

Vienna Chiropractic Associates, P.C.

News



May–August 2012

Speaking of Moving

Have you? There are a lot of moving trucks out there this time of year. If you have, even if it's within the neighborhood, we still need your street address or P.O. Box, home or work phone numbers that may have changed and, if you would be so gracious, the email address you check most often. This will help us to communicate with you in a timely way. If you would still prefer to get your newsletter on paper, that's fine, you still will, but having the email address will help us get information to you much more quickly.

703-938-6441

Please always use this number to call us unless you have been specifically asked to use a different one for a specific reason. While the cell phone was very helpful when we were dealing with finding a new office and were in our temporary space at Elandre Spa, we

seldom use it anymore. Now, days can go by before we check it. The above number will get you to us, or at least a tape, barring truly weird weather or problems at

the phone company.

Sometimes, we will return a call on 703-938-6442 or on our home phone if that's the first line we can get to. Please don't use these unless asked to. "42" will

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Office Hours

Monday	10:00 a.m.–1:00 p.m. 3:00 p.m.–7:00 p.m.	Friday	10:00 a.m.–1:00 p.m. 3:00 p.m.–7:00 p.m.
Tuesday	10:00 a.m.–1:00 p.m. Dr. Masarsky only	Saturday	9:00 a.m.–12:00 p.m. Usually open two Saturdays a month
Wednesday	10:00 a.m.–1:00 p.m. 3:00 p.m.–7:00 p.m.	Sunday.....	Office closed, barring emergencies
Thursday	Office closed, barring emergencies		

Just in Case—Just in case you were swamped yourself when the last newsletter came out, we've moved. We're now at **407-C Church St., NE in Vienna** (across the lot from the old office). **Unit C is in the pretty little lane (ground floor) in the back of the building.** You can reach us at our old number, **703-938-6441.**

Office Calendar

May	6.....Full moon	7, 28.....Saturdays open
	12, 19.....Saturdays open	3.....Full moon
	21.....Independence Day	23.....(Chiropractic) Independence Day
	28.....Office closed for Memorial Day	August
June	4.....Full moon	2.....Full moon
	2, 16.....Saturdays open	4, 18.....Saturdays open
	14.....Flag Day, office open	27.....Independence Day
	20.....Summer Solstice	September
	25.....Independence Day	28.....Labor Day, office closed
July	4.....US Independence Day! Closed.	8, 22.....Saturdays open
		24.....Independence Day
		26.....Yom Kippur, office closed
		29.....Full moon

Note: This calendar is made up several months in advance and we may occasionally need to make small changes in it. The same applies to our hours. If you have made an appointment during one of those scheduling changes, you will be informed as soon as we are aware of the need to alter the schedule. If you are having a true chiropractic emergency, please tell us when you call. We will make every reasonable effort to accommodate you.

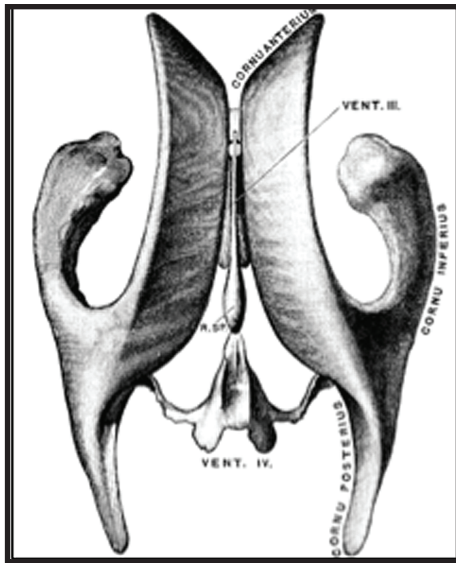
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not get picked up on the tape, it'll just ring and ring. If you catch us at home, we probably don't have the information you need with us. Even if we do have it, we're simply not at home that often.

If your question or request is not of immediate importance, you always have the option of emailing us (viennachiropractic@neurologicalfitness.com). For instance, if you need an appointment in the next few days, need to change something or have a question that can wait a little while, email is a good option. We can answer you even if it's late, without disturbing you, and you'll get the information you need. If it's 10:00 a.m. and you would like to come in that particular day, at 11:00 a.m., please call us instead. We may not check the email again for a few hours, depending on what's going on in the office, whereas the phone will be picked up immediately or ASAP, a much better option, we think. 🐾

This Is Not Abstract Art! This Beautiful Structure Is Inside Your Head!



