

RELIEF

and Wellness News

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Did you know...

- There are 60,000 miles of blood vessels in the human body.
- Women's hearts beat faster than men's.
- The left lung is smaller than the right lung to make room for the heart.
- The feet account for one quarter of all the bones in your body.
- It requires 30 muscles to raise your eyebrows.
- The most common form of cancer is skin cancer.
- The largest human organ is the skin, with a surface area of about 25 square feet.
- The amount of carbon in the human body could fill about 9,000 'lead' pencils.
- Each person has a unique tongue print.
- By age 60, most people have lost half of their taste buds.

How Bones grow



What makes your bones grow and how do they contribute to how tall you will be? The fetal skeleton starts to grow shortly after conception and human bone development continues into early adulthood.

Growth plates are the actual parts of the bone that regulate its length and shape. Located near both ends of long bones, they contain cartilage cells that divide and multiply. As the new cartilage cells increase in number, they push older cartilage cells to the middle of the bone, where they eventually die, and the space they occupied becomes bone.

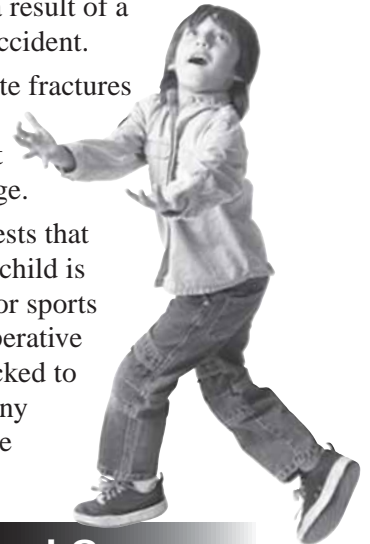
So bones actually grow from both ends and not from the middle! At the end of puberty,

when the cartilage stops multiplying and the bone has reached its maximum size, the growth plates are converted into bone.

Because the growth plate is the weakest area of the bone, it is prone to injury, particularly in growing children and adolescents. This often occurs as a result of a fall or a sports accident.

Most growth plate fractures heal completely with no apparent long-term damage.

Dr. Bryant suggests that "whenever your child is injured in a fall or sports activity, it is imperative that they be checked to assess whether any damage to a bone has occurred."



What's Causing Your Pain in the Neck?

Restricted neck motion can cause all sorts of health problems, from headaches to neck and shoulder pain. Here is a simple test you can conduct to determine if you have restricted range of motion:

Could they turn further in one direction than the other? Was there pain associated with turning in either direction? Did the subject hear any "popping" or grinding sounds? If you answered "yes" call our office.

Dr. Bryant states, "If you are experiencing any type of neck pain, it is a good idea to have a thorough chiropractic examination to determine whether restricted cervical range of motion is the problem."

STEP 1

Sit in a chair with an observer standing behind you. With your eyes closed, tilt your head up and down several times and then come to a rest in a neutral position.



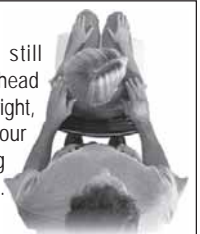
STEP 2

Keeping your eyes closed, turn your head completely to the left, without moving your shoulders, holding for a few seconds.



STEP 3

With your eyes still closed, turn your head completely to the right, without moving your shoulders, holding for a few seconds.



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CAN CHIROPRACTIC PUT A CRIMP IN THOSE CRAMPS?



A lot of women experience painful once-a-month cramps that leave them doubled over in pain and calling in sick to work. In fact, it is estimated that more than 100 million employee work hours are lost each year in this country due to menstrual cramps. That translates to a loss of more than one billion dollars annually.

Many chiropractors find that women who experience painful menstrual cramps are likely to suffer from spinal problems, such as back pain, as well. They suggest a causal relationship between subluxations (nerve interferences) in the spine and lower back, and specific gynecological problems such as cramps. This would certainly explain why many women who see their chiropractor for care of their lower back pain report a lessening in the severity of their menstrual cramps.

Although standard over-the-counter drug treatments (analgesics) are effective in relieving the symptoms associated with menstrual cramps, side effects, such as stomach ulcers and abdominal pain, pose potential health hazards that are far worse than the pain of menstrual cramps. More and more women are choosing safe and natural chiropractic care.

The nervous system in your body is made up of two parts: the central nervous system and the peripheral nervous system.

How Does Your Nervous System Work?

