

# VIENNA CHIROPRACTIC NEWS

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## Our Bushy, Vining Green Friends

For a while, it was hard to open a home improvement magazine or check out an “indoor pollution” article on the Internet without coming across a list of indoor plants that would magically either increase oxygen or rid your space of volatile organic compounds (VOCs). Then, the loyal opposition chimed in, first claiming these plants do little or nothing for air quality, then stating that they did have some useful properties but you’d need a jungle of them to do you any good.

Here’s our two cents...You aren’t likely to be living in Carnegie Hall, the Astrodome, or the Guggenheim. Probably in something a little smaller, with even smaller rooms. With a relatively small quantity of air to work with, we feel a premium on air quality is called for. Certain plants do add to the oxygen in the room and remove benzene, formaldehyde and other noxious substances from the air, albeit in small amounts. The way we see it, the advantages of having plants far outweighs the meager size of their contribution to pollution control. They are beautiful, create a more relaxing indoor environment and yes, they do add to the room’s oxygen and remove certain unwanted substances, although at an admittedly low level. Heads you win, tails you do a little better than break even.

Below are a few common house plants that not only beautify your space but do a little pollution and general environmental control too. If you have small children or pets at home, make sure your new green friend is not toxic to them before bringing it home. Also, learn about its light and moisture requirements. One size does not fit all.

## Oxygen Champions

Snake Plant ( <i>Sansevieria</i> )	Spider Plant
Ficus	Peace Lily ( <i>Anthurium</i> )
Aloe Vera	Orchids
Chinese Evergreen	<i>Aglaonema nodestum</i>

## Toxin Removers

The plants below are known to reduce pollution by substances such as CO<sub>2</sub>, phenols, radon, xylene, toluene, formaldehyde, benzene and trichlorethylene. You might want to research the plant in which you're interested to see what their "specialty" is.

Areca Palm	Rubber Plant
Dracena	Philodendron
Dwarf Date Palm	Boston Fern
Ficus	Peace Lily
Pineapple Plant, Pothos	Flamingo Lily (red <i>Anthurium</i> )

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## Adolescent Care

Even the captain of the football team , the head cheerleader and the perennial lead in all drama club productions have to deal with a galaxy of people who don't seem to understand them and seemed determined to squelch their spirits, while they endure what feels like a total overturn of their neuromusculoskeletal systems and endocrine systems. They're not quite adults, not really children and they're trying to navigate the waves of Nature's most confusing decade.

Some of these changes involve muscle development and bone formation, general appearance, hormonal misery and height and voice changes. Anxiety? Physical, emotional and social awkwardness? All very much present.

How can we help? While chiropractic will, in most cases help with their sports, computer and general life injuries, its aim has always been to remove interference to the normal working of the nervous system, helping to balance all systems so they work as well as circumstance and genetics will allow.

Can we get rid of every physical and emotional pain? No. We wish we could but we can help keep things a little more balanced as your teen waits for the storm to pass.

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## Posture

Any number of things during the course of the day can effect the posture of any of us, no matter how careful we are of our head and body carriage and no matter how much time we spend working out or in dance class. A few hours staring at a screen or tending to a cell phone will cause most of us to hunch forward after a while. Many of us have dealt with a significant increase in this type of postural stress during the pandemic months (please see our article, “On Your Way Out of the Tunnel”).

Unfortunately, that stooped position can do a few undesirable things to us. That hunched forward lean can actually compress our diaphragm, making our breathing less efficient. It also can make us look less confident than we actually are (not a good look) and alter our voice strength.

Besides the need to breathe easily, if you are working from home and your major contact with your employer or clients is by phone, it is extremely helpful to exude a confidence you may or may not be feeling on any given day by being able to speak clearly and confidently without talking towards the floor.

Next time you’re in our office, bring up the subject and we can go over a few tips to help you stand or sit tall, at least most of the day.

## **On Your Way Out of the Tunnel**

Hopefully, when you read this, the COVID pandemic will have started to wind down. It’s a wonderful thing to see light at the end of the tunnel. Please remember, when you can see light at the end of the tunnel, you’re still in the tunnel. Two features of that tunnel are:

### **Computer Stress**

One feature of the COVID era is increased computer time. For many of us, working online, distance learning, and socializing via Zoom have become regular aspects of life. Some of these new or expanded online activities will remain features of our post-pandemic world. While the Internet has prevented the economic downturn, educational interruptions, and social isolation from becoming much worse than they might have been, there is a downside. The human body is not ideally adapted to hours of sitting with intense visual focus on a screen, with hands busily mousing and/or typing. The resulting overuse strain in the neck, shoulder, wrist and back can cause pain and discomfort in those areas, along with tension headache, sciatica, and other problems.

### **Sedentary Lifestyle**

For many of us, the result of months of staying mostly at home has been a significant reduction in physical activity – a more sedentary lifestyle. This is a risk factor for obesity, cardiovascular disease, diabetes, digestive disorders, respiratory disorders, and some forms of cancer. A sedentary lifestyle also makes you more vulnerable to communicable disease – including the one we’re trying to quell right now. As we emerge from COVID times, it is important to also emerge or re-emerge into a more vigorously physical style of life. The last thing you need is musculoskeletal pain, reduced range of motion, or impaired balance/coordination when you’re trying to get back into exercise, sports, dancing, etc.

### **Partnering with You and Yours**

Millions of people with the above-mentioned problems have found relief through chiropractic adjustments. We can often amplify the benefit of our adjustments by giving you practical ergonomic tips to make your computer activities more human-friendly. When appropriate, we can show you down-to-earth ways to rehabilitate your muscles and joints and calm the stress that many of us carry in our nervous systems.

Our practice has remained open during the pandemic, and we are ready to partner with you and those you care about in your journey out of the pandemic tunnel.

## **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.



***Whether you are fortunate enough to have been born here, or you immigrated, bringing your energy and talents with you, remember to celebrate the beautiful country we all call our own on the 4<sup>th</sup> of July and every day!***

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## **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 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 COVID-Safe Practice**

To keep you as safe as possible, we follow CDC practices. As we go to "press", these include:

- Our doctors have been fully vaccinated.
- We ask that you wear a mask covering your nose and mouth when in the office; we will do likewise.
- We sanitize adjusting tables and pillows and wash our hands for at least 20 seconds between patients.
- We check our own temperatures before we head to work, and we check yours on arrival.
- We are set up to accommodate safe distancing.

## CALENDAR

<b>May:</b> <b>1, 15:</b> Saturdays Open <b>17:</b> Chiropractic Independence Day <b>26:</b> Full moon	<b>August:</b> <b>7, 21:</b> Saturdays Open <b>16:</b> Chiropractic Independence Day <b>22:</b> Full Moon
<b>June:</b> <b>5, 19:</b> Saturdays Open <b>21:</b> Chiropractic Independence Day <b>24:</b> Full Moon	<b>September:</b> <b>6:</b> Labor Day; office closed <b>11, 25:</b> Saturdays Open <b>20:</b> Chiropractic Independence Day <b>20:</b> Full Moon
<b>July:</b> <b>10, 24:</b> Saturdays Open <b>19:</b> Chiropractic Independence Day <b>23:</b> Full Moon	<b><u>STANDARD HOURS OF OPERATION</u></b>  <b>M-W-F:</b> 10:00-1:00 & 3:00-6:00 <b>Sat:</b> 9:00-noon (selected Saturdays) <b>Tue/Thu/Sun:</b> Emergencies Only