

VIENNA CHIROPRACTIC NEWS

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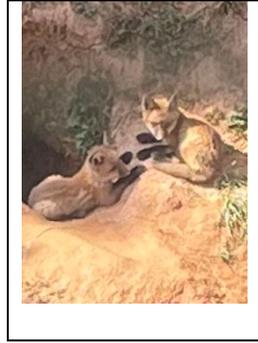


Photo courtesy of Dina Pequeno

HILLSIDE NATURE UPDATE

Many of you have asked about Arlo Augustus Groundhog. Arlo and his fuzzy associates used to occupy the various burrows in the hillside behind our office.

Sadly, Arlo and his fellow groundhogs have not been seen for more than a year. However, Sheila the Fox and her seven children have moved in. Two of her kits are pictured above.

(News Alert: Sheila and her crew have vacated, except for Papa Fox and a few large deer.)

Look out the adjusting room window the next time you visit. You never know who will show up!

#

WHAT'S AN ANTI-INFLAMMATORY DIET AND WHY SHOULD I CARE?

Your body needs some degree of inflammation to be able to heal from wounds and physical trauma. For instance, you'll see inflammation at work around a cut as the area around it swells and reddens. What's the big deal then? If the inflammation process goes overboard and becomes chronic, it opens us up to serious chronic health problems, including diabetes, high blood pressure, heart disease and digestive problems among others. If the chronic inflammation is internal you may not always see it, but it can manifest itself as gas, bloating, fatigue, joint pain and itching, among others.

One of the things you can do for yourself in an effort to stave off these problems is to exercise control over what you eat. You want to ingest more EPA, DHA and antioxidants as well as resveratrol. Omega-3 fats are important to help battle free radicals and you want to avoid overdoing solanines and alkaloids. Way too much information? Relax, we're about to make it easy for you!

Add more of the following to your diet:

Plenty of water	Legumes/beans	Nuts and seeds	Whole grains
Lean meat and chicken	Fatty fish (salmon, sardines, cod, tuna etc)	Fruits	Vegetables
turmeric	extra virgin olive oil	Avocados and avocado oil	Green Tea

You're looking for whole foods in general. These can include things like pasta sauce, rice cakes and hummus as long as they are not overprocessed,

Minimize the following in your diet:

Sugar	Preserved and processed foods
Red meats	Processed meats (bacon, ham, cold cuts)

Consider your body's reactions to these in your diet:

The nightshade family of vegetables. These include peppers, eggplant and potatoes, for a start. They contain the above mentioned solanines and alkaloids. You might want to avoid that occasional green potato, it's packed with these. People differ widely in their physiological reaction to these foods so just be aware of what appear to be reactions to them. It is not our intention to rob you of the delights of eggplant parmesan or the perfect baked potato.

You can make it even easier on yourself by printing out a copy of either the Mediterranean Diet or the DASH (Dietary Approaches to Stop Hypertension) diet, both readily available on the internet. They are similar, but the DASH Diet includes a little more dairy than the Mediterranean and includes a little less olive oil and fish. See the recipe below as a "starter kit".

Marinated Broiled or Grilled Salmon

Ingredients:

4 filets of wild caught salmon or salmon steaks

¼ cup honey

¼ cup soy sauce

Juice of 1-2 lemons (you can drop the emptied lemon peels in with the marination fish)

½ cup extra virgin olive oil

1 TBS of toasted sesame oil

3-5 flakes of red pepper for a little warmth (not hot, but you can leave it out.)

Minimal salt and pepper

Marinate and refrigerate salmon in this mixture for at least ½ hour. 8-12 hours is even better.

A few minutes before you're ready to serve, either broil the salmon or put it on the waiting grill.

Turn it only once. This will cook very quickly (less than 5 minutes) so keep an eye on it.

Preferences range from practically dragging it over a flame to achieve a trendy warm and raw in the middle product to leaving it on a little longer to get it just short of caramelized and well-done. We're not trying to start a war over the proper way to eat it. If you want more of a glaze, keep out a little marinade, add another spoon or 2 of honey, mix well and drizzle it over the skinless side of the salmon during its last minute or two on the grill. Serve with steamed broccoli or stir-fried bok choy for a filling and very healthy meal.

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PLANT A BILLION TREES FOLLOW-UP

We would like to thank those of you who contributed to our collection in honor of Earth Day. A check has been sent to the Nature Conservancy in support of their effort to plant trees in

the U.S., Latin America, Africa, and Asia. This effort contributes to CO₂ capture, flood control, soil conservation, and wildlife habitat protection.

If you wish to add your own contribution, mail your check made out to The Nature Conservancy, and write “Plant a Billion Trees Program” in the memo portion. Mail your check to:

The Nature Conservancy
4245 North Fairfax Drive
#100
Arlington, VA 22203

For more information, or to contribute online, go to: [Plant a Billion Trees \(nature.org\)](http://nature.org) .

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COMMUNITY OUTREACH CLASSES

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. For details, call 703-938-6441. To register, contact Kathy Blevins, 703-255-7801 or KBlevins@viennava.gov. Upcoming:

<i>Building a Better Neck</i>	May 10 & May 22
<i>Building Better Knees</i>	June 14
<i>Breathing Exercises for Optimal Brain Function</i>	July 12
<i>Mouth and Throat Toning for Better Sleep</i>	August 9

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OUR LONG COVID RESEARCH CONTINUES

In our January newsletter, there was a call for COVID-19 “long haulers” to participate in our research project on the effect of chiropractic adjustments on long haul symptoms. We are pleased to announce our first case report stemming from this research has been published. The paper is posted for public access at this link (the link is safe):

https://apcj.rocketsparkau.com/site_files/4725/upload_files/MasarskyLongCOVIDCR.pdf?dl=1

We are still looking for volunteers. The more we learn, the more people we can help. If you or someone you know would like more information on this project, please call 703-938-6441. Thank you!

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Remember our veterans on Memorial Day, July 4, and every day.

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.

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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.

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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 with 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!

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IMAGINE A PILL

Imagine a pill that helps most people alleviate and prevent back pain, neck pain, headaches, and more.

It will do no harm to your stomach.
It will do no harm to your liver.
It will do no harm to your kidneys.
It carries no risk of addiction or overdose.
It will not make it unsafe to drive or operate machinery.
In fact, it usually improves attention span, balance, coordination, and general function.

If this pill existed, everyone would be talking about it.
It does not exist, but the chiropractic adjustment does.

Let everyone know, and please accept our thanks for your referrals!

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CALENDAR

<p>May 7, 14 Saturdays Open 23 Chiropractic Independence Day 28-30 Memorial Day Weekend: Office Closed</p>	<p>Aug 15 Chiropractic Independence Day</p>
<p>Jun 4, 18 Saturdays Open 20 Chiropractic Independence Day</p>	<p>Sep 5 Labor Day: Office Closed 10, 24 Saturdays Open 19 Chiropractic Independence Day 26 Rosh Hashana: Office Closed</p>
<p>Jul 4 American Independence Day 9, 23 Saturdays Open 18 Chiropractic Independence Day</p>	<p><u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only</p>