

VIENNA CHIROPRACTIC ASSOCIATES PC: NEWS

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243 Church St NW #300B

September-December 2017

www.neurologicalfitness.com

Vienna VA 22180

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Calendar

Sept	Saturdays Open 9, 23 Closed: Labor Day 4 Chiro Independence Day 25
Oct	Saturdays Open 7, 21 Open: Columbus Day 9 Closed: Drs at Seminar 20 Chiro Independence Day 16
Nov	Saturdays Open 11, 18 Chiro Independence Day 27 Closed: Thanksgiving 3, 24
Dec	Saturdays Open 2, 16 Chiro Independence Day 18 Closed: Winter Holidays 23-Jan 2 Open: Catch Up Day 27
Jan	We Reopen 2 Saturdays Open 6, 20 Chiro Independence Day 16

Hours

MWF: 10:00 – 1:00 & 3:00 – 7:00
Tue: 10:00 – 1:00 (Dr. M. only)
Sat: 9:00 – noon (usually 2/month)
The office is closed Thursday & Sunday

BREATHING AT EASE; BRAIN AT EASE

A few years back, we found an area of restriction that was causing nerve interference (subluxation) in our patient's mid-thoracic spine (between the shoulder blades). When that area was adjusted, she remarked that her breathing felt easier. At her next visit, she was happy to report that her singing coach had praised the improvement in her breath support. The patient expressed her confidence in us by referring both her son and pre-teen daughter for chiropractic care.

When you consider the influence of the thoracic spine on the movement of the rib cage, it is easy to understand how a chiropractic adjustment benefits breathing. Also, the main breathing muscle – the diaphragm – is tethered to the rib cage and lower thoracic spine, while the nerves controlling it emerge from the cervical spine.

To see what the diaphragm looks like, please see our article, "No, It's Not a Parachute" in the May 2012 newsletter: <http://www.neurologicalfitness.com/newsletr/May-Aug2012.pdf>. That article mentions the importance of normal breathing for digestive and circulatory function. What many people don't understand is that normal breathing supports optimal brain function. However, the breathing brain connection is quite real.

Have you ever found yourself growing drowsy and inattentive in a stuffy poorly-ventilated room? On the other hand, have you experienced a more alert and centered mind after breathing exercises (yoga, martial arts, etc.)? If so, you have observed the practical significance of the fact that the brain is the body's major oxygen hog. Not surprisingly, studies of thousands of subjects in Korea, Australia, and the United States found that normal lung volumes correlate with good cognitive function, while loss of lung volume is a risk factor for cognitive deficit:

<http://aje.oxfordjournals.org/content/143/8/750.full.pdf>

<http://www.ncbi.nlm.nih.gov/pubmed/?term=Kim+S-M.+Relation+Between+Cognitive+Dysfunction+and+Reduced+Vital+Capacity>

<http://www.ncbi.nlm.nih.gov/pubmed/16484809>

In addition to chiropractic adjustments, we are happy to provide advice on exercises that promote the breathing-brain connection. **Remember: breathing at ease; brain at ease**

MULTIPACKS... As of September 1, 2017

As of September 15, 2017, the following changes will be made in our multipack program:

Price: **6 pack.....\$300**
 12 pack.....\$600
 18 pack.....\$900

For those of you who are unfamiliar with our multi-packs, they are designed to make the cost of regular or early intervention care even more affordable. The above prices bring the cost of each visit to **\$50**, as opposed to **\$65**.

Duration: While it is true most years have 12 months, it has become apparent that with travel and meeting schedules, a typical Northern Virginia year has more like 14 months. In deference to that concept, these plans are good for 1 year (14 months) from the date of sign up.

NEW! Previously, only the 18 pack could be shared by family members sharing a domicile. After September 1, the 12 pack will also be available for sharing.

The above plans do not apply to acute Medicare visits as those fees and programs are mandated by the Federal government.

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. Please note: persistent or frequent urinary tract infections require medical attention.)

A number of years ago, a Salvadoran student spoke to me after a lecture on the urinary system. She mentioned that she suffered from a number of urinary tract infections as a child. When these occurred, her mother would make a tea out of the “silk” found at the end of ears of corn. She assured me the remedy worked.

