

In Good Hands

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

"There is a sacredness in tears. They are not the mark of weakness, but of power."

~ Washington Irving

How Stress Is Ruining Your Life!

*Learn To Relax To Lose Weight,
Feel Better & Look Years Younger*

A Valuable Lesson From A "Simple-Mama": Why being a great role model for your children is the most important thing in the world...

PLUS...

- Red wine burns belly fat and helps diabetes?
- *Simple steps to prevent and decrease high blood pressure.*
- Meditation and pain relief.

Marblehead – Did you know there are relaxation techniques that can do wonders to relieve your stress? With times being so tough, who doesn't need a good way to calm down and feel better?

A lot of people just ignore stress. But, stress is much bigger problem than most people think -- it's actually a killer.

Why Is Stress Such A Killer?

Stress changes body chemistry and these changes, over time, can lead to all kinds of chronic (and deadly) diseases.

Stress weakens your body's natural immune system and makes you susceptible to the common cold, the flu and many other germs.

According to Care2... "In the US, stress-related problems cost the economy up to \$300 billion dollars per year, with \$7,500 dollars per person lost per year to stress, whether through absenteeism or decreased productivity. According to the American Psychological Association and The American Institute of Stress, over 19 million Americans are affected by stress; 77 percent suffer from physical symptoms, and 73 percent from emotional and psychological

symptoms. And by one account... it is on the rise." Obviously, stress is not something that should just be "shrugged off."

Can Red Wine Burn Belly Fat And Help Diabetes?

It has long been thought that drinking red wine, in moderation, is "heart healthy."

Now, researchers at the University of Alberta have discovered the powerful antioxidant Resveratrol, found in red wine, may also prevent diabetes by reducing abdominal fat accumulation (i.e., the dreaded "spare tire" or "apple on a stick" body shape). According to an article in the Toronto Sun... "Although this is an early-phase research discovery, if it holds true in humans, there might be a way to prevent at-risk humans from developing obesity later in life," said U of A researcher Jason Dyck, Department of Pediatrics and Pharmacology.

The study, conducted on lab rats, shows that all offspring fed a high-fat diet will gain weight.

However, offspring that have trouble growing in the

womb, gain weight specifically in the abdominal-area, making them more susceptible to obesity and diabetes later in life.

Results show that when offspring with inner-uterus growth problems were given the antioxidant Resveratrol -- commonly found in red wine - Type 2 diabetes was completely prevented because the natural compound targets abdominal fat. According to Dr. Carolyn Torrillo, from provenrelaxationtechniques.com: "I know that when I drink a glass of red wine, it certainly affects my mood... I feel a gradual reduction in my overall emotional stress level and I especially feel my shoulder muscles (where I tend to "carry" most of my stress) loosen, and experience an overall relaxation of my whole body.

"Since learning that Resveratrol has also been found in berries, nuts and grapes, I have made a habit of drinking one-half glass (4 oz.) of red wine (around 100 calories) along with a 1/2 oz. of peanuts (83 calories) as a 'heart and mind healthy' treat."

But, it goes beyond just drinking some red wine. Many experts agree that stress is a major cause, or accelerating factor in just about every illness and disease.

That's why the best approach to weight loss and staying healthy is to not only eat right and exercise - it includes implementing proven relaxation techniques. The right relaxation techniques, when done properly and consistently, can help you lose weight, stay healthy, give you more energy, look younger, perform better at work and in sports... and... give you a better life.

Don't look for "one magic cure" to lose weight or stay healthy. The answer lies in doing several small things CONSISTANTLY for long periods of time.

Do that and if you take a look at your life - say 6 months from now - you will be shocked to see the thin, healthy and happy person staring back at you in the mirror.

But, it all starts with a decision and that decision is to start doing one small correct thing... right now.

Without that decision and action, 6 months from now,

you will look in the mirror and see the exact same person living the exact same life.

Exercising Like This May Be Causing Your Back Pain

Exercising is good for back pain... right? Well, it's not as simple as that.

There are good and bad ways to exercise and when you have back pain, it can get much more complicated.

"Wear and tear on your discs is cumulative - it all adds up," says Arya Nick Shamie, M.D., a spokesperson for the American Academy of Orthopedic Surgeons and an Associate Professor of Spine Surgery at the University of California Los Angeles.

Irregular exercise is a big contributor to back pain, and the weekend warriors, those who are sedentary during the week and push hard on the weekends, are the face of this contributor to pain. "If you take on something tough after being relatively sedentary, you can seriously hurt yourself," explains Dr. Shamie. It's not just the risk of injury while you're doing the activity you have to worry about. "If you are doing high-impact sports without cross-training first to strengthen your core, your spine won't have strong enough muscles to support the impact," says Robert S. Bray, M.D., a neurological spine surgeon.

