

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Paul Milone

“An intellectual is a man who takes more words than necessary to tell more than he knows.” – Dwight D Eisenhower

“How 55-80 Year Olds Increased The Size Of Their Brains!”

Scientific Study Shows How You Can Stay Mentally Sharp As You Age

Also In This Issue:

- ✓ Study finds childhood obesity linked to health habits – not genes
- ✓ New research shows trans fat intake linked to depression
- ✓ Study shows children with ADHD benefits from dietary changes
- ✓ 30-50% of children use energy drinks – why they may harm their health
- ✓ Scary trend: Why young people prefer “virtual computer lives” to the real world
- ✓ Japanese researchers say dogs can be trained to sniff out cancer!



Want To Live To Be 96? A special tribute to Chiropractor, Jack LaLanne, his amazing feats, special achievements and the health blueprint he left for you...

Marblehead – How would you like to have a bigger, more powerful brain?

Sadly, the hippocampus, a part of the brain key to memory and special navigation, is known to shrink as we age.

This shrinkage starts in late adulthood and is responsible for memory loss and impairment.

Now, There Is New Hope

According to the *Los Angeles Times*, a new study published by the *Journal Proceedings of the National Academy of Sciences* has revealed “a program of aerobic exercise, over the course of a year, can increase the size of the hippocampus... in adults ages 55-80.”

In the study, 120 people from ages 55-80 who did not exercise previously were split into 2 groups; 60 were put into an aerobic exercise program that

How Man’s Best Friend Might Save You From Cancer

According to Japanese researchers, “a specially trained Labrador proved nearly as good at identifying those with cancer as a conventional colonoscopy examination.”

Furthermore, dogs can be trained to sniff out bowel cancer even in the early stages of the disease.

In a series of experiments, a specially trained Labrador sniffed either the breath or stool samples of patients and detected cancer as well as traditional colonoscopy.

In other experiments, trained dogs have been used to sniff cancers of the skin, lungs, bladder and ovaries.

According to an article in *Guardian*, “In later tests, the dog correctly identified 33 of 36 people with bowel cancer after sniffing their breath, and 37 of 38 cancer cases after sniffing a stool obtained from the patient.”

consisted of walking around a track 3 days a week for 40 minutes per session; and the other 60 did a program consisting of stretching and weights.

Results: According to the *Los Angeles Times* article, “The group doing aerobic exercise had increases in hippocampus volume: up 2.12% in the left hippocampus, and 1.97% in the right hippocampus. The stretching group, on the other hand, had decreased hippocampus volume: down 1.40% on the left and 1.43% on the right.”

What’s important to note is the article said it is never too late to start and it suggested that some very simple exercise programs may

be a cost-effective way to treat a widespread health problem, without the side effects of medication.

Study Finds Childhood Obesity

Linked To Health Habits – Not Genes

A study found, when 1,003 Michigan 6th graders were examined, obese children were *“more likely to consume school lunch instead of a packed lunch from home and spend two hours a day watching TV or playing a video game.”*

According to an article in *Science Daily*, the study suggests unhealthy habits are feeding the childhood obesity trend. *“For the extremely overweight child, genetic screening may be a consideration,” says study senior author Kim A. Eagle, M.D., a Cardiologist and a Director of the U-M Cardiovascular Center. “For the rest, increasing physical activity, reducing recreational screen time and improving the nutritional value of school lunches offers great promise to begin a reversal of current childhood obesity trends.”*

Here’s a startling fact: Childhood obesity has TRIPLED in the U.S. in the last 30 years, and obesity among U.S. children ages 6-11 has gone from 6.5% in 1980 to 19.6% in 2008.

According to the *Science Daily* article, *“researchers found that 58 percent of obese children had watched two hours of TV in the previous day, compared to 41 percent of non-obese children. Forty-five percent of obese students always ate school lunch, but only 34 percent of non-obese students ate school lunch.”*

Significantly fewer obese kids exercised regularly, took physical education classes, or were a member of a sports team.

