people doing things (people watching can be a lot of fun) may help.

E. **Relaxation.** We know, sometimes this is the problem. You can't relax or find the time to. Again, baby steps. You may relax by doing things or grabbing some time to do absolutely nothing. Inquire within! If that's too much or not your style, listen to music or watch the birds. We all need something that isn't work or even responsibility for a little while and that can be hard to find but super rewarding. Breathing exercises often help. See our video, "Alternate Nostril Breathing":  
[www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg](http://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg).  
 Give some of these a try, just remember all things take time.

**Speaking of relaxation...** There are a lot of studies that indicate the light emitted by screens can be very stress provoking. This can be our computers, phones, even the TV. We won't argue about the difficulty of completely avoiding or limiting these things since they've become so much a part of modern life. Just the same, let's take a few moments a day away from our electronic tormenters. When was the last time you read a good book? Reading can even be a social thing by reading to someone else or participating in a readers' theater. We're asking you to email or call in the names and authors of a few books you've enjoyed over the years. We'll put together a list and make it available to anyone who'd like a copy. We'll do this through Jan. 15<sup>th</sup>, maybe a little later. If the weather holds out, you'll have it for the first snow day!

**COMMUNITY OUTREACH CLASSES**

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. For details, call 703-938-6441. To register, contact Kathy Blevins, 703-255-7801 or [KBlevins@viennava.gov](mailto:KBlevins@viennava.gov). Upcoming:

<i>Building a Better Neck</i>	Jan 10
<i>Mouth and Throat Toning for Better Sleep</i>	Feb 7
<i>Breathing Exercises for Optimal Brain Function</i>	Mar 7
<i>Long COVID</i>	Apr 11

# # #

**SECOND COVID RESEARCH PAPER PUBLISHED:**  
**MORE VOLUNTEERS NEEDED**

In our September 2022 newsletter, we announced the publication of our first case report stemming from our COVID research. We are happy to announce the publication of our second paper in this field. Both papers are posted for public access, and can be found at these safe links:

[https://apcj.rocketsparkau.com/site\\_files/4725/upload\\_files/MasarskyLongCOVIDCR.pdf?dl=1](https://apcj.rocketsparkau.com/site_files/4725/upload_files/MasarskyLongCOVIDCR.pdf?dl=1)

Please feel free to share these links with interested friends and health care providers.

We are still looking for long haulers interested in participating in our research. Long COVID will be with us as long as this infection remains endemic. Also, COVID long haulers are not the only ones who suffer from headache, loss of the sense of smell, brain fog, etc. These problems also afflict victims of car accidents, concussions, slip-and-fall incidents, and sports injuries. The more we learn, the more people we can help, with or without long COVID.

If you or someone you know would like more information about this project, please call 703-938-6441. Also, consider attending our April 11 class on long COVID (see "Community Outreach Classes").

Thank you!

# # #



*Remember our veterans on Memorial Day and every day.*

## **RETURNING WAR VETERANS**

Have you been deployed to Iraq, Afghanistan, or any other active conflict area in the past five years? If so, 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. 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 multipacks. 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, care is independent of your insurance status or financial situation. Anonymous cash payment goes into a box at the front desk, or you may pay by check or with credit card. How much? That's up to your judgment of our care's worth and your ability to pay. (Medicare is the one exception; those fees are federally mandated.)

New patients are welcome on Chiropractic Independence Days, schedule permitting. This is a great way to introduce friends and family members to chiropractic care.

Time slots go quickly, so book early. We ask that you let us know as soon as possible if you need to cancel or reschedule, so that a fellow community member can use your time slot.

Thanks!

### **Our Annual New Year's Do It Yourself Concert!**

Chieftans, Christmas Reel: <https://www.youtube.com/watch?v=P3sL-T8I5xg>

U.S. Army Band, Christmas Medley: <https://www.youtube.com/watch?v=8q3Lck1dneA>

Celia Cruz, Jingle Bells: <https://www.youtube.com/watch?v=y2MJ39WzUJ8>

Maayan Band, Shalom Aleichem:

[https://www.youtube.com/watch?v=913jZFL1bdE&list=RD913jZFL1bdE&start\\_radio=1](https://www.youtube.com/watch?v=913jZFL1bdE&list=RD913jZFL1bdE&start_radio=1)

Barcelona Gipsy Klezmer Band, Hevenu Shalom Aleichem:

<https://www.youtube.com/watch?v=iSU0UG4VSEI>

Young Bear, Grass Dance: <https://www.youtube.com/watch?v=ZKXG3-KSvzg>

Garth Brooks, Last Night I Had the Strangest Dream:

[https://www.youtube.com/watch?v=uldnkUYwNEs&list=RDuldnkUYwNEs&start\\_radio=1](https://www.youtube.com/watch?v=uldnkUYwNEs&list=RDuldnkUYwNEs&start_radio=1)

Pentatonix, Carol of the Bells: [https://www.youtube.com/watch?v=WSUFzC6\\_fp8](https://www.youtube.com/watch?v=WSUFzC6_fp8)

Leah Stevenson, Ocho Kandelikas: [https://www.youtube.com/watch?v=1K98z4-Q\\_FQ](https://www.youtube.com/watch?v=1K98z4-Q_FQ)

Asam Ali, Nami Nami: <https://www.youtube.com/watch?v=DOtELxDi5Wg>

Aaron Sinclair, Winter (Antonio Vivaldi, Four Seasons):

<https://www.youtube.com/watch?v=zR3jGhBnr3g>

Johnny Mathis & Bette Midler, Let It Snow: [https://www.youtube.com/watch?v=W\\_bt9NP11Vo](https://www.youtube.com/watch?v=W_bt9NP11Vo)

Count Basie, Sleigh Ride: <https://www.youtube.com/watch?v=moryz1ijjel>

Genting Lion Dance: <https://www.youtube.com/watch?v=Se2n0cmBefU&t=130s>

Brooklyn Bluegrass Collective, Auld Lang Syne: <https://www.youtube.com/watch?v=DrBFImT6mU8>

Tuba Skinny, Jubilee Stomp: [https://www.youtube.com/watch?v=\\_ZdMxFiUf9Q](https://www.youtube.com/watch?v=_ZdMxFiUf9Q)

## CALENDAR

<b>Jan</b> 2 Office reopens 7,21 Saturdays Open 9 Chiropractic Independence Day	<b>Apr</b> 1,15 Saturdays Open 5 Closed at 5:00 for Passover 17 Chiropractic Independence Day 22 Earth Day (we're open)
<b>Feb</b> 4,18 Saturdays Open 20 Chiropractic Independence Day 20 President's Day (we're open)	<b>May</b> 6,20 Saturdays Open 15 Chiropractic Independence Day 29 Closed for Memorial Day
<b>Mar</b> 4,18 Saturdays Open 20 Chiropractic Independence Day 20 First Day of Spring	<b><u>STANDARD HOURS OF OPERATION</u></b>  M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only