

VIENNA CHIROPRACTIC ASSOCIATES

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www.neurologicalfitness.com

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May-August 2017

<u>Calendar</u>	<u>Hours</u>
<i>May</i> 15 Chiropractic Independence Day 20 Saturday In 29 Memorial Day : Office Closed	MWF 10-1 & 3-7 T 10-1 (Dr M only) Saturdays (usually 2/month) 9-12 The office is closed Thursday and Sunday
<i>June</i> 19 Chiropractic Independence Day 10, 24 Saturdays In	
<i>July</i> 3-4 Office Closed for National Independence Day 17 Chiropractic Independence Day 8, 29 Saturdays In	
<i>Aug</i> 21 Chiropractic Independence Day 12 Saturday In	
<i>Sep</i> 4 Office Closed for Labor Day 25 Chiropractic Independence Day 9, 23 Saturdays In	

Chiropractic Independence Days, Multi-Packs, and Veterans Program

Our Independence Day and Multi-Pack programs have made continuing chiropractic care affordable for many patients over the years. Our veterans program is our way of saying, "Thanks, and welcome home" to recently-returned war veterans. For more information, see our January 2016 newsletter:

<http://www.neurologicalfitness.com/newsletr/Jan-April2016.pdf>.

Building Better Brains One Adjustment at a Time: Attention Span

Most of you already appreciate the value of the chiropractic adjustment for pain relief. While that's certainly a worthy short-term goal, our long-term goal is to improve the function of your entire nervous system, including your brain. For a down-to-earth explanation of why the adjustment is relevant to brain function, see our January 2010 article, "Brain and Empire":

<http://www.neurologicalfitness.com/newsletr/January10News.pdf>.

Our published research on the effect of the adjustment on creative thinking made us realize that mental focus is a very common benefit of the chiropractic adjustment

(http://www.chiroindex.org/?search_page=articles&action&articleId=21834). One important aspect of mental focus is attention span. This can be measured with a test called “reverse digit span”. To understand how this test is used, see our brief September 2016 case report, “A Combat Veteran’s Attention Span”:

<http://www.neurologicalfitness.com/newsletr/Sept-Dec2016.pdf>. This test also plays a starring role in our video, “**Mo’s Concussion**”:

<https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg>.

Why not get tested the next time you visit? Pre- and post-adjustment reverse digit span testing will add approximately 2 minutes and no additional cost to your visit. If your attention span is already normal or excellent, that’s wonderful. If your attention span can use some work, we can direct you to some brain fitness tips that amplify the benefit of the chiropractic adjustment. Allow us the opportunity to demonstrate that we are building better brains one adjustment at a time!

“Revive” Program to Rescue Opioid Overdose Victims

Since 1895, doctors of chiropractic have been helping people obtain drug-free pain relief. This has helped many people avoid the hazards of drug use, and reduce their usage if they already are on them. In particular, chiropractic has been a godsend for people working to maintain their recovery from alcoholism and other addictions. However, sometimes pain is medicated for good or bad reasons. Occasionally, the result is disaster.

In recent years, more than 380 people per year have been dying in Virginia from overdose of opioids. These are drugs such as codeine, morphine, oxycodone, methadone, fentanyl and heroin. The older term for opioids is narcotics. While addiction to street opioids is a major risk factor for such overdoses, many of the victims are taking prescription medication. Dementia, concussion and just plain distraction can leave someone confused about whether or not they have taken the proper amount. The result too often is an accidental overdose.

In Virginia, the antidote naloxone can be obtained by anyone trained to properly administer it. Both of our doctors have undergone this training. We will be offering this training, and will announce these sessions as they become available in our office. In the meantime, if you are a member of a community organization that would be interested in this training, please get in touch.

While we are on the topic of drugs, please remember the streams, creeks and rivers of our area feed into the [Chesapeake Bay](#), which is one of the area’s major food

supplies. For this reason, it is a very bad idea to flush your unused medications down the toilet. Ordinary garbage disposal is a bad idea as well; street drug dealers have been known to “dumpster dive” in an effort to find drugs they can “mix and match” for later sale.

Across the nation, there are periodic “drug take-back days”. Fairfax County and other local governments generally sponsor these annually. If you can’t make it to one of these, or if you don’t want to wait that long, Verde Technologies sells easy to use packets called Deterra drug deactivation systems. These can probably be found on Amazon, or you can contact the company directly: <http://deterrasystem.com/products/>.