You are looking at a drawing of the ventricles—chambers in the human brain that produce cerebrospinal fluid, or CSF. Your brain and spinal cord are bathed in CSF and cannot function properly unless

it flows normally. This flow is primarily maintained by pulsations produced by expansion and contraction of the blood vessels in the brain (Kurtcuoglu, et al, 2007). Other influences include normal breathing and spinal movement.

Restrictions or misalignment of the vertebra (subluxations) can interfere with normal breathing and spinal movement. Subluxations can also irritate the nerves that control expansion and contraction of the blood vessels in the brain.

Chiropractic adjustments are designed to correct vertebral subluxations. Improved breathing, spinal movement, and nerve function are among the potential benefits of these adjustments. Chiropractic adjustments and cranial techniques also assist the normal mechanics of the meninges—the envelopes that contain CSF. To the extent that these changes support normal CSF flow, the ultimate beneficiary may be the brain itself. 🐾

References

Kurtcuoglu, V., M. Soellingen, P. Summers, K. Boomsma, D. Poulikakos, P. Boesigen, Y. Ventikos. "Computational Investigations of Subject-Specific Cerebrospinal Fluid Flow in the Third Ventricle and Aqueduct of Sylvius." *Journal of Biomechanics*, 2007; 40: 1235-1245.

Illustration: Cunningham, D.J. *Textbook of Anatomy* (New York: William Wood and Co., 1903) 532.

Tentative Appointments

Sometimes folks have an appointment request and we get the message on tape or via email. When we call you back, you may not be at the phone or at the computer in the case of emails. If that happens, we'll either leave a message or an email with a time we think will work for you according to your messaged request and the times you usually prefer to be adjusted. These are tentative appointments. We're finding that the best way to make sure everyone involved is on the same page is for you to call or email us to confirm—even if the time suggested is perfect for you—and let us know yea or nay. If it's good, we

can get rid of that tremulous little "t" for "tentative" next to your appointment, knowing we will see you then. If it's not good, we go back to the drawing board and someone else can have that particular appointment. 🐾

Nothing at All to Do with Chiropractic, But...

Summer is coming up fast and a lot of our patients' college students will be back in the area. It's often hard to get a summer job and the last few years have been even rougher. If you know of a summer job at your place of work or through a friend, we'd be happy to pass along the info. Whether or not it turns out to be a good match is completely between employer and employee. We just don't like to see talent wasted when it doesn't have to be. 🐾

Perfume and Oils, Natural and Not So Much

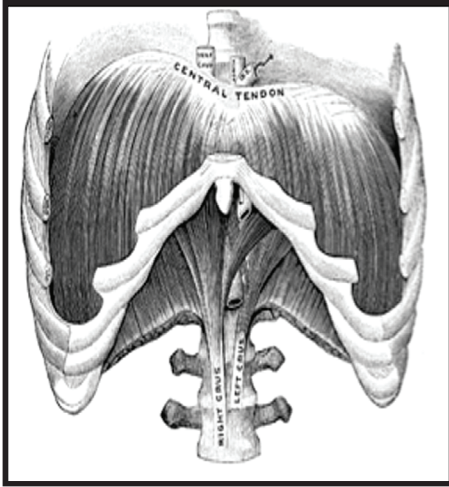
Even a high-quality perfume or a completely organic-scented oil may cause others around you to have an allergic reaction, especially with warm weather making those scents evaporate more intensely. Oils can also make you slippery and difficult to adjust. We're hoping you'll help us and your fellow patients by limiting scent and oils when you're coming in for an adjustment. 🐾

Special Days and Programs

Want to receive regular care on an early intervention basis? Talk to us about our "packs." Out of work, short on work or just need some extra care? Talk to us about our Independence Days. Full-time college or tech student? We can help.

