

Chiropractically Speaking



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In the last 20 years, working time has increased by 15% and leisure time has decreased by 33%.

It takes about 30 days to establish a new physical or emotional habit.

40% of working people skip breakfast, 39% skip lunch.

The average American watches 28 hours of television per week.

One hour of planning will save 10 hours of doing.

Half of what is known today was not known 10 years ago.

25% of sick time is taken for an actual illness.

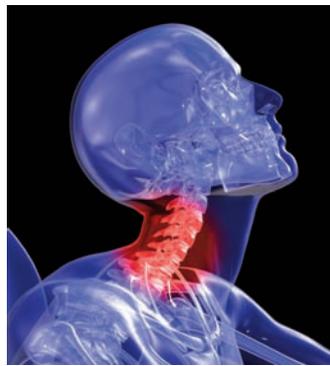
70% of workers would like to own their own business.

The average person gets one interruption every 8 minutes creating 3 hours of wasted time each day.

The average working person spends two minutes a day in meaningful communication with their spouse.

90% of those who join a fitness club will stop going within the first 90 days.

WHIPLASH *60% of all whiplash victims were in a collision of only 6 to 12 miles per hour.*



Whiplash is most commonly received from an auto collision. It also occurs from sports injuries, slips and falls, or unexpected, rapid motions of the neck. When the head is suddenly jerked either forward and back, back and forward, or side to side, the muscles, ligaments and other soft tissues supporting the spine and head can be overstretched or torn. The soft, pulpy discs between spinal bones can bulge, tear or rupture. Vertebrae can be forced out of their normal position, reducing range of motion. The spinal cord and nerve roots in the neck can get stretched and irritated.

The resulting instability of the spine and soft tissues can result in headaches, dizziness, blurred vision, pain in the shoulders, arms and hands, reduced ability to turn and bend, and even low back problems. As the body attempts to adapt, symptoms may not appear for weeks or even months.

The chiropractic approach to these types of injuries is to use specific chiropractic adjustments to help restore normal spinal function. After a thorough case history and examination, the doctor will recommend a series of visits to help regain proper motion and position of the spinal bones. If caught early enough, inflammation can be reduced and scar tissue can often be minimized. Consult a Doctor of Chiropractic before enduring constant headaches, becoming dependent upon addictive pain medication, or submitting to needless surgery.

Being kind to yourself may be the key to happiness.

We all do a thing or two throughout the day that we regret. Wasting time watching tv instead of doing laundry, eating a tasty snack instead of jogging on the treadmill...

Guilty pleasures are a fact of life. Men and women alike occasionally fall short of their own expectations, whether it is by taking an action, or not taking an action. It seems silly to mentally punish yourself for wasted time, dietary choices, and even gossiping about friends and co-workers.



However, studies show that directing anger inward for our shortcomings creates anxiety and depression and at the same time, that guilt does not change the likelihood of making the same mistakes. However, it has been shown that those who practice self-compassion not only feel better about themselves and are less likely to repeat behaviors they regret, but they are more proactive about caring for themselves. They are happier, more likely to take care of themselves and acknowledge health issues when they arise and are more likely to seek medical attention when needed.



It is already a well known fact that the deeper your social connections are, the longer and happier you will live. Intimate social ties reduce our risk of disease by lowering blood pressure, heart rate and cholesterol.

Friendship is also one of the reasons that women consistently outlive men. Women prioritize building strong networks of friendships so even when they suffer a great setback, they are able to rebound with the support of loved ones.

It is not that men have no interest in deep friendships. Men and women alike feel the urge to connect with others on a strong emotional level. However, once a bachelor becomes a family man, his time is often occupied by other responsibilities that leave little time for friendship. Even Hollywood shines a negative light on male friendships, making them seem entirely about the pursuit of drunkenness and all around bad behavior. But, a man who has his wife's support can pursue healthy relationships with other men so they, too can gain the benefits that deep friendships provide.

