

# **VIENNA CHIROPRACTIC ASSOCIATES NEWS**

*May-August 2014*

407C Church St NE, Vienna VA 22180

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

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## **HOURS:**

**MWF: 10AM-1PM & 3PM-7PM**

**T: 10AM-1PM**

**Sat: 9AM-12 Noon (Please note: We hold Saturday hours approximately twice per month. See our Calendar.)**

## **CALENDAR:**

**May 17, 31: Saturdays Open  
19: Chiropractic Independence Day  
26: Memorial Day, Office Closed**

**August 9: Saturday Open  
18: Chiropractic Independence Day**

**June 14, 28: Saturdays Open  
16: Chiropractic Independence Day**

**September 6, 20: Saturdays Open  
15: Chiropractic Independence Day  
1: Labor Day, Office Closed**

**July 12, 26: Saturdays Open  
21: Chiropractic Independence Day  
4: Office Closed for the Fourth**

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## **THE MOST IMPORTANT NUTRIENT THIS SUMMER (AND ALWAYS)**

The one nutrient you can't survive without for more than a few days is water. This is especially true during the summer months, as you sweat away your body's supply of this essential nutrient.

Occasionally feel a bit woozy in the summer heat? The last thing you need is a slip-and-fall or car accident. Water helps you re-focus by keeping your blood volume and body temperature at normal levels.

Are you sampling a wide variety and large quantity of food at summer parties, festivals, fairs and get-togethers? That's part of enjoying the season, but once in a while, these festivities may leave your intestines in an uproar. Whether your bowel is overactive or sluggish, you need water.

Think you'll dodge dehydration by staying in an air conditioned building or car? Sorry, air conditioning not only cools the air but dries it as well. This brings welcome relief from the humidity, but it also dehydrates you with every breath.

A nice, cold beer, cocktail or glass of wine can be very refreshing. However, alcohol is a diuretic, so this is not an efficient way to get water into your body. Sodas and other naturally or artificially sweetened beverages give your body chemistry extra work to do. Sports drinks may be helpful at times, but at the risk of belaboring the obvious, a really efficient and cost-effective way to get water is by drinking water. A good additional source is a serving of fresh fruit and/or vegetables.

### A SUMMER TREAT FOR YOUR BRAIN

As most people know, vitamin D is essential for healthy bones and teeth. A growing body of research suggests this nutrient is also important for the health of your immune system, your heart, and your blood vessels. Another system of your body also seems to require vitamin D for optimal function – your nervous system, including your brain.

During warm weather, your skin can supply you with vitamin D, with the help of ultraviolet (UV) rays from sunlight. For light-skinned people, approximately 15-20 minutes of unprotected exposure to the sun at least twice per week will keep your vitamin D levels at normal levels. Remember, more is not better when it comes to UV radiation. More unprotected sun exposure than this is a risk factor for sunburn and skin cancer.

Not everyone can incorporate sunbathing into their schedule, and some people don't wish to. Also, people with dark skin require more exposure to the sun (some sources say 5-10 times the exposure) to reach optimal vitamin D levels, which may not be practical or even safe. Seniors over the age of 70 require more vitamin D than younger people. Certain health conditions such as obesity, Crohn's disease, and celiac disease increase the need for vitamin D. If any of the above is the case, consider taking a vitamin D supplement. The National Institutes of Health offers information on vitamin D, including guidance on supplementation: <http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>.

Interested in other things you can do for your brain? Visit [www.neurologicalfitness.com](http://www.neurologicalfitness.com), and check out our "Brain Fitness Tips" in our September 2009 through September 2010 newsletters. Also, the article "Brain and Empire" in the January 2010 newsletter explains why the chiropractic adjustment can be your brain's best friend.

## **THAT EXTRA COMMUTE**

You haven't moved furniture, there's no time for the garden, and you haven't suddenly been walking a massive unruly dog. So, why are you experiencing low back and leg pain? Did your commute become longer?

While the local economy is seeking its level, a lot of you are wearing an extra hat or two. If this involves additional trips to multiple clients, your commute may have gone from an easy 20 minutes to hours each day, often with your right leg hovering over the pedal because traffic is creeping.

Prolonged stressful sitting compresses the joints of your pelvis. There is also extra wear and tear on the lumbar discs. The end result can be irritation to the sciatic nerve and other nerves in the lower body. This can lead to pain, numbness or weakness.

If this sounds familiar, you owe yourself a chiropractic checkup to help bring back your normal joint and nerve function.

## **THE INFAMOUS "DOOR KNOB CONVERSATION"**

A number of years ago, we examined and adjusted a new patient who told us they were injured after falling from a bicycle. After the visit was over, they asked if we would be sending the bill to automobile insurance. We didn't understand how auto insurance could be relevant to falling off a bicycle. The patient explained they fell off the bicycle after they were hit by a car!

This was an extreme example of the infamous "door knob conversation," but all too often, someone tells us something of clinical and/or administrative importance just as they reach for the door knob to leave. Common topics for this conversation involve new injuries, changes in medications, and recent surgery.

If you have just joined the Medicare system, don't make this a door knob topic. We need to prepare certain paperwork, ideally in advance of your visit. Doing it retroactively or on the fly is much more difficult, creating a bureaucratic headache for us and a lower probability of reimbursement for you.

## **CHIROPRACTIC INDEPENDENCE DAY**

On selected Mondays (usually once per month) we hold a Chiropractic Independence Day. It is a day of independence from worries about income and insurance coverage. Just leave an amount in the box at the front desk that you think represents the quality of care, consistent with what you can afford.

The above applies only if insurance is not involved. If you are on Medicare, we are legally obligated to charge you the fees fixed by that federal program. If

**you are not on Medicare, but you require insurance paperwork of any kind, we must charge the fees we would normally charge you.**

## **CONCUSSION ARTICLE AVAILABLE FOR HEALTH PROFESSIONALS (AND FOR YOU)**

**Recently, New York Chiropractic College certified our course on concussion. It is now available for doctors of chiropractic seeking postgraduate education credits.**

**We have prepared a paper which distills some of the information from this course. It features a discussion of the beneficial effects of the chiropractic adjustment on balance, vision, memory and attention – all of which are adversely affected by concussion. This is an evidence-based discussion of the research literature for non-chiropractic health professionals.**

**We would be happy to send this paper to your general practitioner, neurologist, orthopedist, sports medicine specialist, or any other medical doctor you think may benefit from this information. It may also be of interest to managers and coaches of sports teams, personal trainers, and therapists. We hope to improve cooperation between the professions for the benefit of our mutual patients. Put us in touch.**

**Needless to say, the intelligent lay reader (*you!*) may be interested as well. Let us know if you prefer to receive it as a Word document or on paper. Also, if you would like Dr. Masarsky to do a presentation on concussion for your community group, let us know.**

**By the way, if you or a loved one has suffered from concussion, please take another look at the article “Concussion Facts” in our previous newsletter:**

<http://www.neurologicalfitness.com/newsletr/Jan-Mar2014.pdf>

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**Address correction requested**