My curiosity spurred, I spoke to one of my fellow biology professors after class. He grew up in Korea, and told me that corn silk tea was frequently used in his birth country and within the Korean-American community for urinary tract infection.

When I checked a reliable biomedical data base (Pub Med), I found quite a bit of research from such far-flung regions as China and Turkey on the effect of corn silk tea on urinary tract infections. Apparently, this tea has chemicals that disrupt bacterial attachment to the linings of the urinary tract. It was originally a Native American remedy, which is undoubtedly how it came to be used by my student’s Salvadoran family. How the medicinal use of this American plant worked its way to Korea, China and Turkey is less clear

(<https://www.ncbi.nlm.nih.gov/pubmed/22890173> & <https://www.ncbi.nlm.nih.gov/pubmed/15638089>).

In addition to relief from infection, your urinary tract requires good neurological control for optimal health. Chiropractic adjustments can help maintain the neurological fitness of the bladder and other pelvic organs. Please see our January 2002 article, “18 Years PPOD”:

<http://www.neurologicalfitness.com/newsletr/news0102EXC.htm>.

Update: In our May newsletter (<http://www.neurologicalfitness.com/newsletr/May-Aug2017.pdf>), we reported on the use of banana peel for stomach ailments. After reading this article, one of our patients mentioned that a mash of banana peel can be effective for plantar warts. I found no information on this in Pub Med. However, I did find several references to this remedy in other sites, including one sponsored by the University of Maryland College of Medicine (<http://www.umm.edu/health/medical/altmed/condition/warts>).

(For information on courses available to the public, please call 703-938-6441, or speak to us at your next visit.)

Our Research Department

Okay, we don’t actually have a research department. However, every now and again, we feel a need to publish an interesting case or work on better techniques of analyzing our patients’ nervous systems. We are not a grant-funded organization. We do this for the intellectual challenge, and to give chiropractic patients in general and our patients in particular an edge in their quest for high quality health care.

During the 1980s, we published several papers on improvement in breathing following chiropractic adjustments. The volume of air exhaled in a complete forced breath – *forced vital capacity* – is relevant not only to lung health, but to overall health and longevity. (See our article in this issue: *Breathing at Ease; Brain at Ease*.)

A few years later, we noticed that some menopausal women experienced reduction in the frequency of their hot flashes under chiropractic care. We published two of these cases.

More recently, we published two papers on the beneficial effect of the chiropractic adjustment on creativity and mental focus. We are now exploring ways to improve the diagnostic yield of certain examination steps. Some of you have been kind enough to participate in our efforts to more effectively examine balance, attention, and short-term memory.

We are happy to provide you with our list of publications. If any particular papers interest you, we are glad to provide reprints.

GROCERY STORE NUTRITION: Value Added

Who doesn't like added value? It's like free stuff just for acting a tad smarter! That being said, why do we sprinkle and swirl our food with sugar and chemical fakes and tuck candy into granola? Why not make your fridge and spice rack your "go to" place for adding a little extra flavor and aesthetics to your food as well as upping the fuel content?

Look to condiments, seeds, nuts, fruits and spices as add-ons. You're not, in most cases, going to be adding vast quantities, but every spoonful will have valuable nutrients that can fuel you as opposed to processed sugars and carbs that will force your body to work overtime to get past them before you can get any benefit at all. It's very much like the White Queen telling Alice she'd have to run as fast as she could just to stay in the same place.

We're including brief descriptions of the benefits of a number of nutrients found in the above to explain in part what they do for us. There's no way it would all fit in one newsletter, but it's a start. We'll then include a brief table of common seasonings and add-ons showing the major nutrients each will bring to your table with a swirl, drizzle or scattering. That will be followed by a few suggestions on how to use them to get your added value. Bon appetite and buen salud!

Iron: aids in the production of red blood cells to bring oxygen to your brain and the rest of your body, helps metabolize protein

Vitamin C: antioxidant, makes iron more available for use in the body, helps control blood pressure and increase immunity, improves ligamentous integrity as well as building collagen for healthier skin, hair and bones, supports the adrenals to help fight stress, strengthens blood and lymphatic vessel walls for less breakage, increases skin elasticity, repairs tissue and too many other things to name here.

