

Newsletter of Amberlight Chiropractic and Wellness

Days are getting shorter; sun is more glaring, not warming. People are putting gloves and scarves on. It must be winter coming to Twin Cities. And I better hurry up and send this newsletter to you, so you will have some fun and educational reading during upcoming holidays. Also I would like to say special thank to those of you who recommended our center to somebody else: Debbie D., Anastasya G., Svetlana G., James H., Karen H., Jane J., Betty K., Barb N., Line O., Deborah M., Dmitry S., Mark S., Anatoliy U.! These referrals help us continue to build the practice and be there for all of you.

Recently I attended several very informative seminars regarding acupuncture, chiropractic and auto-related injuries. I think you will appreciate some bits and pieces from there.

Winter driving doesn't have to be dangerous or intimidating. Bad weather seldom causes crashes on its own. Generally crashes occur because people haven't adjusted their driving behavior to the conditions. Wet and slippery roads are less forgiving when a driver makes a mistake. That is why extra care and attention is required for winter driving.

Check your car for winter: wipers, tires, heater, lights, brakes, cooling system, battery, alternator, fans, and defrosters have to be working and reliable. It's a good idea to keep warm clothes, blankets and even a small supply of food in your car. All of these will help you stay warm if you become stranded. Consider carrying a cell phone for emergencies.

Practice use of breaks and steering on the slippery road. Avoid braking suddenly. Give the brake pedal a few soft taps rather than one hard push, to avoid sending your vehicle into a skid. Remember that stopping distances are nearly doubled on wet roads - slow down and keep a generous following distance between your car and the car in front. The two-second rule should become at least the four-second rule. Be extra vigilant: take corners slowly. All wheel drive may provide false sense of security and will NOT help you to STOP. Whenever possible, avoid driving in heavy snow. If you do drive in snow, SLOW down.

You want to keep both your hands on the wheel most of the time, because according to statistics it helps significantly in case of impact to reduce injuries to your head and chest. Head rest supposed to be high enough to be behind back of your head, not neck – otherwise it increase severity of neck injury. Please be aware that LESS than a third of the head restrains in the cars are found to be good or acceptable. At the same time increased protection by airbags shifted most of the problems to occur up – chest, upper part of stomach, neck and head, while reducing the incidence of lower extremities and pelvic fracture injuries.

If situation on the road gets out of control, prepare yourself for impact by tightening your muscles, sitting in normal position; it may decrease severity of sprain and strain of individual body parts.

By preparing your vehicle and adjusting your driving for the conditions, you can go a long way towards ensuring your safety and others on the roads this winter.

The healthy man does not torture others - generally it is the tortured who turn into the torturers." Carl Jung

Stress, stress, stress. I routinely ask you about your stress factors, because it might affect your performance, increase likelihood of getting any kind of disease or making the existent one worse. There is a distinction between two kinds of stress: acute and chronic. An acute stress reaction causes catecholamine cascades, including the sudden release of epinephrine, dopamine and glucose stores. The cumulative affect of this reaction includes: increased heart rate, elevated blood pressure, pupillary dilatation, increased peristalsis. These subside within minutes to hours after the stress factor is removed or resolved and help us to survive (run or fight).

Chronic stress causes a release of many chemicals including cortisol. Cortisol causes depressed immune status, which leading to autoimmune and tumor disorders. It allows fat tissue to be deposited in the hips with women and on the belly with men. Cortisol raises cholesterol and insulin levels.

But not everyone will suffer from chronic stress with the same symptoms. Identification of stress factors individually will help you monitor and address underlying issues precipitating your physical symptoms. The most common scenarios are:

1. Your environment: where you live and what you consume - your food, drinks, air and water quality, noise, traffic, crime in your neighborhood.
2. Your health: chronic conditions (e.g., heart disease, diabetes, arthritis, asthma, irritable bowel syndrome) or new problems.
3. Your relationships: with whom you spend your time or do not spend (even if you really want too).
4. Your life: some situations are very emotionally charged – newly born child, your own and your kids teenage years, new marriage, moving to new place, changing jobs, "empty nest", care for elderly parents, unexpected sickness and death of close family member or friend. Some other might be the once you "get used to" over the years and may not always recognize as stress: unfulfilling marriage; unsatisfying job; troubles with kids; dreams of younger years, which never come true; loneliness.

It is almost impossible to have a worry-free life and you do not have to buy a pair of pink glasses either. What you may try is to learn to enjoy your life; appreciate what you have a bit more; and be thankful for little pleasures and gifts, which in fact in great abundance around us. We just have to see them. And by the way, recent research has shown that exercising to exhaustion also causes a release of cortisol. So, slow down a bit. Enjoy it. You should exercise to raise the heart rate and induce mild fatigue only, not for complete exhaustion.