It is important to realize that men and women connect in different ways. Women may invite a friend to shop or get the kids together to play while, what appears as just another Sunday of watching football with the guys may be more than just that, providing an opportunity for men to share their thoughts or their own concerns. Sometimes, men don't necessarily talk about their concerns at all and what they really need is time away from the obligations of life, even if they cherish every moment.

Regardless, the benefits of friendships are critical for both men and women. Allowances for each to thrive outside their intimate relationships and family obligations create huge benefits in the long run.

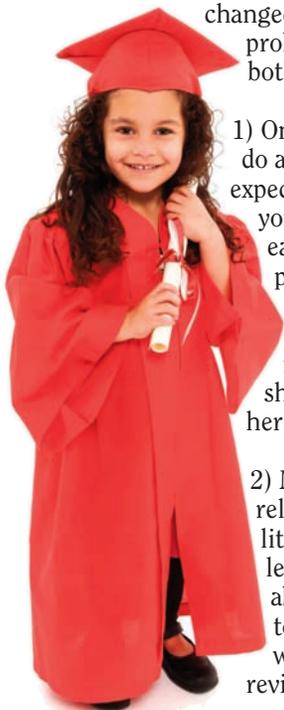
MALE BONDING

Whether it is an outdoor adventure, a night of poker or an afternoon in front of a football game, the efforts men take to be together is more than just boys being boys.

Are Your Kids Ready for College? Start Planning Now.

When it comes to planning for your children's education, you really can't start too early. Of course you already know about the importance of putting away those college dollars as early as possible, but the college application and acceptance process has changed quite a bit in the last few years and is probably completely different from when both you and your spouse attended school.

without negative judgement can really help a student thrive in a challenging situation. It also creates trust between kids and parents that will come in handy in other areas of their lives.



- 1) One of the most important things you can do as a parent is communicate your expectations to your child. You can help your kids picture their future, helping to ease the burdens of the huge social pressures that often come with attending school. Imagining themselves working in a field that really interests them is a great way to show that life is much larger than the here and now.
- 2) Middle school is often when parents relax a bit about school. Kids tend to be a little more independent but that can often lead to struggles that parents don't know about until its too late to correct. Stay in touch with teachers and grades, know where your kids need extra help and review. Having you involved and supportive

3) Help your children pick their high school coursework from the very first semester. Hiding from difficult classes can leave you short of what is needed when it comes time to apply to colleges. Know what is needed not only to graduate high school, but to get into some of the colleges you may consider down the road. You do not want to be out of the running before you ever get into the race!

4) Even their extracurricular activities hold great weight as to whether they are considered a good fit for a college or university. Volunteer commitment, sports, activities or their work with younger children are important factors when selections are being made.

5) Know what is on the standardized tests. Both the ACT and SAT testing boards have great websites with a myriad of resources to show what is needed to do well. Know which test their college will require and then be sure they take the practice tests to know where improvement is needed. There are classes, tutors and books to help them improve, but cramming is not an option on these tests. They are a culmination of your child's entire learning career so know what will be needed.



KIDS AND HEADACHES

Headaches among children may be more common than many parents realize. Studies gathered from around the world show that 50 - 70% of kids age 15 and under have had at least one headache with some of them having severe and frequent headaches. Once your child has been examined for serious medical issues, your chiropractor may be able to help so that painkillers do not become the only choice for relief.

20% of adult headache sufferers say their headaches started before age 10, 50% say they started before age 20.

56% of boys and 74% of girls between ages 12 and 17 reported having a headache in the past month.

90% of children who have migraines have other family members who have migraines.

Headaches in children often originate from the neck or cervical spine and involve muscle tension. Your chiropractor will do a thorough exam of the complete spine to get to the cause of the problem. If our office can help your child, gentle and specific adjustments will be offered to restore proper motion and function to the spine. This can remove nerve irritation that may be causing these symptoms.