In the study, 15% of the students were obese, but almost all had unhealthy habits. Over 30% drank regular soda within the previous day, less than 50% remembered eating 2 servings of vegetables in the same time period, and only 30% said they exercised for 30 minutes for 5 days during that week.

One of the biggest take home messages (besides realizing that it's habits making us overweight --- not just our genes) is that almost all the students can drastically improve their diet and exercise, not just the 15% who are obese. According to the *American College of Preventative Medicine*, heart disease and diabetes are two of the most common preventable chronic diseases. Both have their preventable causes in what we eat and how much we exercise, and both start from the habits we obtain in childhood.

As adults, we can change these habits any time we want and live a longer and healthier life just about instantly, but children need guidance to make the same healthy choices.

Many In Younger Generation Prefer Online Fake Life To Real One

Have you ever wanted to change your life? Maybe even wanted to be someone else?

If so, you are not alone. Now, a younger generation has found a way to make this desire a reality. Well... sort of...

According to an article in *Dailymail*, *“A study has found that children are often more happy with their lives online than they are with reality, as it allows them to be who they want... They say they can be exactly who they want to be – and as soon as something is no longer fun they can simply hit the quit button.”*

Even more shocking, according to the study, one in eight young people are in contact with strangers and often lie about their appearance, age and background.

The study also reveals 45% of younger people between the ages of 11-18 surveyed said they were happier with their online life than their real one.

“One told researchers: ‘It’s easier to be who you want to be because nobody knows you and if you don’t like the situation you can just exit and it is over.’ Another said: ‘You can say anything online. You can talk to people that you don’t normally speak to and you can edit your pictures so you look better. It is as if you are a completely different person.’”

What’s more, 47% said they act differently online than in real life.

Experts warn this may be creating a generation of people who will not function adequately in society.

And don’t forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We’re here to help and don’t enjoy anything more than participating in your lifelong good health.

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

Who Else Wants To Live To 96 And Be As Healthy As A Horse?

A special tribute to Chiropractor Jack LaLanne, his amazing feats, special achievements and health blueprint he left for you...

I'm sure you've heard of Jack LaLanne. Everyone has – he's a legend among legends. But, what do you really know about him? If you are like most people, you probably have no idea why he is truly one of the most important people to have lived in the last 100 years. For starters, Jack was an unhealthy child with anger problems who was addicted to sugar. He stated he had violent episodes directed at him and others. Jack described himself as "a miserable goddamn kid... it was like hell." Besides having a bad temper, he also suffered from headaches and bulimia, and dropped out of high school at age 14. The following year, at age 15, he heard health food pioneer Paul Bragg give a talk on health and nutrition, focusing on the "evils of meat and sugar." Bragg's message resonated with LaLanne and it instantly changed his life. He said he was "born again" and focused on diet and exercise. He began working out every day and went back to school. LaLanne made the football team, went to college and became a Doctor of Chiropractic.