Healthy Soul in a Healthy Body

When it comes to **exercises**, I am often asked about which kind is better. There are number of different practices. For overall health benefits and easier adherence I would suggest combination: walking/running to improve your cardio-aerobic capacity and gymnastic to stretch and strengthen your body. Biking, swimming, dancing, skiing – another great alternative to former, and Pilates, Yoga, Tai Chi and Qigong are step up from your basic practices of stretching and strengthening. Most of us heard a great deal about Yoga and Pilates. Tai Chi and Qigong are less famous in Midwest, but they have been practiced around a globe for long time.

Qigong is a discipline that involves the mind, breath, and movement to create a calm, natural balance of energy that can be used in work, recreation or self-defense. Like yoga, where many varieties have evolved, there are more than 7,000 styles of qigong and five major applications: medical, martial arts, Taoist or Buddhist, Confucian, and Art, and four major forms: tranquil (meditation), active (exercises), "soft" (passive and gentle) and "hard" (strenuous and dynamic). Soft qigong is called inner qigong, of which Tai Chi is an example. Results of research studies of medical application of Qigong are very promising: about 50% reduction of stroke accident and death, 2-3 times improvement in liver function, erythrocyte sedimentation and appetite in patients who undergo chemotherapy for cancer, significant improvement and stabilization of blood glucose levels patient with diabetes mellitus.

This year I attended Acupuncture conference, organized by Allina Hospitals and Clinics and Institute for Health and Healing. One of speakers was Mr. Kenneth S Cohen – renowned Qigong master and health educator. He is one of few healers, who are establishing a bridge between Oriental concept of health and well being, and Western medical science. He recently published "The Way of Qigong. The Art and Science of Chinese energy healing", where in great details he explains how it works. "According to Chinese medical theory, health means a full and flowing supply of qi (*life force, living energy*). Using a modern metaphor, we can regard the body as a battery that can either lose, maintain or increase its charge. Stress, worry and poor health habits dissipate qi. Proper self-care helps to maintain or improve health. Moderate and correct practice of qigong can fully "charge" the body, increasing the reservoir of healing energy. This means greater vitality and improved ability to fight disease and infection."

If you would like to learn more, please refer to this very engaging book. Another book on your list should be “The genie in your genes” by Dawson Church. This is a breakthrough book linking consciousness to genetic change. For the first time, a single book summarizes a chain of remarkable scientific discoveries that in the new field of *Epigenetics* (*epi*=above, i.e. control *above* the level of the gene) that are the keys to healing. Citing hundreds of scientific studies, author shows how beliefs and emotions can trigger the expression of specific DNA strands.

My feet, they haul me Round the House, They hoist me up the Stairs; I only have to steer them, and They Ride me Everywheres. Frank Gelett Burgess

Since last year we started to use digital scanner for ordering custom-made foot orthotics/spinal stabilizers. It is very reliable, fast and convenient! There are many options available to you depending on your style of shoes, level of activities and personal preferences. People, who are wearing them routinely, find that their posture improved greatly. They need less chiropractic corrections and in general have more energy and less aches toward the end of the day. Since it is the end of the tax year we might mention that it is a great way to spend your FSA money and save some too. During November and December we offer discounts ranging from \$10 to \$55 (depends on model).

Let food be thy medicine, and let thy medicine be food. Hippocrates

I want to mention that **nuts** could be a very healthy product for you. All nuts are good for heart, but some nuts may have additional qualities such as extra amount of monounsaturated fats (help to lower LDL cholesterol - macadamia nuts); omega -3 fatty acids & alpha linolenic acid (to improve your mood – walnuts); magnesium (to balance your blood pressure – almonds, pistachios), calcium – non-dairy source (almonds), antioxidants – esp. vit E, selenium (prevention for prostate cancer, cataract and macular degeneration - brazil nuts, pecans), folic acid and L-arginine (blood vessels protection – peanuts). Common concern is high calories and fat, but if you limit yourself to a small handful daily (180-200 calories and most of 20 grams of fat is healthful fats) of variety of nuts – you will be in good shape.

Now few steps from inner health and beauty to outer one... and back.