He recommends dedicating as little as 15 minutes three times a week to basic core exercises and stretching to help prepare your core for more intense workouts later in the week.

One of the best things you can do for exercise advice is to consult with a doctor who understands back pain, back injuries and how to treat them.

Chiropractors are specialists in treating back pain and can help develop an exercise program that is right for you.

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)

A Valuable Lesson From A "Simple-Mama"

Why Being A Great Role Model For Your Children Is The Most Important Thing In The World...

Times have changed. We live in a fast-paced society that often neglects and glances over the most important things in life.

We all know what it's like to struggle to make ends meet and doing WHATEVER it takes to pay the bills and get by. It's easy to get off track, to forget why we are all here. We may even do things we would not want our children to do. You know, "do as I say, not as I do."

In the past, you used to be able to sum it up by saying, "don't do anything you wouldn't want published on the front page of the newspaper tomorrow." But, in a day and age when people are rewarded and get rich for being "bad" that you can't really say that anymore. Well, for some, times haven't changed. Family values, ethics and morals that were important in the last century are still practiced today.

Honesty. Loyalty. Hard work.

"Simple-Mama" is one of those people. Her real name is "Jenny" but she goes by "Simple-Mama" on an internet forum where she helps strangers set up websites... FOR FREE. Yes, for free.

She is a mother of two boys and also has a daily blog where she posts links to free giveaways for mothers and children. Her Jenny wrote a great article on her website entitled, "Are You A Role Model For Your Children?"

Here it is... "As a parent, I believe being a positive role model for my children is the most important thing I can do. The things I do and say now affect the type of adult they will one day become. And I struggle with this on a daily basis. My youngest child, who is three, frustrates me to no end. Because of this, I have little patience nowadays (which bothers me a lot). He is the exact opposite of his older brother. He is a busy-body who always has to be doing something and requires attention every second of the day. My oldest son (when he was younger, and even today) would be happy to sit and build a castle out of blocks for hours - and he would do it on his own. I have had to use two entirely different parenting styles with them. But one thing remains with both: I must be a role model.

Do As I Say... And As I Do

"I teach by example. I show my children that it is important to say you're sorry. It's okay to lose.

"And most importantly, you should never lie about anything, no matter how small it seems.

"All of these values were instilled in me by my parents and I believe in those values wholeheartedly. They have shaped me into the type of person I am today.

"One thing I discovered on my own though is health and nutrition. I have taught my children about living a healthy lifestyle and the importance of drinking milk and water rather than soda. Hopefully, by being a positive role model, I can pass on these values to my children. Don't get me wrong, it's not all strict business over here. In fact, it's almost the opposite. We are a family of jokers who all like to goof off and have fun.

Have Yourself A Little Fun Too

"Like going to the National Milk Mustache got milk? campaign on Facebook and create your very own milk mustache picture. How fun is that?! You can also watch the video about Moms and send an e-postcard to a loved one, maybe even to your Mom. Show her that she was, and still is, an important role model to you."

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?

The type of light bulbs we use and where our lights are positioned can have a profound effect on our sleep. Our bodies are highly sensitive to the lighting around us. In nature, lighting changes with the days, the seasons and the moon cycles. For humans in the past, these cycles signified what times were best for hunting, fishing, planting and harvesting, and of course, for waking and sleeping. These days, electronic lighting allows us to accomplish more than ever before at any time we like. With electronics like televisions, computers and smart phones, we have more we can do in our spare time than ever before. But, these also keep us awake. It's no coincidence that chronic sleep deprivation and sleeping disorders are also more common than ever. These sleep problems impact our quality of life in a big way. When we don't get enough sleep, our mental function, our moods, our productivity and our long-term health greatly suffer. Fortunately, we can help get our sleep back on track by applying a few key lighting tips that make a big difference:

1. Low lights after sunset. This is crucial to help your body recover a natural circadian rhythm. After the sun goes down, avoid the use of overhead lights and instead use lamps at table height. This simulates the firelight our ancestors would have been exposed to after dark, whereas overhead lights simulate sunlight and prevent your body from realizing it's time to rest.
2. Use low-watt bulbs. No need for bright, 100-watt bulbs in the evenings. For the last one to two hours before bed, use bulbs with a lower light output.
3. No blue before bed. Blue lighting simulates daylight. In the evenings, use bulbs that give off more yellow light. Lamp shades in gold or red tones can help simulate natural evening light and help you get to sleep.
4. Cut back on electronics before bed. Research shows that using electronics like televisions, computers or cell phones before bed contributes to sleep problems. Limit their use in the hour or two before bedtime. (If you need to use the computer at night, there is free software you can download to help your computer's light simulate the natural light cycles of your region.)
5. Block window light. Street lamps or flood lights can shine through windows and are sometimes as bright as daylight! Get some curtains that block out light if you have trouble with light shining through your windows at night.

