

VIENNA CHIROPRACTIC NEWS September-December 2019

243 Church St NW, #300-B, Vienna VA 22180

Tel: 703-938-6441

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CLICK ON THE BEST ANTI-INFLAMMATORY

Unlike many drugs, laughter is a potent anti-inflammatory that will not cause stomach ulcers or damage to any other internal organs.

The importance of laughter as an anti-inflammatory was verified in a recent series of papers by Japanese researcher Hajime Kimata (https://www.researchgate.net/scientific-contributions/62800885_Hajime_Kimata). One of Kimata's inspirations was a paper published some 25 years before his work.

In 1976, the *New England Journal of Medicine* took the very unusual step of publishing a paper written by someone who was neither a medical doctor nor a scientist (<https://www.nejm.org/doi/full/10.1056/NEJM197612232952605>). The author was prominent magazine editor Norman Cousins. He overcame a supposedly incurable inflammatory disorder so severe it landed him in the hospital. One of the main things he did to help him recover was to watch comedy films.

While everyone's sense of humor is different, we think this brief clip will provide an enjoyable dose of anti-inflammatory laughter for most of you:

<https://video.search.yahoo.com/yhs/search?fr=yhs-avast-securebrowser&hsimp=yhs-securebrowser&hspart=avast&p=Bea+Arthur+and+the+seal#id=2&vid=ff39757aedec3805eece2a271affdce&action=click>



OUR YOUTUBE CHANNEL

Our educational videos are perhaps not at the same level entertainment-wise as the Bea Arthur clip mentioned above. However, we think they qualify as good "edutainment". Find "Mo's Concussion", "Pavlov's Cat", and "Feeding Einstein's Brain" at this link: <https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg>. Please feel free to share the link with one and all!

THANKS FOR YOUR TRUST

Over the years, many of you have referred friends, family, neighbors and co-workers to us. We are honored by the trust you place in us when you make a referral. We will continue to work diligently to earn that trust. ***Thank you!***

CLASSES: COMMUNITY OUTREACH

As part of our commitment to educating the public, we currently offer two courses: “Concussion” and “Your Brain Has to Breathe”. We thank those of you who have helped us connect with interested community groups. In addition to the dates already scheduled, we would be happy to offer these programs to your school, health care practice, support group, business, civic association, congregation, martial arts dojo, yoga studio, sports team and other community groups

Concussion: Concussion is not only a problem for adult and youth athletes. In fact, most concussions are caused by slip-and-fall injuries, car crashes, and other trauma. This course is designed to help you better understand what the concussion victim can expect in the short term and going forward. This information is valuable for anyone managing a concussion.

- Vienna Community Center, 120 Cherry Street, Vienna. Saturday Sept 7, 1:00-2:00 pm.
Information: Kathy Blevins, 703-255-7801; KBlevins@viennava.gov.

Your Brain Has to Breathe: Are you happy with your current level of mental clarity, or are you interested in improving? Would you like to sharpen your focus at work, further excel at school, achieve more in your favorite sports or games, or just be more “together” in your everyday life? In this course, you will learn breathing exercises designed to help support brain function.

- Vienna Community Center, 120 Cherry Street, Vienna. Thursday Oct 17, 10:00-11:00 am.
Information: Kathy Blevins, 703-255-7801; KBlevins@viennava.gov.

- Unitarian Church, 2709 Hunter Mill Road, Oakton. Thursday Nov 7, 10:00-11:00 am. Information: Shepherd's Center, Casey Tarr, 703-821-6838; eileentarr1@verizon.net.

THE PURPOSE-DRIVEN EXAM

Here in Northern Virginia, we have many excellent health care providers. Even so, we occasionally hear of patients who were subjected to a seemingly endless round of tests with no clearly defined purpose.

At Vienna Chiropractic, first we talk. If you're a new patient, this will be an extensive case history. If you're an established patient, there will be a verbal check-in along with any pertinent tests of nerve and muscle function. A little bit of communication up front can help intelligently organize your care. Next, a physical examination will be performed with maximum focus and minimum fishing.

At Vienna Chiropractic, we have been committed to the ideal of the purpose-driven exam since 1983. We strive to come as close to this ideal as humanly possible.

SO, CALL US!

We've all had the experience of going to an appointment of some kind with a number of questions, getting lots of good, useful information and realizing about halfway home that we didn't ask the original questions. If that happens after an appointment at our office, don't be shy, call us! We may not be able to take the call immediately, but we will get back to you. If it's after hours or on a weekend, it might take a little longer to hear from us, but leave us the best number and best times to reach you.

If the questions are very numerous or detailed, some of the answers may need to wait until the next time we see each other, but we will make every reasonable effort to answer as much and as clearly as possible when we call you back.