Makeup without risky chemicals. These days people have concerns about chemicals linked to cancer and allergies in cosmetic products. One of the places to go and check your cosmetics as well as baby-care and oral-care products is web site: www.cosmeticdatabase.com

Announcements. *I will be out of town around Christmas holidays, so please schedule your routine visits in advance. For urgent situations during that week I will leave contact information on my voicemail.*

In January I will start taking classes toward Master degree in Oriental Medicine (Acupuncture and Herbology), so my appointment hours will be available on Mn, Tu, Th, and Fr.

For those who do not have insurance coverage, have financial hardship, and care about own health and wellbeing I offer regular appointment for \$30. Availability is limited. If you need to use this offer let me know before scheduling.

Happy Holidays, happy new beginnings!

Please remember as famous Roman Cicero said “The beginnings of all things are small.”

Take your baby steps to greater health and wellbeing!

P.S “It's supposed to be a secret, but I'll tell you anyway. We doctors do nothing. We only help and encourage the doctor within.”

Albert Schweitzer, M.D.

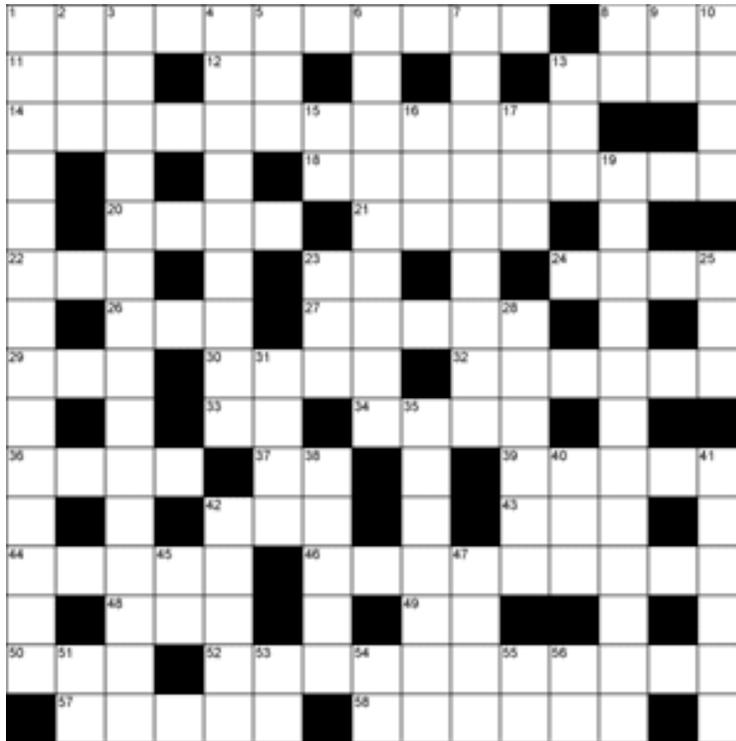
Thank you for your trust and letting me help you.

Elena Pekurovsky, D.C.

(612) 242-1335

Health and Wellness Puzzle

by Myles Mellor



Across:

- 1) TV addict?
- 8) Muscle spasm
- 11) Columnist Landers
- 12) Infrared
- 13) Cost
- 14) Dietary goal
- 18) Disease investigation
- 20) Ginger or Taro
- 21) Romantic palm fruit?
- 22) No longer fashionable
- 23) Radio band
- 24) Minor irritation
- 26) Embrace
- 27) Green beans and mashed potatoes
- 29) Something we want to forget!
- 30) Entrance area
- 32) Brussels veggie
- 33) First state to secede from the Union
- 34) ___ Marie Presley
- 36) Food magician
- 37) Greensboro locale
- 39) Wrap around
- 42) The, German
- 43) Spoil
- 44) Starbucks' temptation
- 46) Small scrapes
- 48) Dear
- 49) Musical scale note
- 50) Bread type
- 52) Muse
- 57) Sweet smell
- 58) Levels of Indian society

Down:

- 1) Heart-related
- 2) Top of the line, with A
- 3) Not well
- 4) Diaphragm spasms
- 5) ___ existing condition
- 6) Exercise assistant
- 7) Compressed feeling
- 8) Head ___ head
- 9) Chicago locale
- 10) Spa treatment substance
- 13) Total, for short
- 15) Word processor, for short
- 16) Italian, abbr.
- 17) Garden digger
- 19) Bone disease
- 23) Internet question
- 25) Chili or curry?
- 28) Muscle contractions
- 31) Skin problem
- 35) Tendency to stay put
- 38) Ocean kings?
- 40) Restaurant type
- 41) Making less painful
- 42) Jean material
- 45) Head ___ head
- 47) Voices
- 51) ___ Sisterhood
- 53) Not applicable, for short
- 54) Computer
- 55) Where it's ___
- 56) Taoist power

Answers available at the office