Bright lights in the morning. Did you know the light you see in the morning can affect your sleep at night? Expose yourself to the bright morning light as soon as you wake up if possible. If you can't get outdoors, try a sun lamp for 15 to 30 minutes in the morning. Many report that sun lamps are very effective for restoring natural sleep cycles.

Tip Of The Month - Meditation For Pain Relief

Not too long ago, meditation was WAY out of the mainstream. But, things have changed. For example, according to the Times Of India, in April, 2011, a study by the researchers at the Wake Forest Baptist Medical Center indicated that a person can attain at least 40 percent decrease in pain intensity and 57 percent in pain unpleasantness merely by practicing [meditation] techniques regularly. This reduction in pain was actually found to be better than morphine and other pain-relieving drugs. Magnetic resonance imaging showed increased brain wave activity (responsible for pain reduction) in study participants after meditation. Scientists could see WHAT was happening - but they did not understand HOW, until now...According to recent research published at the Brain Research Bulletin, investigators from Harvard, MIT and Massachusetts General Hospital have identified a possible answer. They suggested the explanation probably lies in alpha wave manipulation in the brain. Researchers said, by practicing the techniques of mindfulness meditation for a period of eight-weeks or above, you can control the activity of these brain waves. Looking into meditation may not only be a possible way to relieve pain, it can also relieve stress. And, relieving stress can, in turn, relieve pain. It's amazing how everything works hand-in-hand. Which bring us to...

Bring Down Blood Pressure

According to the American Heart Association, one of the biggest factors for not developing high blood pressure is living a healthy lifestyle. This includes... 1) Maintaining a healthy weight 2) Practice moderation if you drink alcohol 3) Quitting smoking 4) Regulating the excessive intake of salt and sodium 5) Frequent regulation of your health by visiting healthcare professionals at periodic intervals. The American Heart Association also recommends: aerobic training, weight training, yoga and meditation, and deep-breathing exercises. Here's what they specifically said about yoga and meditation: "In order to prevent this condition, yoga postures and meditation techniques should also be incorporated in your daily routine. The prime effect of these fitness programs is that they help combat stress and saturate the mind with tranquility." Once again... managing stress plays an important role in maintaining health. Clearly, the more ways you can incorporate stress management and reduction in your life, the better.

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: Spondylolisthesis

Low back pain can arise from many conditions, one of which is a mouthful: spondylolisthesis. The term was coined in 1854 from the Greek words, "spondylo" for vertebrae and "olisthesis" for slip. These "slips" most commonly occur in the low back, 90% at L5 and 9% at L4. According to www.spinehealth.com and others, the most common type of spondylolisthesis is called "isthmic spondylolisthesis," which is a condition that includes a defect in the back part of the vertebra in an area called the pars interarticularis, which is the part of the vertebra that connects the front half (vertebral body) to the back half (the posterior arch). This can occur on one, or both sides, with or without a slip or shift forwards, which is then called spondylolysis. In "isthmic spondylolisthesis," the incidence rate is about 5-7% of the general population favoring men over women 3:1. Debate continues as to whether this occurs as a result genetic predisposition versus environmental or acquired at some point early in life as noted by the increased incidence in populations such as Eskimos (30-50%), where they traditionally carry their young in papooses, vertically loading their lower spine at a very young age. However, isthmic spondylolisthesis can occur at anytime in life if a significant backward bending force occurs resulting in a fracture but reportedly, occurs most frequently between ages 6 and 16 years old.

Often, traumatic isthmic spondylolisthesis occurs during the adolescent years and in fact, is the most common cause of low back pain at this stage of life. Sports most commonly resulting in spondylolisthesis include gymnastics, football (lineman), weightlifting (from squats or dead lifts) and diving (from over arching the back). Excessive backward bending is the force that overloads the back of the vertebra resulting in the fracture sometimes referred to as a stress fracture, which is a fracture that occurs as a result of repetitive overloading over time, usually weeks to months. If the spondylolisthesis lesions do not heal either by cartilage or by bone replacement, the front half of the vertebra can slip or slide forwards and become unstable. Fortunately, most of these heal and become stable and don't progress. The diagnosis is a simple x-ray, but to determine the degree of stability, "stress x-rays" or x-rays taken at endpoints of bending over and backwards are needed. Sometimes, a bone scan is needed to determine if it's a new injury versus an old isthmic spondylolisthesis.