But, LaLanne knew he could touch more lives if he didn't practice Chiropractic, and that's what he really wanted to do. So, Jack became a health and fitness pioneer. Since he did so many amazing things – the best thing to do is to list them: **1954 (age 40):** Jack swam the entire length (8,981 ft/1.7 mi) of the Golden Gate Bridge in San Francisco, under water, with 140 pounds (64 kg; 10 st) of air tanks and other equipment strapped to his body; a world record. **1955 (age 41):** Jack swam from Alcatraz Island to Fisherman's Wharf in San Francisco while handcuffed. When interviewed afterwards, he was quoted as saying that the worst thing about the ordeal was being handcuffed, which significantly reduced his chance to do a jumping jack. **1956 (age 42):** Jack set what was claimed as a world record of 1,033 push-ups in 23 minutes on *You Asked For It*, a television program hosted by Art Baker. **1957 (age 43):** Jack swam the Golden Gate channel while towing a 2,500-pound (1,100 kg; 180 st) cabin cruiser. The swift ocean currents turned this one-mile (1.6 km) swim into a swimming distance of 6.5 miles (10.5 km). **1958 (age 44):** Jack maneuvered a paddleboard nonstop from the Farallon Islands to the San Francisco shore. The 30-mile (48 km) trip took 9.5 hours. **1959 (age 45):** Jack did 1,000 star jumps and 1,000 chin-ups in 1 hour and 22 minutes to promote *The Jack LaLanne Show* going nationwide. LaLanne said this was the most difficult of his stunts, but only because the skin on his hands started ripping off during the chin-ups. He felt he couldn't stop because it would be seen as a public failure. **1974 (age 60):** For the second time, he swam from Alcatraz Island to Fisherman's Wharf. Again, he was handcuffed, but this time he was also shackled and towed a 1,000-pound (450 kg; 71 st) boat. **1975 (age 61):** Repeating his performance of 21 years earlier, he again swam the entire length of the Golden Gate Bridge, underwater and handcuffed, but this time he was shackled and towed a 1,000-pound (450 kg; 71 st) boat. **1976 (age 62):** To commemorate the "Spirit of '76", United States Bicentennial, he swam one mile (1.6 km) in Long Beach Harbor. He was handcuffed and shackled, and he towed 13 boats (representing the 13 original colonies) containing 76 people. **1979 (age 65):** Jack towed 65 boats in Lake Ashinoko near Tokyo, Japan. He was handcuffed and shackled, and the boats were filled with 6,500 pounds (2,900 kg; 460 st) of Louisiana Pacific wood pulp. **1980 (age 66):** Jack towed 10 boats in North Miami, Florida. The boats carried 77 people, and he towed them for over one mile (1.6 km) in less than one hour. **1984 (age 70):** Handcuffed, shackled, and fighting strong winds and currents, Jack towed 70 rowboats, one with several guests, from the Queen's Way Bridge in the Long Beach Harbor to the *Queen Mary*, 1 mile.

Jack was also the first to: open a modern health spa, have a nationally syndicated exercise show on television, have athletes work out with weights, have women work out with weights, have elderly work out with weights, have a combination health food bar and gym, have a weight loss Instant Breakfast meal replacement drink, have a coed health club, combine weight training with nutrition, have an edible snack nutrition bar, sell vitamins and exercise equipment on television, teach scientific bodybuilding by changing the workout every 2-3 weeks, encourage the physically challenged to exercise, and he also developed many of the exercise machines and equipment that are still used today. Jack said, "If man made it, don't eat it." He also said he NEVER ate dessert. Just doing *those* two things could change your life.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger.

Did You Know?... Tea is a great food for health! 1. Tea, without sugar or honey, only has two calories per cup. 2. Steeping tea for three to five minutes produces the most antioxidants. 3. Milk in your tea doesn't reduce tea's health benefits. 4. The maximum amount of antioxidants contained in tea comes from brewing loose leaves or from tea bags. (Tea in powders or bottles has little or no helpful antioxidants!) 5. Tea in products applied to the skin has little or no health enhancing properties. Teas, especially white and green teas, can help with the following: Stimulate mental clarity, reduce the risk of certain cancers, reduce the risk of heart disease, lower blood sugar levels, help prevent viral infections, help prevent bad breath, and help prevent tooth decay. Also, because the water used in tea is boiled, this makes tea safer to drink than tap water...

Tip Of The Month - Dietary Changes May Help ADHD.

Also: Consumption Of This Is Linked To Depression.