Vitamin A: antioxidant, improves vision, bone growth and skin health, aids in healthy cell growth and reproduction. Beta-carotene is a water soluble precursor to Vitamin A.

Vitamin K: aids in clotting and heart health, works to combat diabetes and metabolic syndrome. There are at least two major forms of Vitamin K: K1 and K2 that are available from very different sources. There's a homework assignment for you. Look it up!

Folate (B9, folic acid): supports healthy mental function, can aid in fighting dementia, works in DNA synthesis and repair, also in healing and cell division (reproduction)

Pyridoxine (B6): metabolizes fats and proteins, supports nerve function, aids in the function of the immune, muscular and cardiologic systems, supports the production of serotonin and norepinephrine, in turn helping to control stress and moods, battles confusion and PMS

Calcium: builds bone, heart tissue and muscle, supports nerve function, plays a role in controlling diabetes, high blood pressure, muscle spasm and clotting

Magnesium: increases energy, calms nerves (helps with anxiety and insomnia), aids in digestion, relieves muscle aches and spasms and has been studied in regard to controlling migraines

Potassium: Known to help stroke victims, helps control hypertension, fluid imbalances and muscle contractions, regulates heart beat and maintains acid/base balance.

Our Cast.... You'll notice most of the same nutrients keep popping up, although in varying proportions. A + means the nutrient is present, ++ means they are heavy in this nutrient, +++ means, well, it means they're loaded with it.

Nutrient	Vitamin A	Vit B6	Vit B9	Vit C	Vit K1	Calcium	Iron	Magnesium	Potassium
Ingredient									
<i>Pomegranate molasses; seeds</i>			+	+	+				+
<i>Dried apricots</i>	+			+	+		+		
<i>Sesame seeds</i>		+				+	+	+	+
<i>Poppy seeds</i>						+	++	++	
<i>Pumpkin seeds</i>						+	++	++	
<i>Chia seeds</i>						++	++	++	
<i>Almonds</i>		+	+			+	+	+	
<i>Dill</i>				+		++	++	+	
<i>Garlic</i>				+					
<i>Parsley</i>	++			++			+		
<i>Oregano</i>						+	+	+	
<i>Cilantro</i>	++			+					
<i>Cayenne Pepper</i>	+	+		+			+	+	
<i>Ginger</i>				+				+	
<i>Allspice</i>				+		+	+	+	
<i>Cinnamon</i>						++	+	+	
<i>Cumin</i>	+					++	+++	+	
<i>Black Pepper</i>						+	+	+	
<i>Cloves</i>						+	+	+	
<i>Mint</i>	+			+			+		
<i>Turmeric</i>	+++	++				+	++		
<i>Paprika</i>	+++	++				+	++	+	
<i>Orange zest</i>	+			+++		+++	+		
<i>Lemon zest</i>		+		+++					
<i>Lime zest</i>				+					

Let's Try: Pomegranate Molasses: This, for those unfamiliar with it, is sweet/sour and very thick. A drizzle will wake up a very plain piece of fish, chicken or tofu. Bake it on! **Herbs:** Don't be shy, cut them into a green salad. It'll pick up the flavor before the dressing gets anywhere near it. We particularly like fresh dill. **Seeds** can be mixed into breads, cookies and muffins or sprinkled on the top. They'll give texture to your salad and can be added to sweet or savory crumb mixtures or ground to a paste and spread on things. The **Spices** speak for themselves, but mix them into some new places. Cinnamon loves tomatoes, especially with string beans or cannellini. Cinnamon, cumin and allspice will make a very big deal out of roasted root vegetables. **Dried Fruit:** Obviously, it's at home in muffins, etc, but mix it into marinated green bean salads, rice, dinner salads, marinades and stir fries. Happiness is a value added seasoning!

Note: The nutrients you eat are only as good as your ability to digest them. The chiropractic adjustment can help with this. See our September 2007 article, "The Digestion Connection": <http://www.neurologicalfitness.com/newsletr/Autumno7.pdf>.

Chiropractic Independence Days and Veterans Program

See our January 2016 newsletter:

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

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Address Correction Requested