When children experience chronic headaches, their whole life is affected. A child in pain is stressful for the entire family. Discuss this issue with our office so we can make a plan of care for your child. As always, we are here as a resource to help your entire family and want to see your child reach their fullest potential.



HEALTHFUL FOODS Yogurt

As the yogurt aisle grows bigger and bigger in most grocery stores, you may have started to take notice and even are considering adding it to your diet. If you haven't already done so, here are a few benefits that may just change your mind.

- ✓ The culturing process makes yogurt more digestible than milk, which is great for those who have protein allergy or lactose intolerance.
- ✓ Yogurt contains intestine friendly bacteria that lowers the risk of colon cancer and colon disease. It is also rich in calcium, which is proven to benefit colon health.
- ✓ The bacterial cultures in yogurt have been shown to stimulate infection-fighting white cells in the bloodstream.
- ✓ Antibiotics not only kill harmful bacteria, but also kill the healthy ones in the intestines as well. The live bacterial cultures in yogurt can help replenish the intestines with helpful bacteria.
- ✓ Yogurt helps your body absorb other important nutrients.
- ✓ Yogurt is a rich source of calcium and an excellent source of protein.
- ✓ A few studies have shown that yogurt may reduce blood cholesterol.

3 TIPS to healthier winter skin

The winter months can wreak havoc on our skin! You would think that layers of clothing would protect us from the elements but if you

want to wear your wooly mittens, you may also want to adhere to these tips.

1) Limit your winter baths to 10 minutes and use oils in the tub instead of bubbles, which may have drying detergents. When you get out, apply lotion to your damp body.

2) Don't forget to moisturize your nails and cuticles. Sometimes they don't get the attention they deserve. Nails can crack and split making them more vulnerable to bacteria and fungus. Shop for a good cuticle cream and keep your hands (and toes) in tip top shape.



3) When your face is dry and flaky, this isn't a good time to exfoliate, which will just worsen the problem. A sensitive face cream with soothing ingredients like chamomile and shea butter will draw in moisture and help repair the skin.



HEART HEALTH

British researchers have recently determined that with every 1.8-degree drop in temperature, the risk of heart attack goes up by 2 percent.

The cold causes blood vessels to constrict raising blood pressure, and as blood cools, it thickens which makes clots more likely. Plus, as temperatures drop, the heart has to pump harder to keep you warm.

Advice? Really just the obvious! Stay warm and let the neighbor kid earn a few bucks doing your shoveling!

Beating the Monday Morning Blues

If you feel extra bummed out on Mondays, you're not alone. More than 75% of workers say that the first day of the workweek makes them completely miserable and it is hard to crack a smile before 11am. Workers are also more likely to show up late on Mondays and get less work done. As a matter of fact, it is figured that in an 8 hour work day, only 3.5 hours worth of work will actually be completed.

The answer is to first make sure you like your job overall. Are you just as miserable the rest of the week, or is it really just a Monday issue? If so, the first thing you should do when you get to work is to connect with your office family. Talking to your co-workers may take 15 minutes but reacquainting after a weekend may be just enough to get the ball rolling in a positive direction and get tuned into the pulse of the office.



Gonstead Chiropractic

Clinic Hours

Monday 8:00am - 1:00pm
3:00pm - 6:00pm

Wednesday 8:00am - 1:00pm
3:00pm - 6:00pm

Thursday 8:00am - 1:00pm
3:00pm - 6:00pm

Friday 8:00am - 1:00pm



Dr. Jeff Smidt

952.994.0988

We appreciate your referrals.

Please visit us at

www.chirozone.org

Expires January 31, 2012

(A \$320 Savings)

\$20.12

Consultation, exam including
SEM & x-ray (if necessary).

*New Year's
SPINE-OLUTION!*

A photograph of a champagne glass with a popping cork and a spray of confetti. The glass is partially filled with a golden liquid. The background is white with a subtle pattern.

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