You are what you eat. This is not just a catchy saying – it is the absolute truth. Yet, most people ignore this “truth” and suffer from preventable diseases, aches and pains. Most seem to think it is easier to eat junk and take a pill later. There is always a miracle medicine to save you, isn't there? The truth of the matter is...**No, There Isn't.** It is abundantly clear and becoming clearer each and every day that taking medication is no substitute for eating right, exercising and practicing proper maintenance care. Clearly, having your teeth pulled and replacing them with dental implants is no replacement for brushing and flossing your teeth and going to the dentist for routine check-ups. Eating fat, sugar and processed foods for 40 years and then thinking a drug or surgery is going to save you is even more foolish. Here is some research on what you and your children eat that you will find very interesting. **Study #1: What You Eat and ADHD** - A recent study found putting children with ADHD on a restrictive diet to eliminate possible, unknown food allergies decreased hyperactivity for 64 percent of kids. In the study, 41 kids completed the elimination diet and 32 saw decreased symptoms. Here's a really important part: When certain foods thought to be "triggers" for each child were reintroduced, most of the children relapsed. The elimination diet, which lasted 5 weeks, consisted predominantly of rice, white meat and some vegetables. Among 50 kids given a "control" diet that was just a standard, healthy diet for children, significant changes were not noted. Due to the results, lead author of the study and a psychiatrist at the Nijmegen Medical Centre, Jan Buitelaar, recommended the elimination diet become part of the standard of care for children with ADHD. **Here's An Important Note About This Study** - Many doctors frown upon the elimination diet, not because of its results, but because it is “difficult.” Because it is perceived to be hard and many won't do it, it is tossed aside for an easier approach. Of course, it is “easier” to take medications, but is the easiest approach usually the best? **Study #2: Eating This Increases Depression Risk** - According to Dr. Joseph Mercola's health blog, “*Consumption of trans fats can increase your risk of depression, according to new research. However, healthier fats may actually reduce your risk.*” Participants in the study with the highest level of trans fat consumption had up to a 48% increase in the risk of depression. **Study #3: Report Says Energy Drinks Unhealthy** - According to a new report published in the *Journal of Pediatrics*, popular energy drinks may be harmful to children's health. These risks are amplified if the child has diabetes, ADHD or a heart condition. The report also stated that 30-50% of children consume these drinks and they do not substantially increase performance or energy levels. Sales of products such as Red Bull, Full Throttle, Monster Energy and Rockstar are expected to reach about \$9 billion in the U.S. this year, with children and young adults under 25 providing most of the revenue. Because these drinks are considered supplements, they are not regulated by the FDA.

Remember, we're always here, to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 781-639-0808.

Health Update: Low Back Pain

Low Back Pain and Spinal Fusions

You may think it's odd to discuss low back pain (LBP) from the perspective of spinal fusion because as chiropractors, we do not perform surgery and so, why discuss it? It is important that we discuss research such as this so we can make the informed treatment decisions with our patients after we've considered all the facts in each specific case. Now, there are certainly times when a surgical procedure for back and leg pain is necessary and appropriate for some patients, but the problem is, there are also some patients who have been told they need spinal surgery when, in fact, they may be better off NOT proceeding with surgery. So, the question is, what happens to those patients who elect not, vs. those who do choose to proceed with surgery?

That question was addressed in a study where a total of 1450 patients injured at work were followed over a 2-year time frame. There were a total of 725 patients who proceeded with the fusion surgery and the other 750 elected NOT to have the surgery. A fusion surgery can be described as when two or more vertebra are fused together, usually because there are neurological problems such as shooting leg pain, weakness and/or numbness in one or both legs. The conditions treated in this study included herniated disks, degeneration of the disk, and radiating leg pain. There were primarily 3 factors that were compared between the two groups, namely, 1) ability to return to work; 2) disability (the inability to work), and 3) opiate (narcotic) drug use. Other factors compared included the need for re-operations, complications, and death.

The results showed, in general, those who proceeded with surgery had significantly more problems compared to those who did not have surgery. For example, only 26% returned to work, compared to 67% returned to work. The total number of days off work were 1140 vs. 316 days, respectively. There were 17 vs. 11 deaths, respectively and, 27% of the surgical group required re-operations with a 36% complication rate. Also, there was a 41% increase in the use of narcotic medication with 76% continuing the use after surgery.