The brain and the spinal cord make up the *central nervous system*. The spinal cord transmits sensory messages to the brain and motor messages from the brain. Sensory nerves carry messages from receptors to the brain. If you touch a hot iron, pain receptors on certain types of nerve cells tell your brain to move your hand. Motor nerves send signals from the brain to the muscles in the body. These nerves help us to do things such as walk, kick a ball, or pick up an object.

The *peripheral nervous system* conducts messages between the central nervous system and the body. Cranial and spinal nerves carry messages to and from every sensory and motor nerve in the body.

Part of the peripheral nervous system is called the *autonomic nervous system*. The actions of the autonomic nervous system are generally involuntary. It controls



actions such as breathing, your heartbeat and digestion – actions you don't even have to think about!

The autonomic nervous system is made up of the *sympathetic system* that alerts the body when there is an emergency or danger. When this happens, your heart beats faster, your blood pressure rises, and your pupils dilate in what is called a "flight or fight" response. The *parasympathetic system* returns your body to normal once the danger has passed.

Chiropractic care is designed to improve the integrity of the nervous system so that everything works the way it should. That is why it is important to have your spine checked at regular intervals.

What is the Purpose of Mucus?

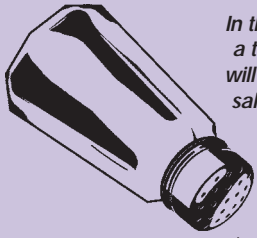
Mucus is a thick, jelly-like, lubricating fluid produced by the mucous membranes that line the respiratory, digestive, urinary, and reproductive tracts. It serves as a barrier against infection.

Mucus is made up of water, salt and protein. It helps protect the lungs in the respiratory system by trapping dirt, germs, particles and bacteria that enter the nose when you breathe. You may find this hard to believe, but the normal adult produces approximately four cups of mucus each day in the nose and sinuses!

Mucus helps other parts of the body as well. In the digestive tract, mucus in your saliva moistens the food you eat, making it easier to swallow and pass through the esophagus. Mucus in the large intestine and rectum helps stool pass through them more easily. Cervical mucus plays an important role in helping a woman to get pregnant.

Excess mucus, which is caused by colds, the flu, infections or allergies, can trigger a cough or sore throat. Cigarette smoke, both direct and second-hand, also contributes to mucus production. Too much mucus can cause "post-nasal drip" or aching sinuses or that all too familiar "stuffed up" feeling. The best thing you can do to thin out excess mucus is to stay well-hydrated. Drink plenty of water (at least 10 glasses a day) and avoid alcohol and caffeinated beverages.

So now you see that icky sticky stuff really does serve a purpose in keeping your body healthy!



In this first installment of a three-part series, we will look at the history of salt and its many uses.

Salt, that grainy white substance you can find in shakers on almost every dinner table in the world, is the primary seasoning used to flavor food and an essential ingredient in the diets of both animals and humans alike.

The human body contains about four ounces of salt. If you don't have enough of it, your heart won't beat, you can't digest your food, your blood won't circulate throughout your body and your muscles won't work properly. While it may contribute to high blood pressure in some people, for others it is a treatment for chronic fatigue syndrome.

In ancient times, salt was a valuable commodity, often used as currency. In fact, the word "salary" is derived from the Latin word for salt, "salarium." To be told that you were not "worth your salt" implied that you were lazy and not worthy of your wages.

Prior to modern refrigeration, salt was used as a preservative. And of course, Grandma had many uses for salt. Some probably included:

- Adding a bit of salt to salad greens to avoid wilting
- Making a paste of salt, vinegar and flour to clean brass and pewter
- Adding salt to the water with fresh cut flowers to make them last longer
- Rinsing a sore eye, or a sore throat, with warm salt water
- Cooking eggs in salty water to make them set faster

In our next issue, we will continue to look at the role salt plays in our diets and in our bodies, as we look at the various types of salt we use.

SALT

tips for Reducing Holiday Stress

The holidays are nearly upon us and you know what that means – lots of extra things to do which creates lots of extra S-T-R-E-S-S! Here are some suggestions to help you manage stress:

- 1) **Set realistic expectations:** Don't expect that this will be the year that everyone comes together and gets along if it hasn't happened in the past 10 years!
- 2) **Accept your limitations:** You cannot be all things to all people so stop trying. Know when to say "no."
- 3) **Take extra care of yourself:** Maintain balance in your eating, sleeping, drinking, and exercise habits.
- 4) **Find some time to help others:** Volunteer in a nursing home, food pantry or hospital and bring some holiday cheer to someone less fortunate.
- 5) **Create healthy traditions for your family:** Read a new book, go caroling, see a new holiday movie, anything that involves spending quality time with your loved ones.
- 6) **Focus on the spiritual, rather than material:** Remember the reason why we celebrate the holidays in the first place.