Another very common type is called degenerative spondylolisthesis and occurs in 30% of Caucasian and 60% of African-American woman (3:1 women to men). This usually occurs at L4 and is more prevalent in aging females. It is sometimes referred to as "pseudospondylolisthesis" as it does not include defects in the posterior arch but rather, results from a degeneration of the disk and facet joints. As the disk space narrows, the vertebra slides forwards. The problem here is that the spinal canal, where the spinal cord travels, gets crimped or distorted by the forward sliding vertebra and causes compression of the spinal nerve root(s), resulting pain and/or numbness in one or both legs. The good news about spondylolisthesis is that non-surgical approaches, like spinal manipulation in particular, work well and chiropractic is a logical treatment approach!

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**

The Neck and Headache Connection

When we hear the term headache, we don't usually think about the neck. Rather, we focus on the head, more specifically, "...what part of the head hurts?" But, upon careful questioning of patients, we usually find some connection or correlation between neck pain and headaches.

The key to this connection can be found in looking at the anatomy of the neck. There are 7 vertebrae that make up the cervical spine and 8 sets of nerves that exit this part of the spine and innervate various parts of the head, neck, shoulders and arms, all the way to the fingers. Think of the nerves as electric wires that stretch between a switch and a light bulb. When you flip on the switch, the light illuminates. Each nerve, as it exits the spine, is like a switch and the target it travels to represents the light bulb. So, if one were to stimulate each of the nerves as they exit the spine, we could "map" exactly where each nerve travels (of course, this has been done). When we look specifically at the upper 3 sets of nerves that exit the spine (C1, C2, and C3), we see that as soon as they exit the spine, they immediately travel upwards into the head (the scalp). Like any nerve, if enough pressure is applied to the nerve, some alteration in nerve function occurs and usually a sensory change is noted (numbness, tingling, pain, burning, etc.). If the pressure continues, these symptoms can last for a long time. These types of headaches are often called "cervicogenic headaches" (literally meaning headaches that are caused by the neck). These can be caused by the nerves getting pinched by tight muscles through which they travel as they make their way to the scalp.

Another connection between the neck and headaches includes the relationship between 2 of the 12 cranial nerves and the first three nerves in the neck described above. These types of headaches usually only affect one half of the head - the left or right side. One of the cranial nerves is called the trigeminal nerve (cranial nerve V). Because the trigeminal nerve innervates parts of the face and head, pain can also involve the face. Another cranial nerve (spinal accessory, cranial nerve IX) can also interact with the upper 3 cervical nerve roots, resulting in cervicogenic headaches. People with cervicogenic headaches will often present with an altered neck posture, restricted neck movement, and pain when pressure is applied to the base of the skull or to the upper vertebrae. Other than a possible numbness, there are no clinical tests that we can run to "show" this condition, though some patients may report scalp numbness or, it may be found during examination.

Though medication, injections, and even surgical options exist, manipulation applied to the small joints of the neck, especially in the upper part where C1-3 exit, works really well so why not try that first as it's the least invasive and, **VERY EFFECTIVE!** In some cases, a combination of approaches may be needed but many times, chiropractic treatment is all the patient needs for a successful outcome.

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 NECK PAIN!
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Health Update: Carpal Tunnel

Carpal Tunnel Syndrome and Ergonomics

The word, "Ergonomics" is thrown around a lot when it comes to Carpal Tunnel Syndrome (CTS). The term ergonomics comes from the Greek ergon, meaning "work", and nomos, meaning "natural laws." By definition, ergonomics means, "...the study of efficiency in working environments." Wikipedia describes it as, "...the study of designing equipment and devices that fit the human body, and its cognitive abilities." The International Ergonomics Association offers this definition: "Ergonomics (or human factors) is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance."

The study of ergonomics is not new as it dates back to Ancient Greece with substantial evidence that, in the 5th century BC, ergonomic principles were applied to tool design, jobs and workplaces. Examples include Hippocrates giving surgeons recommendations on how to arrange their table and tools during surgery.