Again, there are times when surgery is absolutely the right choice. Those times include when there is a loss of bladder or bowel control, progressively worsening neurological symptoms in spite of non-surgical care, and of course, unstable fractures, cancer/tumor and infections, but that's about it! In other words, if you don't have one of the before mentioned conditions which do require surgery, don't be too quick to jump at the chance of "getting it fixed" with surgery. As the study suggests, the post-surgical results favor those who elected NOT to have surgery. Also, when in doubt, don't trust the opinion of only one surgeon – always get a 2nd or even 3rd opinion. It is also very important to consider your current level of function or, your ability to do your desired tasks and, unless there is a significant loss in that ability, consider additional time with non-surgical treatment. The non-surgical treatment you can expect to receive from chiropractic includes (but may not be limited to) spinal manipulation, exercise training, physical therapy modalities (ice, heat, electrical stimulation, ultrasound, traction, etc.), dietary counseling, and job modification information.

We realize you have a choice in who you choose to provide your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR LOW BACK PAIN!
FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808

Health Update: Headaches

Tension-Type Headaches

At some point, everyone will have a headache, whether it's from stress, lack of sleep, hormonal related or even self-induced after having way too much fun the night before! In fact, 9 out of 10 Americans suffer from headaches. For the most part, headaches are not indicative of a dangerous underlying condition, but they can be (...a topic for a future "Health Update"). The focus of this Health Update is to discuss the most common form of headache – the tension-type headache or, TTHA.

Tension-type headaches (TTHA) are defined by the Mayo Clinic as "a diffuse, mild to moderate pain that's often described as feeling like a tight band around your head." Ironically, even though this is the most common form of headache, the causes of TTHA are not well understood. These are sometimes described as muscle contraction headaches but many experts no longer think muscle contractions are the cause. They now feel that "mixed signals" coming from nerve pathways to the brain are the cause and may be the result of "overactive pain receptors."

Regardless of the cause, the triggers of tension headaches are well known and include stress, depression/anxiety, poor posture, faulty awkward work station set-ups, jaw clenching and many others. Risk factors for TTHA include being a woman (studies show that almost 90% of woman experience tension headaches at some point in life) and being middle aged (TTHA's appear to peak in our 40s, though TTHA's are not limited to any one age group). Complications associated with TTHA's may include job productivity loss, family and social interaction disruption, and relationship strain. The diagnosis is typically made by excluding other dangerous causes of headaches and when all the test results return "normal," the diagnosis of TTHA is made.

Treatment utilizing over the counter medications are often effective so long as side effects of stomach irritation and/or liver and kidney issues don't arise. The use of heat and/or cold is often helpful as some prefer one over the other. Alternating between ice and heat is sometimes most effective. Controlling stress by trimming out less important duties or "...taking on less" can help. Yoga, meditation, biofeedback and relaxation therapy are also great! An "ergonomic" assessment of a workstation and how it "fits" the headache patient can also yield great results. Other highly effective therapies include acupuncture, massage therapy, behavior and/or cognitive therapy as well as of course, chiropractic! Chiropractic is a GREAT choice compared to standard medical care, especially when side effects to medications exist. This is because manipulation of the cervical spine addresses the cause of the headache and doesn't just try to "cover up" the pain. In 2001, Duke University reported compelling evidence that spinal manipulation resulted in almost immediate improvement for those with headaches that originate in the neck with significantly fewer side effects and longer-lasting relief compared to commonly prescribed medication. Chiropractic treatment approaches include (partial list): spinal manipulation, trigger point therapy, mobilization techniques, exercise training, physical therapy modality use, dietary and supplementation education / advice, lifestyle coaching and ergonomic assessments.

We realize you have a choice in where you choose your healthcare services. If you, a friend or family member requires care for headaches, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR HEADACHES!
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Health Update: Whiplash

Whiplash Facts

Whiplash is a fairly common condition that occurs when the neck is suddenly forced forwards and backwards, usually from motor vehicle collisions. Before 1928, whiplash was sometimes called “railway spine” as it was used to describe injuries that occurred to people involved in train accidents. Since 1928, much has been studied and reported about this condition and in 1995, the term, “whiplash associated disorders” or WAD, was introduced. The WAD classification of whiplash patients includes 3 main category (WAD I, II and III) and a few years later, WAD II was broken into 2 sub-categories (WAD I, IIa, IIb, III). This occurred because some patients in WAD II took a longer time to heal than others. Here are the basic definitions of WAD I, II, III:

