

# VIENNA CHIROPRACTIC ASSOCIATES *NEWS*

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*Sep-Dec 2015*

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## CALENDAR

Sept	7	Labor Day, office closed
	12, 26	Saturdays open
	14	Rosh Hashanah, closed
	21	Independence Day
	23	Yom Kippur, closed
Oct	12	Columbus Day, open
	19	Independence Day
	10, 24	Saturdays open
Nov	16	Independence Day
	26, 27	Thanksgiving, closed
	14, 28	Saturdays open
Dec	14	Independence Day
	5, 19	Saturdays open
	23	Office closes 5PM
		Winter Holidays
Jan	2, 16	Saturdays open
	18	Independence Day
		MLK Day, open

## HOURS

Mon	10-1 .....3-7
Tues	10-1 Dr M only
Wed	10-1 .....3-7
Thurs	closed
Fri	10-1 .....3-7
Sat	9-12, twice/mo
Sun	closed, except for emergencies

**NOTE:** This schedule and these hours are planned in advance and may change. Please call to check.

**FIRST TIME READER?** We know Independence Day is in July. The one mentioned to the left is our own invention, designed to make chiropractic care available regardless of outside factors. Call to find out more!

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## THE MOST INTENSE THIRD OF THE YEAR!

The calendar is bottom heavy! There are a huge amount of celebrations and deadlines built into the last third of the year. It's loaded with recreational travel around Labor Day and again at Thanksgiving and the winter holidays and stuffed with business travel in between. Businesses go into hyperdrive, with stores and groceries crowded leading up to the holidays and contractors staggering under end of the year deadlines. It's all got to get done before the holidays since during that time, even if you are at work, you won't be able to reach anyone. Personal time? What's that?

You've just gotten the kids accessorized, supplied and into school and suddenly they're frantic with exams, big games and creative performances. The very elderly need to be gotten to annual appointments and meetings before it gets icy. Maybe you moved from elsewhere during August and now you're trying to make your house/apartment feel like home before you are

involved in holiday travel or are swamped by friends and relatives anxious to see you in your new digs.

This is the season in which people who never shop wear out shoes and keyboards looking for the perfect gift. It doesn't matter if your usual picture of food prep involves a phone call and a warm bag of food riding home with you; suddenly you're planning multicourse dinners for 12 and then some and trying to figure out where you'll find the time. As we head into December, many of us will clock hours spread-eagled on the floor dressing up those previously mentioned gifts so you can get them into the mail on time. Oh, make sure your passport is up to date or New Year's Eve in Paris is not going to happen. Don't forget the yardwork!

See, it really is as busy a time as it's always seemed. The good news is that it's mostly good stuff; just remember to be kind to yourself. Maybe the rest of this article can help.

Enjoy the kids' games and bring something soft to pad the bleachers (it'll make a difference to your spine, not to mention your gluteus maximi!) Try not to get so involved in their plays that you make a nervous wreck of yourself. The chances of your being called in as their understudy is extremely small. Make those end of the year appointments for everyone early so you get the widest choice of times and don't have to explain yourself out of the office on the only date for which there was an appointment left. Follow the travel advice we've given you in the past and if you don't remember it, ask again. Those long hours on the job? These just have to be accepted as part of being gainfully employed in a highly competitive area. You'll get some sleep Christmas and New Year's days.

Your last house was probably not perfect, why expect this one to be, less than one month in? Shop locally at family-owned businesses as much as possible. Your neighbors, who own those shops and businesses, will be grateful and so will your feet, spared those miles of mall concrete. Your car will also probably fare better without running the parking lot gauntlet. Gift wrap on a table to save your neck and back. Even an elegant or old-fashioned holiday meal can benefit from being a pot luck (assign dishes if need be to control chaos) and everyone runs a much better chance of enjoying the occasion without total exhaustion. Wearing shoes while you cook will save your low back and remember, having enough people in will sufficiently cover the floor that you may even save a little house-keeping time. The yardwork? You can make necessary repairs in the late winter/early spring when you're itching to be outside again, and it'll save you from gulping up loads of leaf mold and ragweed.

As for our part in your most intensive third? We're here to fix the sprains and strains and help you bump up your wellness as you propel your mind and body through the weather change and into the new year. As for those appointments, please check our calendar so you don't put them off until it feels like an emergency only to find we're closed that day. We will, as always and within reason, try to make sure you get your appointments when you need them. **We**

**know you're probably reading this in the fall, but.... *HAPPY NEW YEAR!***

## APRICOT SESAME BALLS

*Ingredients:* 2 cups coarsely chopped dried apricots

1 cup yellow raisins

1cup and slightly more finely chopped almonds

$\frac{1}{2}$  cup orange juice

Sufficient white and black sesame seeds to coat balls

Run the apricots through the food processor until mostly smooth. Add the raisins and do the same, then the almonds. At this point, you may want to add some of the orange juice. Go ahead and drink the rest! Place the bowl with the "batter" in the fridge for at least 2 hours to stiffen a little. It'll be easier to work with.

Take the bowl out of the fridge and form the mixture into balls about 1 inch around. Roll the balls in the seeds, which have been mixed together. You'll want to press the balls into the seeds a little firmly so the seeds will stick. You may get some tiny naked spots. Don't worry about them. You're done!