If you are a serviceman or woman who has been deployed to Iraq or Afghanistan during the past five years, we have a gift for you. Please ask us about it. 🐾

No, It's Not a Parachute



This is the diaphragm, a pair of dome-like muscles separating the organs of your chest from those of your abdomen. When the diaphragm is working properly, breathing is easy and efficient. Normal digestion requires the diaphragm to allow food to move smoothly into the stomach. Along with the other breathing muscles, the diaphragm helps blood return to the heart, thereby promoting normal circulation. The action of the breathing muscles also helps lymph to move through your lymph nodes; this helps your body fight infection. Recent research indicates that normal breathing helps prevent brain disorders such as stroke.

Joint misalignment or restriction (subluxation) in the cervical spine (neck) can irritate the nerves that control the diaphragm. Subluxations elsewhere can disrupt control of the other muscles of breathing. Chiropractic adjustments are designed to correct these subluxations.

Drs. Masarsky and Todres have published research indicating that chiropractic adjustments improve the function of the breathing muscles. Our research papers are available on request. Improved breathing potentially benefits the digestive, circulatory, immune and nervous systems. 🐾

References

Illustration Source: Gray, Henry. *Gray's Anatomy: Descriptive and Applied* (Philadelphia: Lea & Febiger, 1913) 420.

What Do My Allergies Have to Do with My Spine or Anything Else?

The Short Story...

Besides acknowledging the way a good sneeze can rack your spine and sore, runny eyes can promote a strange and damaging head angle while reading, we need to remember the basics of what happens biochemically during an allergic reaction. When we are exposed to allergens, whether pollen, foods, plants or (we're so sorry about this one) pets, your immune system comes tromping out to the rescue. This shakes your adrenals out of their complacency. Depending on the intensity of the allergen exposure, your adrenals come to your rescue (as they will, to the best of their ability, when dealing with any stressor). They need Vitamin C to function. Since the allergen exposure may be prolonged, the adrenals will eventually run low on supplies. Not only does this make it hard on the adrenals themselves, but your ligaments need Vitamin C to maintain their integrity and hold all your joints, including those between vertebrae, in the appropriate position. Therefore, with exposure to allergens (as when the gorgeous flowering trees of Washington not only put on their show, but find that show holding over a month

or two), you may, in many cases, become a "Vitamin C sponge." The need is far more than when not exposed, and humans can't really store water soluble Vitamin C. This means your ligaments may not hold your joints as well and you become "biochemically/microscopically accident prone," as joints go hypo-/hypermobile (too little/too much movement). This creates vertebral subluxation complexes and spinal nerves, in particular, become irritated.

What to do? Short of living in a bubble, you need to keep up your Vitamin C/bioflavonoid intake, keeping in mind individual needs based on sensitive digestive tracts and medications, which may interact badly with the vitamins. Do avoid unnecessary exposure during your day's travels, close the windows at night and, if you've been out and exposed a long time, you may want to change clothes and wash your hair.

Remember those loose ligaments and irritated nerves? This would be a really good time for a spinal tune-up. Show those wind-pollinated plants and autumn leaves who's in control here! 🐾

Instant Focus Group

We try to give as much useful information on our answering tape as possible. We're wondering if there isn't too much information. Therefore, we're deputizing those of you who are willing to act as an informal focus group to help us decide what should and shouldn't be on the tape. You can email your preference from the choices below, drop it in the mail, call it in or just tell us. Maybe we'll have a flyer in the office. The way we see it, there are three basic types of message we can leave.

1. **Brief.** Something like "Thank you for calling Vienna Chiropractic Associates. If you're getting this message, we are either in with patients or this call is coming in outside our hours. Please leave your name and number and please speak slowly and distinctly because you can speak faster than we can write. We will get back to you as quickly as possible."
2. **Medium.** You've reached Vienna

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Chiropractic Associates. Our hours are (____). Please leave your name and number, and we will get back to you as soon as possible. Please speak slowly and distinctly so that we can get your full message, and we'll get back to you as soon as possible.

3. **Long.** Thank you for calling Vienna Chiropractic Associates. Our hours are (listed). This week we will hold Saturday hours from 9:00 a.m.–12:00 p.m. If you are getting this tape, we are with patients, or we are closed. Please leave a message and speak

slowly and clearly because you can speak faster than we can write. Please tell us if this is an emergency. We will call you back as soon as possible.

Other: Is there something else you think should be on the tape? 🍷

ENJOY THE WARM WEATHER!

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Address Correction Requested