1. WAD I: Patients have complaints but no objective findings meaning we cannot reproduce your pain during our examinations
2. WAD IIa: Patients have complaints with objective findings but a normal range of movement of the neck and no neurological findings (normal strength and sensation ability)
3. WAD IIb: Same as WAD IIa except here, neck movements are decreased
4. WAD III: Here, neurological abnormal findings (weakness and/or sensation) are present.
5. WAD IV: Includes fractures and dislocations. Because of this unique difference, this category is often left out of the research that uses this category system to determine prognosis of the WAD case.

This system is very useful as it has the ability to predict the results in a case long before the conclusion of the case.

We have discussed the cause of whiplash in previous articles and what happens when we are hit from behind unexpectedly. In essence, we cannot guard against the abnormal forces that occur in the neck as it all happens faster than we can voluntarily contract our muscles. Also, the myth about no car damage = no injury is just that – a myth! In fact, in low speed impacts, less damage to the car transfers greater forces to the contents inside because the energy of the force is not absorbed by crushing metal (elastic vs. plastic deformity).

Symptoms of whiplash vary widely. Most common symptoms include neck pain and stiffness, headache, shoulder pain/stiffness, dizziness, fatigue, jaw pain, arm pain, arm weakness, visual disturbances, ringing ear noises, and sometimes back pain. If symptoms continue and chronic WAD occurs, depression, anger, frustration, anxiety, stress, drug dependency, post-traumatic stress syndrome, sleep disturbance, and social isolation can occur.

Diagnosis is based on the history, physical exam, x-ray, MRI, and if nerve damage occurs (WAD III), an EMG. Treatment includes rest, ice and later heat, exercise, pain management and avoiding prolonged use of a collar. Chiropractic includes all of these as well as manipulation, mobilization, muscle release methods, and patient education. Prompt return to normal activity including work is important to avoid the negative spiral into long term disability.



We realize you have a choice in where you receive your health care needs and we truly appreciate your consideration in allowing us to help you through that potentially difficult process.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR WHIPLASH!
FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808

Health Update: Carpal Tunnel

Carpal Tunnel Syndrome and Exercise

We have discussed the topic of Carpal Tunnel Syndrome (CTS) exercises previously but this topic is so important, it warrants another look at this subject from a different perspective. Please keep in mind there are many exercises that will help patients with CTS, including a general, aerobic exercise program where walking, elliptical, stepping, cycling, rowing, swimming and more will facilitate either directly or indirectly. In other words, just “staying in shape” will greatly enhance your health and is therapeutically beneficial for many conditions, including CTS. Remember, if your BMI (Body Mass Index) is over 25 (especially 30) and/or, if your waist size is greater than 35” and especially 40”, the risk of CTS increases significantly. Therefore, diet and exercise are important components of improving your overall health– including conditions like CTS! Here are 5 exercises and/or suggestions for managing CTS:

1. Circles	This exercise will strengthen the wrist & forearm muscles, increase the wrist’s range of movement/flexibility, and decreases wrist pain. This can be done multiple times a day as a “mini-break” from keyboard/computer work, as well as a “morning warm-up.” Slowly rotate your wrist/hand from a palm up to a palm down position and repeat up to 10 times.	
2. Prayer Stretch	Stretching helps to breakup adhesions that form in the carpal tunnel. Place the palms together, fingers straight & pointing up (prayer position). Keeping the heels of the hands together, slowly lower the hands and raise the elbows so that the angle at the wrist decreases. Push your fingers together for 5 sec. Hold for 10 seconds and repeat up to 10 times, depending on time availability. Do this multiple times a day.	
3. Strengthening	Using a hand weight or TheraTubing, assume the same position as #1 above and slowly raise the weight or stretch the tubing by flexing the wrist with the palm in each of 4 positions: palm up, thumb up, palm down and pinky up. Use your opposite hand to support your wrist with the pinky up exercise	
4. Ergonomics	Consider modifying your workstation, especially if your monitor is off to a side or too high, if your elbows are bent more than 90°, if your forearms are digging into the edge of the desk, use a trackball mouse so your arm can stay still, consider a larger screen, and an “ergonomic” keyboard (one that is not flat); use a “good” chair with adjustable arms to rest the forearms on.	
5. Posture	Sit “tall” with your chin tucked in (no “chin poking!”), relax your shoulders (no shrugging), feet flat on the floor or on a box, and take mini-breaks” at your workstation. If you have to, set a timer for every 30-60 minutes that will remind you to stretch.	