VETERANS

Have you been deployed to Iraq, Afghanistan, or any other active conflict area during the past five years? If so, we have a gift for you. Whether you were injured (currently receiving care or not) or would just like to treat your spine and nervous system to some more optimal functioning, 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. It's our way of saying, "Thanks, and welcome home."

MULTIPACKS

If you are interested in having your spine checked regularly on an early intervention basis, you may be interested in our six- or twelve-packs or our eighteen-visit family pack. 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, there are no set fees. Your decision to seek care is based solely on your need for same, independent of insurance, lack of it or your financial situation. Payment, unless you opt to write a check or pay by credit card, goes anonymously into a box at the front desk. You determine the amount, based on what you thought the care was worth and your ability to pay. Medicare is the one exception, as those fees are federally mandated. We do accept new patients on Independence Days, as long as the schedule permits and it's a great way to introduce a friend or family member to chiropractic. It makes sense to book early as the choice time slots go quickly. We do ask that you respect your fellow patient community members and let us know as early as possible if you cannot keep your appointment so that someone who needs it can get in. Thanks!



CLOSING THE GARDEN

Whether you planned or actually achieved any changes in this year's garden, from a few pots on a deck or balcony to a landscaping miracle, autumn is approaching and it's time to put the garden, or most of it, to bed for the season. Working in the garden can be wonderfully meditative but it'll be a lot more pleasurable if you pay attention to the following:

1. Posture as you work
2. Respecting your allergies
3. The sun
4. Hydration

1A: Be kind to your spine, neck and knees while doing that final weeding, covering, pruning and bulb planting. Ideally, sit or squat while you work, instead of standing and bending over for a protracted period of time. If you choose to kneel, protect your knees by putting some padding under them, either some rubber mats or a commercially available kneeling bench designed for use in the garden. Most of these can also be flipped and sat on. You may choose to sit on the earth, but if you do, get close to the area on which you're working so you're not hunching over it. Please don't stand and bend!

2A: If you're allergic to pollen and/or mold, wear a mask. That beautiful, rich soil you're digging into during hay fever season is full of mold and so will you be. When you come inside, drop your clothing, if possible, at the washing machine and proceed to the shower. Otherwise allergens will be all over everything and everyone (cats and other inside animals, pillows, etc.) If the kids are out in it all day, the same goes for them.

3A: If it's sunny and you're going to be outside working for more than a few minutes, 1. wear long sleeves and treat yourself to a hat with a brim, very glamorous, we know. 2. Wear a good sunscreen, one that isn't a chemical festival.

4A: Hydrate! Not soda, not necessarily iced tea. Water! It's easy to get lost in the work of gardening but whether it's hot or sunny or there's an increasing nip in the air, replenish your fluids. You need to do that all the time, but especially when you're working outside.

Also, take a look at some of our garden-related articles in previous newsletters, including "Rake by Hand; Help Your Brain" (<http://www.neurologicalfitness.com/newsletr/Sept-Dec2016.pdf>), "No, You Really Can't and Probably Shouldn't Try to Get the Whole Garden Done in One Day" (<http://www.neurologicalfitness.com/newsletr/Springo8.pdf>), and "Pulling Vines" (<http://www.neurologicalfitness.com/newsletr/news0504EXC.htm#Vines>).

CALENDAR

Sept 2 Labor Day, Closed 16 Chiropractic Independence Day 7, 21 Saturdays Open	Dec 16 Chiropractic Independence Day 14 Saturday Open 12/23 from 1PM through 1/1/20 Office closed for winter holiday, except 12/30 Open for "Catch Up/ Repair Day"
Oct 9 Yom Kippur, Closed 5, 19 Saturdays Open 21 Chiropractic Independence Day 31 (Thurs) open 10-1	Jan 2 Office Reopens: "Happy New Year" 5, 19 Saturdays Open 21 Chiropractic Independence Day
Nov 18 Chiropractic Independence Day 1-4 Closed, Doctors teaching in MN 16,30 Saturdays Open	<u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 + 3:00-7:00 Tue: 10:00-1:00 (Dr. M only) Sat: 9:00-noon (selected Saturdays) Thu/Sun: Emergencies only

HAPPY NEW YEAR!

As we were putting together what we considered our autumn newsletter, it occurred to us that it is also our winter holiday newsletter. Click on this link for our New Year's wish for all of you and the planet:

<https://video.search.yahoo.com/yhs/search?fr=yhs-avast-securebrowser&hsimp=yhs-securebrowser&hspart=avast&p=Julie+Galke+Dona+nobis+pachem#id=1&vid=ae20beddf9f16fb8885edbcd97e853e4&action=click>

Click on this link for some very upbeat sounds:

https://www.youtube.com/watch?v=o10drRI3VQo&list=RDo10drRI3VQo&start_radio=1

Once again, ***HAPPY NEW YEAR!***

