

September/October 2009

# W.O.W.

Way Of Wellness Newsletter



## Kid's Sports Injuries 5 Ways to Avoid Them

Playing sports is a lot of fun; getting hurt is not. Follow these five steps to prevent injuries so your kids can stay in the game:

1. Your child should wear the right protective gear, such as helmets and protective pads.
2. Teach kids to warm up and cool down. It's not a good idea to just bolt on to the field and start playing. Your child shouldn't even start stretching until he or she is a little warmed up. So make sure they take a light jog to get ready to play.
3. Know the rules of the game. When players know the rules of the game— what's legal and what's not— fewer injuries happen. Your child and the other players know what to expect from each other!
4. Don't let your child play when they're injured. This can lead to an even worse injury, one that could sideline them for a long time!
5. Have your child's spine checked by a chiropractor regularly. Trips, falls, jolts and tackles can cause subluxations. While an injury is usually accompanied by pain, many subluxations are pain-free yet body function is altered just the same.

### Schulte Family Chiropractic

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## A Younger You... 10 Anti-Aging Herbs and Spices to Add to your Diet

The typical American diet that is high in simple carbohydrates--white flour, white salt, and processed food --is aging us. We are getting all the bulk without the nutrients, plus adding to our propensity for developing real food cravings. So whether you are a vegetarian or an omnivore, you can start to reverse aging by simply choosing to eat the right foods to keep you full of vim, vigor, and vitality.

One of the easiest way to make sure you are getting more nutrients into every meal is by incorporating herbs and spices. Every time you flavor your meals with herbs or spices you are literally "upgrading" your food without adding a single calorie. You are taking something ordinary and turning it into something extraordinary by adding color, flavor, vitamins, and often medicinal properties. Here's why:

**Spices and herbs maximize nutrient density:** Herbs and spices contain antioxidants, minerals and multivitamins. At the cocktail party, choose the Thai chicken satay stick over the tried and true fried chicken strip.

**Spices and herbs create a more thermogenic diet:** Because spices are nutrient dense, they are thermogenic, which means they naturally increase your metabolism.

**Some spices and herbs increase your overall feeling of fullness and satiety, so you'll eat less:** One study conducted at Maastricht University in the Netherlands showed that when one consumes an appetizer with half a teaspoon of red pepper flakes before each meal, it decreased their calorie intake by 10-16%.

**Spices and herbs have real medicinal properties.** Study after study shows the benefits of distinct herbs and spices. For example, one 2003 trial of 60 people with type 2 diabetes reported that consuming as little as two teaspoons of cinnamon daily for six weeks reduced blood-glucose levels significantly. It also improved blood cholesterol and triglyceride levels, perhaps because insulin plays a key role in regulating fats in your body.

Choose flavor over blandness every time, and try to incorporate these specific herbs and spices into your diet for the following health concerns:

- Rosemary and basil for their anti-inflammatory power.
- Cayenne and cinnamon for their obesity-fighting power.
- Coriander and cinnamon for their sugar regulating powers.
- Turmeric, basil, cinnamon, thyme, saffron, and ginger for immune-boosting.

*Low carb, low fat; what constitutes a proper diet is vast and conflicting. When it comes to nutrition one thing is true—variety is the spice of life. Separate the facts from the fads and get the truth about the foods we eat. Join us for **Power Nutrition** and learn about the impact proper nutrition can have on our performance, productivity and overall health and wellness. Contact our office today for our next workshop date.*

# News From Schulte Family Chiropractic

Don't forget to check us out on the web!! [www.schultechiropractic.com](http://www.schultechiropractic.com)

## Happy Birthday Chiropractic!

September 18<sup>th</sup> represents the 114<sup>th</sup> birthday of chiropractic!

We are celebrating by offering a

**\$27<sup>00</sup> New Patient exam**

(a \$165 value)

to YOUR friends and family if they call to schedule by October 1, 2009.

**Spaces are LIMITED so call TODAY!**

## Detoxification Cleanse Workshop

**Back by popular demand!**

WHAT IS a detox and cleanse??

WHY should I cleanse??

WHAT can I eat??

WILL I lose weight??

**Dr. Schulte will answer these questions and more!**

**Tuesday October 13th ~ 7pm**

**Schulte Family Chiropractic**

**Call to reserve your spot(s) today!**

## Food for Thought

"Pain is normal, pain is natural, it proves you're alive. Age is a study in the acceptance of pain." Fred Barge, D.C.

"Symptoms then, can serve as a warning or a message that something needs to be explored or changed in one's life. And because, illness is a message, if we treat only its physical manifestations, it can linger on or recur until the message is heeded." ~Dennis Jaffe, Ph.D

**Chiropractic Food for Thought:** Over-the-counter drugs and medications, like NSAIDs are used for symptom relief. They do not cure or correct. Their purpose is to cover up symptoms so that the body is not aware that the symptoms are present. Chiropractic care is not a treatment for symptoms. The chiropractic spinal adjustment is not intended to cover-up a symptom or even "make you feel better." The purpose of chiropractic care is to correct the cause of the symptom by improving the function of the body, not to hide nature's response to injury, which is pain.



## Have You Smiled Today?

Smiling is the simplest way to change your mood and make a day better. What you might not realize is that smiling is also a great way to keep yourself healthy! Not only does smiling help express your feelings, it also assists with keeping you mentally and physically happy and healthy.

The other day I was in a rotten mood, nothing seemed to be going the way I had planned. I was stuck in my car and stewing over the events of the day. Along comes a car, going really fast, and I assume this is going to be another bad situation to add to my day. Instead, the woman driving smiles and waves my way, beaming from ear to ear. What can you do? I smiled back and shook my head in disbelief. Within a couple minutes I found myself feeling a bit calmer and just a bit happier.

Smiling is a unique thing. As babies we learn how to smile from countless hours of observing everyone smiling at us. At some point we realized that if we smiled back to all that smiling, positive attention would be showered upon us. A person has a general reflexive response to someone smiling at him or her - you smile back! No matter how old you are, what mood you are in, or what you are doing, many of us will return a smile, even to a total stranger.

Along with helping us to look attractive, smiling releases endorphins and serotonin - a neurotransmitter that basically helps make us feel good and keeps our moods stable. Just cracking a little smile alleviates stress and starts the process in our brains to change moods and behaviors. Smiling is free - it doesn't cost anything, so give it a try before drowning your sorrows in something that cost money!

*~ If you're not using your smile, you're like a man with a million dollars in the bank and no checkbook. ~*

*Les Giblon*