Two more “tricks” that really help: 1. Reduce your stress on the job – treat others like you would like to be treated (get along with your co-workers); 2. Enjoy your job!

We realize you have a choice in who you consider for your health care provision and we sincerely appreciate your trust in choosing our service for those needs. If you, a friend or family member require care for CTS, we would be honored to render our services.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR CARPAL TUNNEL SYNDROME! FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808

Health Update: Fibromyalgia

Fibromyalgia - How To "Live With" FM

Fibromyalgia (FM) is a condition that produces widespread pain that can literally change the life of a FM patient, but as they say, "...life must go on!" Therefore, this Health Update is dedicated to discussing ways to empower you with tips to make FM as least activity restricting as possible. Ways to gain self-control of FM include the following:

1. **Exercise:** There are two forms of exercise you should include in your self-management program. One is light aerobic exercises such as walking and/or water exercises with the objective to increase your heart rate. The other is strength training with a low weight / high repetition approach emphasizing the part of the exercise where you slowly release the weight back to the start position (the eccentric part of the exercise). Here is a list of tips from the National Fibromyalgia Association that should help:
 - a. Start slow – don't overdo it the first few times you exercise as post-exercise soreness is normal but, it's exaggerated in the FM patient.
 - b. Listen closely to your body's feedback! Increase the activity according to your tolerance – NOT TOO QUICKLY!
 - c. Start with only a few minutes of gentle exercise and work your way up.
 - d. Walking is a GREAT form of exercise. It can be done inside (in the winter, for example), outside, and/or in water (to reduce weight bearing loads).
 - e. Track your progress by keeping a log of what and how much you're doing. This can be accomplished by wearing a pedometer (that measures steps), a heart monitor (that measures pulse rate), and keep track of the distance and time, when possible. Make notes how you felt during and after the exercise.
 - f. Stretch before and after exercising.
 - g. Keep your chiropractor informed and work as a "team" to advance your program.
2. **Sleep:** A poor sleep pattern is the "norm" for FM patients. The pain associated with FM usually interferes with sleeps, which leads to more pain followed by more sleep disturbance – it's a vicious cycle that needs to be broken. The National Sleep Foundation and others recommend the following steps to help us sleep:
 - a. Stick to a sleep schedule. Go to bed at a similar time each night, even on weekends.
 - b. Room temperature – keep it cool, not too warm!
 - c. Caffeine – avoid this especially towards evenings (coffee, tea, soda, and/or chocolate).
 - d. Alcohol – avoid before bedtime as it can keep you awake.
 - e. Exercise – in the afternoon, NOT before bedtime.
 - f. Nap as needed but ONLY briefly – like 20 min. max.!
 - g. Be comfortable – wear soft PJ's and consider a white noise machine.
 - h. Bedtime routine – consider reading, listening to soft music – whatever works for you!
Once you find a routine that works, stick with it!
3. **Diet:** Talk to your chiropractor about food allergy, gluten sensitivity, diabetes, thyroid function, medication/vitamin use and any other unique issues that pertain to you.
4. **Emotional control:** Engage your family, good friends, your healthcare providers, and consider FM support groups. Meditation, deep breathing and visualization exercises as well as cognitive therapy can also be very effective.

If you, a friend or family member requires care for FM, we sincerely appreciate the trust and confidence shown by choosing our services!

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