

VIENNA CHIROPRACTIC ASSOCIATES PC NEWS

407C Church Street NE Vienna VA 22180

Tel: 703-938-6441

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Please note: The calendar is constructed several months in advance, and it would be sensible to call before dropping by, since situations can change, taking the calendar with them. The same, to a lesser degree, applies to our hours.

Calendar:

May	2, 16	Saturdays Open	June	6, 27	Saturdays Open
	18	Chiro Independence Day		22	Chiro Independence Day
	25	Memorial Day (closed)			
July	4	US Independence Day	Aug		
	20	Chiro Independence Day		24	Chiro Independence Day
	11,25	Saturdays Open		8,29	Saturdays Open
Sept	7	Labor Day (closed)			
	21	Chiro Independence Day			
	12,26	Saturdays open			

Hours:

Monday	10-1	3-7	Tuesday	10-1 (Dr M Only)
Wednesday	10-1	3-7	Thurs	closed, except for emergencies
Friday	10-1	3-7	Saturday	9-12

Sundays: Office is closed except for emergencies

BRAIN FITNESS TIPS: The Fish Story

{*Why is Brain Fitness so important?* While the stopping of your heart is definitely bad news for your whole body, if your brain isn't working as well as possible nothing, including your heart is going to function properly. Every organ in your body relies on

your brain's computing power for optimal function. To do its job properly, the brain needs the proper fuel. The following information will help you fuel "information central".}

The Good: There are several reasons to trust the old adage: "Fish is brain food." For one, fish is high in B vitamins and vitamin D. Fish is also high in brain-friendly fats, such as omega-3 fatty acids.¹ Much literature has already been published in the scientific journals, and more is emerging to indicate that these nutrients support optimal brain function.²⁻⁴

The Bad: Mercury, which is toxic to the nervous system in general and the brain in particular, is often found in fish. Some of the worst fish in terms of mercury content are marlin, orange roughy, shark, swordfish, tile fish, and tuna.^{5,6}

Pesticides used on the farm, garden and household make their way to our rivers and streams via runoff water. Therefore, fresh water fish and farm fish frequently carry pesticides in their tissue. According to studies by the U.S. Fish and Wildlife Service, 90% of the fish in U.S. streams and rivers contain pesticides.⁷ Many of these pesticides are toxic to the human nervous system.

The Best: Herring, sardines and salmon (ocean caught, not farm raised) are especially high in brain-friendly nutrients, while being low in mercury and pesticides. Other nutrient-rich and reasonably safe fish include Atlantic haddock, perch, pollock, tilapia, and white fish.

See our newsletters from September 2009 to September 2010 for more "Brain Fitness Tips", as well as our May 2014 article, "A Summer Treat for Your Brain". Also of interest: "Brain and Empire", January 2010; this article explains why the chiropractic adjustment can be your brain's best friend. These articles and more can be found at: www.neurologicalfitness.com.

References and Notes for "Fish Story"

1. Other sources of brain-friendly fats include walnuts, pumpkin seeds, sunflower seeds, sesame seeds, olives and olive oil, coconuts and coconut oil, and avocados.
2. Calon F, Cole G. Neuroprotective action of omega-3 polyunsaturated fatty acids against neurodegenerative diseases: evidence from animal studies. *Prostaglandins Leukot Essent Fatty Acids*, 2007; 77(5-6) 287-293. <http://www.ncbi.nlm.nih.gov/pubmed/18037281>
3. Brewer LD, Thibault V, Chen K-C, Langub MC, Landfield PW, Porter NM. Vitamin D Confers Protection in Parallel with Downregulation of L-Type Calcium Channel Expression in Hippocampal Neurons. *J Neurosci*, 2001; 21(1): 98-108. <http://www.jneurosci.org/content/21/1/98.full.pdf>

4. Nachum-Biala Y, Troen AM. B-Vitamins for Neuroprotection: Narrowing the Evidence Gap. *Biofactors*, 2012; 38(2): 145-150. <http://www.ncbi.nlm.nih.gov/pubmed/22419558>
 5. Natural Resources Defense Council. Mercury In Fish. <http://www.nrdc.org/health/effects/mercury/walletcard.pdf>
 6. American Pregnancy Association. Mercury Levels in Fish. <http://americanpregnancy.org/pregnancy-health/mercury-levels-in-fish/>
 7. U.S. Fish and Wildlife Service. Pesticides and Wildlife. <http://www.fws.gov/contaminants/issues/pesticides.cfm>
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ALLERGY SEASONS

For some of us, the beauty of spring and summer would be easier to appreciate without the red eyes, running noses and queasy stomachs that come with the allergic inflammation of these seasons. Chiropractic adjustments cannot change the genetic makeup of the allergic person, but reducing nerve irritation can help the body hold the allergic inflammation to more reasonable levels.

In 1988, we published the case of a man with a long history of a serious lung disorder.¹ He also suffered from nasal allergies so severe he would sometimes lose his sense of smell during the tree pollen season. Our study of this patient extended through the 1986 and 1987 tree pollen seasons. According to data gathered by the Capital Area Lung Association, the 1987 season was worse, both in terms of average pollen count and number of days on which the count was greater than or equal to 100. Yet, under chiropractic care 1987 was the “least allergic” year in the patient’s memory, even though other members of his church were suffering unusually severe allergic symptoms.