Health Lessons from Our Diversity

(Since 2003, our own Dr. Masarsky has been teaching human anatomy and physiology at Northern Virginia Community College. A typical class has a high percentage of students who emigrated from various countries in Latin America, Asia, Africa and Europe. Every now and again, I ask the students to describe remedies that they remember from their childhood. The discussion that ensues is often as educational for me as it is for the students.)

A student from Zimbabwe explained that her mother used to have her eat banana peels whenever she had an upset stomach. I researched this in an effort to find out whether that was some sort of culture-specific placebo, or if there was a more specific physiological explanation for the remedy. It turns out that a research team in Nigeria is studying banana peel as a possible treatment for stomach ulcers (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3719258/>).

The benefits of banana peel may be directly related to the plant’s origins. Banana seeds and the fruits that nourish them have to be protected against the effects of ultraviolet (UV) radiation from the sunlight of the tropics. Essentially, bananas need sunblock. The tropics are also rich in bacteria, from which the seeds and fruits also have to be protected. For these reasons, scientists have speculated that banana peel may be rich in chemicals protective against those environmental factors. As a matter of fact, scientists in Japan have identified powerful anti-oxidants and anti-bacterial chemicals in banana peel (<http://thescipub.com/PDF/ajbbbsp.2005.125.131.pdf>). Anti-oxidants help reduce inflammation, while anti-bacterial substances may counteract ulcer-producing microbes (such as *Helicobacter pylori*).

If you decide to try **banana peels** for yourself, we strongly recommend you wash the peels thoroughly and/or use organic bananas for this purpose. You don't want pesticides mixed in with your anti-oxidants!

Grocery Store Nutrition

Food is fuel, and most of us would prefer to run our extremely individual bodies on high test. The field of nutrition can overwhelm us with an informational avalanche. It is easy to get the impression that good nutrition requires endless rounds of elaborate blood work and hard to find supplements. We at Vienna Chiropractic Associates are firm believers in the KISS (Keep It Simple etc) principle of nutrition.

Most of us have learned in our formative years to desire an awful lot of edibles that don't really do us much good, but actually divert the body's resources from doing their work, leaving us feeling dragged out. The first step is to take a good look at what we need to get rid of, or at least eat less of. This certainly includes sugar and other refined carbohydrates, saturated fats, and foods processed with dyes, additives and preservatives.

Along similar lines, we're very much in favor of oats that are really oats, tomatoes that are really tomatoes, etc. We realize selective breeding of plants has enabled humankind to increase crop yields and save many of us from hunger, but we are concerned that rapid genetic modification of our food supply may be reckless. You don't need groundhog allergens in your salad, except during wilderness survival training. (No, we don't actually know of any salad crops engineered with groundhog genes, but you get the idea.)

The next step is to make it pleasurable to fuel up on high test. In our next run of nutrition articles, we will resume our practice of including recipes that make it easier to avoid the bad and incorporate the good.

You can also make an appointment for a private, more individualized consult during which we'll help you clear out some of the more personally destructive elements of your diet. The next step is to offer more appealing choices. To make this easier, a few days after your appointment, you will receive a minimum of three recipes designed to incorporate the concepts of high test fuel and pleasure into meals that are not only good for you, but to which you will look forward. That's grocery store nutrition.

THE DOOR BELL

You show up on time for your appointment but other than the fact that the lights and radio are on, there's not a soul to be seen. There are a couple of possibilities here, the most likely being that we are both in the adjustment rooms seeing patients. It could be that someone came in who needed more work than anticipated, time has simply gotten away from us or we're groundhog viewing, but it's your appointment!

We can cure that! To your right, as you face the front desk, there is now a doorbell with a **blue** button. Press the button and the bell will play its tinny little heart out for you and summon us.

WE DIDN'T BUY A ZOO

But we may as well have. You may have noticed the groundhog obsession. After years of views of parking lots, pine trunks and HVAC machines, (and let's not forget the dumpsters) when there was a view at all, we have great views of Maple Ave and a beautiful house with huge old shrubs. It turns out that you never know what you'll see, but sightings include two foxes, assorted squirrels, raccoons, deer and a large groundhog colony, led by **Arlo Augustus Groundhog** and **Aurelia**. The folks next door think Arlo is a female, we'll see what you think! Come see us in our new office at:

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