Exploring the most common *myths* about chiropractic...

Myth:

Chiropractors only work with back pain and headaches.

Fact:

The purpose of chiropractic care is to bring integrity to the nervous system. It turns out that the spine is a common source of disruption to the nervous system. By improving nervous system function, a wide variety of health problems have been helped with chiropractic care.

- 7) **Watch frivolous spending:** Don't try to outdo other family members with expensive gifts that you will have to pay for later.
- 8) **Remember you cannot change other people:** You are the only person you can change. If you don't like what someone is doing, create space between you and that person.
- 9) **Have fun:** It can be affirming to be surrounded by family. Enjoy it.

Do You Really Need That Flu Shot?

Every year there seems to be a new strain of flu that threatens to take the world by storm. So, the powers that be (pharmaceutical companies) decide (guess?) what that strain might be, name it, and develop a vaccine, with some of the inactive flu virus in it (and a lot of other harmful things, like mercury for instance). Then we vaccinate a whole lot of people, particularly those who are vulnerable to the rampages of the flu, such as the elderly and the young, so that maybe they won't get the flu, despite the fact that even the CDC admits the vaccine is only effective some of the time!



What are the best ways to avoid getting the flu this year?

- Wash your hands thoroughly.
- Avoid eating sugar.
- Get enough rest.
- Reduce stress.
- Exercise regularly.
- Get regular chiropractic care.
- Avoid getting a flu shot since it can actually weaken your immune system.

The flu will come and go again this year. Keeping your immune system healthy is the best way to avoid it.

Exciting changes and new additions at Bryant Chiropractic

Summer has brought many changes and new additions to Bryant Chiropractic! The biggest change is a new addition to my family. On June 5th, we were blessed with the birth of my son, Mateo Alejandro. Many of you have already seen him, as he has become the biggest celebrity at the office. However, he is only the first of many exciting changes that have arrived or will be coming soon.

We now have a Registered Massage Therapist available to you on staff. Allie Forsti is now part of the Bryant Chiropractic team here to help you with your health needs. She has been a Massage Therapist for four years and is proficient in Swedish, deep tissue, pregnancy, and hot-stone massage. Her sessions incorporate healing techniques, Japanese reflexology, and trigger point therapies. Allie is available by appointment on Monday, Tuesday afternoon, Wednesday and Thursday mornings. Call now to schedule your massage. Also, don't miss our **FREE** 15-minute massage invitations that Allie is offering to allow you to experience the benefits of massage therapy. Emails will be sent periodically to announce these occasions, so make sure you keep your address current for our records.

In addition to this, we will now be offering a choice of nutritional and vitamin supplements

to our patients. Not only are the vitamins of pharmaceutical grade, but they will be custom selected for your specific needs. How you ask? Patients who desire will undergo a simple blood test to determine deficiencies of specific vitamins and minerals. This test will allow us to determine the appropriate nutritional supplements to ensure maximum benefit to you.

Our final addition, currently in the works, is a total health and wellness program offered only at Bryant Chiropractic called *Living Well for Life*. This program incorporates multiple aspects of health and wellness with chiropractic to provide you with a complete program that will not only help you feel and look better, but live longer. Introductory classes will be held soon to help you understand what *Living Well for Life* has to offer and how it can improve your overall health. Please visit our website or call the office for the first scheduled class.

We are always grateful and appreciative for everyone you refer to the office. As a small token of gratitude, we will now give you a free adjustment for each person you send our way. Moreover, for every three people you refer, we will give you a **FREE** one-hour massage, your reward for helping us help others.

Fall Office Hours

Here are our office hours for the busy months ahead:

Monday 9:00-12:00 ... 3:00-6:00
Tuesday 3:00-6:00
Wednesday 9:00-12:00 ... 3:00-6:00
Thursday ... 9:00-12:00
Friday 9:00-12:00 ... 3:00-6:00

Remember, our concern for you and your health extends beyond our office hours. If an urgent situation occurs, please call us at (281) 734-7696.

Thanks for the Referrals!

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others.

If you know someone who should be seeing us, but isn't, we can supply some helpful information to help you better explain today's chiropractic care. Just ask Dr. Bryant.

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