Some ergonomic concepts we can employ on a daily basis include:

1. Take frequent breaks, every half-hour if possible, but at least every 60 to 90 minutes. Get up, stretch and walk around. If nothing else, perform stretches while sitting in your work chair.
2. Maintain "good posture" (tuck in the chin and hold the retracted position).
3. Evaluate your workstation: proper sitting position, how you hold the phone, keyboard/monitor positions, type & position of the mouse, reaching requirements, avoid twist/bending the wrists.
4. When grasping/gripping, use the whole hand - not just the fingers or thumb tips alone.
5. Keep cutting instruments sharp (scissors, knives, etc.) and maintain locks on hinged knives.
6. Consider modifications if tools are too heavy, buttons too high, too much required force, etc.
7. Stay in shape as obesity is a risk factor for carpal tunnel syndrome.
8. Rotate job tasks rather than continuing with one task until finished (less repetition)!
9. Communicate with your supervisor and HRO person about improving the workplace.

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: Whiplash

Whiplash Facts

In whiplash research, many articles have been published that conflict or contradict each other. The goal of this Health Update is to report the "facts" about whiplash.

- It is more common to have a delay in the onset of whiplash symptoms. Symptoms may start about two hours after the initial injury or it may take days, weeks, or months before you feel anything.
- For whiplash caused by car accidents, the severity depends on the force of the impact, the way you were seated in your car, and if you were properly restrained using a shoulder and seat belt.
- Tests show the soft tissues in your neck sustain injury at a threshold of 5 mph. That means if you're rear-ended at 5 mph or slower, you have a lower chance of getting whiplash. However, most rear-end car accidents happen at speeds of 6-12 mph.
- If you've been in a car accident, it's a good idea to be evaluated even if your car didn't get damaged and you don't feel any pain.
- Although whiplash is most often associated with car accidents, you can also get whiplash from sports such as snowboarding, boxing, football and gymnastics.
- The concept of "no car damage = no injury" is COMPLETELY false. Most cars can withstand collisions of up to 10 MPH and as pointed out above, only in collisions < 5 MPH are you less likely to be injured. Collisions that occur between 6-12 MPH cause the highest percentage of whiplash injuries (which is below the threshold of car damage in most cases). Also, the energy of the impact is transferred to the contents inside the car when there is no vehicular damage (that means you).
- Mild traumatic brain injury (MTBI) can occur in motor vehicle collisions even if the head does not hit an object inside the car, although it's more common when there is a head strike. The symptoms associated with MTBI are often referred to as "Post Concussive Syndrome."* Approximately 10% of whiplash injured patients become totally disabled.
- Of the studies published since 1995, over 60% of whiplash patients required long-term medical care.
- Risk factors for long-term symptoms associated with WAD include: rear impacts, loss of the cervical lordosis curve, pre-existing degenerative arthritis, use of seat belts & shoulder harness (low speed impacts only), poor head restraint position or shape, non-awareness of the impending collision, female (especially long slender neck), head rotation at impact.

We realize you have a choice in where you go for 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!
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Health Update: Fibromyalgia

Fibromyalgia: What Water Exercises Can I Do?

Fibromyalgia (FM) is a condition associated with tight, sore muscles with generalized, whole body pain, which can dramatically affect a person's lifestyle. However, there are ways to fight back! Last month, we discussed the benefits of water exercises and this month, we're going to illustrate some specific exercises that can be performed in water. Remember to start slow and gradually introduce more exercises (as well as repetitions and the length of exercise time) AFTER you have proven to yourself that the previous exercises are well tolerated. MOST IMPORTANT, have fun with these, and modify them as needed to make them "yours."

Diving Forward

Prep: Arms straight, stretched out from sides, palms forward.

Action: Push hands together, then outward.

Diving Downward

Prep: Arms straight, stretched out from sides, palms down.

Action: Swing hands down and inward across front, then outward; repeat down and inward behind back, then outward.

Squats

Prep: Legs straight.

Action: Bend at knees to lower body down, then up.

High Kick

Prep: Legs straight, pointing forward

Action: Swing one leg forward to backward; repeat with other leg.

Backward Kick

Prep: Legs straight, hold onto support.

Action: Bend one knee to raise foot backward, then down; repeat with other knee.

Deep-water Walking

Prep: Start in a dog-paddling position

Action: Climbing motions with both arms and legs.

Horizontal Walking

Prep: Legs straight, floating face down holding stairs.

Action: Bend one knee forward and back, then other knee.

Of course, there are many other maneuvers that can be done in water. Simply walking in water at various depths works well. Another good/easy exercise is taking empty 1 gallon milk jugs with the caps on and squat down in the shallow end of a pool so only your neck is exposed and move your arms underwater back and forth in different directions, at different speeds, gradually increasing the speed of the movement.

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

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