In addition to chiropractic adjustments, don’t overlook one of Nature’s most potent anti-inflammatories: laughter. While we have known for many years about the beneficial effect of laughter on inflammation in general, emerging research has found that allergic inflammation in particular is minimized by mirth.^{2,3} Amazingly, even allergic infants show reduced allergic responses when their mothers laugh while holding them.⁴

So, when your allergies ramp up, go inside when you can, shower off the pollen, and call us for a chiropractic visit. While you’re waiting for your appointment time, seek out comedy performances, amusing experiences, and friends who make you laugh. When you take the edge off the allergies, you can remember how beautiful those blossoms outside really are.

References for "Allergy Seasons"

1. Masarsky CS, Weber M. Chiropractic Management of Chronic Obstructive Pulmonary Disease. *J Manipulative Physiol Ther*, 1988; 11: 505-510. (Abstract posted by the NIH National Library of Medicine: <http://www.ncbi.nlm.nih.gov/pubmed/3253396>. Complete paper available on request.)
 2. Kimata H. Effect of Humor on Allergen-Induced Wheal Reactions. *J Am Med Assoc*, 2001; 285(6):738.
 3. Kimata H. Laughter Counteracts Enhancement of Plasma Neutrophin Levels and Allergic Skin Wheal Responses by Mobile Phone-Mediated Stress. *Behav Med*, 2004; 29(4): 149-152.
 4. Kimata H. Reduction of Allergic Responses in Atopic Infants by Mother's Laughter. *Eur J Clin Inv*, 2004; 39(9): 645-646.
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STARTING OR ADDING TO YOUR FAMILY: Help Through Chiropractic

Planning your own expansion project? Chiropractic can safely help you have a healthier, more comfortable experience, from helping your nervous system keep your endocrine system working well so you can conceive more easily, to keeping you as free as possible from the discomfort your new passenger can cause as your center of gravity changes on a daily basis. While occasionally a late term baby will pick a spot where it can snuggle up and cause pressure on your sciatic nerve and just plain refuse to move, a properly functioning neuromuscular system can generally convince the passenger to move while we relieve the pressure on your low back and legs. While we don't pretend to have an answer to every question regarding your pregnancy and urge you to seek the care of a good midwife or OB if you have a condition that requires one, we can help you through a healthy and joyful pregnancy. We want to be part of your team.

After delivery, we are here to make sure your hips and back regain their normal movement so you can happily care for your new child. This includes balancing the muscles that took such a beating during your pregnancy, particularly due to the changes in balance.

If you or anyone you know have questions regarding pregnancy, pre, post and during and how chiropractic can fit into the picture, we invite you or them to make a complimentary 15 minute appointment to discuss those questions.

MAKING CHIROPRACTIC AVAILABLE TO MOST

We believe just about everyone can benefit from some form of chiropractic care (and there are many techniques, including those gentle enough for an infant). This office has several plans to make this care available to most people.

Chiropractic Independence Days: These are generally held once a month on a Monday. On that day, you get the same good care you would get on any other day this office is open, but the amount of payment is up to you. There will be a box on the counter into which you put your payment, which you will decide according to what you think of the care received and your ability to pay. You can use credit or a check if you want to, but you can remain anonymous by just dropping cash into the box. Who uses Independence Day? Anyone who wants to be adjusted on that day (and, yes, we'll see new patients then if there is enough time open to give them our first visit history and exam), from the acute patient, to the "frequent flyer" to someone being blown a raspberry by the employment situation.

Multi-Packs: You save money by buying 6 or 12 adjustments at a time or a family pack of 18. These are designed to provide early intervention to those wanting regular check-ups for themselves and their family, especially in this time of \$30-\$50 co-pays. They are good for a 14 month year to better accommodate Northern Virginia travel schedules.

Welcome Back Vet Plans: Have you been deployed to the Middle East or Afghanistan during the past 5 years? We'd like to thank you for your service by giving you a year's worth of care at absolutely no cost. You can use your care for acute or chronic problems or for wellness care to help you ease back into life at home. Call us at 703-938-6441 for details.

CONCIERGE QUALITY: STANDARD SINCE 1983

Maybe you've heard some of the buzz about "concierge medicine". Generally speaking, you have to pay a steep extra fee or "subscription cost" for this special level of service. Among other things, concierge medicine may entitle you to same day or next day appointments, return calls from your doctor, and individualized care plans. Typically, concierge medicine offers care from your doctor "in person" during your visits, not from "ancillary personnel". You are also offered education to help you care for yourself between visits.

You don't have to subscribe to a special program to be treated this way at our office. For us, concierge quality is just standard service!

ACUPUNCTURE AND MASSAGE

Acupuncture has powerful normalizing effects on the nervous system. Massage therapy is one of the most effective ways to balance the tone of the muscles and other soft tissues. These forms of health care work very well in conjunction with chiropractic adjustments. If you are interested in adding an acupuncturist and/or a massage therapist to your health care team, please ask us for a referral.

TENNIS “PLANT”

Many of you will be enjoying the sport of tennis during this season. While this is a very healthy activity, some of you are using less than optimal form when you “plant” before your swing. This can lead to misalignments with nerve interference (subluxations). If you want us to test your body’s response to your plant and swing technique, talk to us about setting up a coaching session for body usage. You will want to bring your tennis racquet with you for that visit.

WHO ARE YOU?

If you call us and don’t give us your first and last name, we may not know who you are! This is especially important if you are recording a message. Please give us your full name, and state your phone number slowly.

News

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Address Correction Requested