These freeze beautifully. Put them in a freezer worthy container, layered one deep and separated by wax paper.

These contain no sugar other than that in the fruit. They have no flour, no meat and no dairy. They're vegan, kosher, halal and require no cooking. Your brain will love the antioxidants in the fruit, as well as the vitamin A. The sesame seeds and almonds bring you B vitamins, omega 3 fatty acids, coenzyme Q-10 and chromium.

In case you're confused, these can be an appetizer or a dessert. You can put them on a plate by themselves, put them on a toothpick with a small chunk of cheese (try Kerrygold) or create a cheese and fruit plate by combining them with fresh apricots, whole almonds, Concord grapes and chunks of cheese. Orange sections, walnuts and a second milder cheese will round it out and make you forget it's not a main dish.

## **BRAIN FITNESS TIPS: Time and a Deck of Cards**

**A**S this newsletter is going out, summer vacations have ended, school has begun for some of you, and you are looking forward to a busy fall-winter holiday season a little later on. You could use an exercise that sharpens your mental speed and concentration.

The following processing speed exercise has been modified from one recommended by Richard Restak, M.D. of the George Washington University School of Medicine in his course, “Optimizing Brain Fitness”.

Take a deck of standard playing cards, remove the jokers, shuffle the deck, and sort the cards into suits, so that you have a stack of hearts, clubs, spades and diamonds.

If this sounds absurdly simple, hold on. We’re going to add time pressure. Perform the sorting as quickly as possible and time yourself. Shoot for one minute. This is much more difficult than it sounds.

If your visual processing of each suit symbol is off, this will slow you down. If your reaction time in response to the symbol is slow, your sorting will be delayed. If your attention drifts, that will add time to the task. If your coordination and manual dexterity falter, you will fumble the cards, which will add yet more time. So, this seemingly simple task helps train your visual information processing, reaction time, attention and coordination.

For variety, try doing this with your non-dominant hand. (That is, if you are right-handed, deal the cards into their stacks with your left hand.) This helps stimulate the left and right sides of your brain. We can suggest other variations as well.

For those of you who prefer computer-based training, visit the “Arcade” at our website:

<http://www.neurologicalfitness.com/vcaarcade.htm>

We offer brain function screening and brain fitness coaching. Ask either doctor for details.

### Reference

Restak R. *Optimizing Brain Fitness: Course Guidebook*, page 22. The Great Courses/The Teaching Company, Chantilly, VA, 2011.

## **INDEPENDENCE AND AGING**

One of the biggest fears we hear expressed in the office is that as we age our independence will be lost or severely diminished. Chiropractic care can help in this area.

We can’t alter the genes your family has bestowed on you, and no one could have foreseen the sleeping guy in the very large car heading straight for you. We can, however, help you combat the effects of poor body usage and mechanically induced trauma. We can’t, in our

spare time, return the planet to a previously pristine condition, but we can help you and your neurologically governed physiology to deal better with pollution, allergens and food that isn't really. We can't do much about your work environment or make those close to you recognize your true worth as a human being, but spinal and cranial adjustments, and occasionally some appropriate counseling, can help you deal better with emotional adaptation.

In addition to chiropractic care, consider the following. Some foods are better for you and your nervous system than others. We can help you learn to include them in your regular diet, while avoiding others that don't please the works so well. Research has shown that physical exercise can support improved cognition. If you have a physical activity you enjoy, do it as much and as long as you can. If walking to the end of the block or using soup can weights for 3 minutes a day is the best you can do right now, do it! It'll help you hang on to what you've got and maybe to improve in time. We can help you if you have pain or stiffness or a lack of balance that is preventing you from using your physical body. You won't be 30 again, but you can be better and hold on to what you've got. Think! Give your brain something to chew on daily (Enjoy that image? You're welcome!)

The ability to adapt is a huge gift that can allow us to squeeze as much into and out of life as we can. Since it helps us see our choices and figure out ways to choose that which works best for us, adaptability helps us maintain our independence. We can work with you on this.

## VERTEBRATES WELCOME!



We are huge fans of (almost) all vertebrates. However, due to the constraints of licensure and other practicalities, we sadly must restrict our practice to:

### **NON-FOSSILIZED HUMANS ONLY!!!**

Please keep this in mind as you pursue your efforts to refer one and all to our practice (efforts that we greatly appreciate, by the way)! In support of these efforts, consider (*next page*):

- Sharing this newsletter with non-fossilized humans of your acquaintance.
- Informing them about our Chiropractic Independence Days.
- Inviting them to call us for a free 15-minute phone consultation (703-938-6441).
- Directing them to our informative website ([www.neurologicalfitness.com](http://www.neurologicalfitness.com)).
- Sending them the link for the video described in the next article.

## **THE VIDEO**

A while back, our own Dr. Masarsky was interviewed for “Inside Scoop” on Fairfax Public Access Television Channel 10. Hosted by Bettina Lawton, the interview went quite in depth about many topics, including chiropractic research, history, and care for various age groups, veterans, and concussion victims. This informative one-hour program can now be viewed any time on You Tube at the following link:

<https://www.youtube.com/watch?v=l0Wq2Y0N3B4>

## *News*

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