

RELIEF and Wellness News

Dr. Cindy Bryant-Tovar • Total Bodywork • www.TBodywork.com

1110 NASA Parkway, Suite 210 • Houston, TX 77058 • (281) 335-9011 • Fall 2006

Did you know...

- Currently, the most effective way to lengthen the human lifespan is to dramatically reduce the amount of calories we ingest.
- Chiropractic was never intended to be about back pain; the first patient had a hearing problem and the second, a heart condition.
- Blood is manufactured in the bone marrow. Even with this soft center, your bones are stronger than steel at a quarter of the weight.
- The average person takes around 10,000 steps a day – enough in a lifetime to circle the globe four times.
- It takes about six months for your fingernails to grow from the root out to the tip.
- Tomatoes are actually fruit, but were placed in the vegetable category because of an 1893 Supreme Court ruling.
- The average person loses 100 hairs every day.

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Dr. Cindy Bryant-Tovar:

— Nerve Specialist! —

We live our lives through our nervous system. Whether it's enjoying a sunset, digesting dinner, running for a bus or warding off an infection, our nervous system is involved.

Our culture seems to be fascinated by the qualities of blood, such as pulse, pressure and cholesterol. Yet, these measurements are largely the result of direction from our nervous system.

"Even if you have small amounts of nervous system disturbance," says Dr. Bryant-Tovar, "it

can dramatically affect the way your body works."

Since the moving bones of the spinal column are in such close proximity to the spinal cord and the 31 pairs of nerve roots

that branch off from it, many people think chiropractic is about bones.

"I see myself as a nerve doctor, not a bone doctor," says Dr. Bryant-Tovar "The spinal

column is merely where we find the subluxations causing the nerve interferences, and where we adjust to reduce the resulting nervous system tension."

When was your last visit? If it's been awhile since your last chiropractic check-up, schedule one now. Call (281) 335-9011.



POSTURE POWER!

"Stand up straight!" "Sit up straight!" "Don't slouch!"

Dr. Bryant-Tovar asks "Did you hear these reminders as a child? If so, you've probably at least suspected the importance of proper posture. But did you know that current business research is increasingly validating your parents' and teachers' commands?"

Indeed, posture affects how well your clothes fit and plays a crucial role in your health.

Poor posture signals an inability to handle stress. It harms a child's development. Poor posture restricts rib cage movements and the lungs' ability to oxygenate tissues and

eliminate carbon dioxide wastes. It even restricts the function of other vital organs—just one more reason to consider the value of chiropractic care.

"Think of us as your 'secret weapon' that can help improve your child's posture, and of course, even more important—your child's health," smiles Dr. Bryant-Tovar.

As a twig is bent, so grows the tree.





EAR TUBES

worth the risk?

There is nothing that makes parents feel lost and helpless more than seeing their child crying from the pain of a recurring ear infection. No wonder so many parents whose children suffer frequent ear infections agree to ear tubal surgery. But, as with so many other medical fads, there's another side to the story.

Earache can result when the eustachian tube, connecting the inner ear with the throat, becomes inflamed. This prevents proper drainage. Trapped fluids behind the eardrum can put painful pressure on delicate tissues in the ear.

A common treatment is the use of oral antibiotics. While it may make parents feel that they are doing something to help, antibiotics are largely ineffective. The most drastic approach involves cutting a hole in the eardrum and inserting a small tube! Unfortunately, results are short lived, produce scar tissue, invite infection and don't address the underlying cause of the problem.

Thankfully, more and more parents are seeking chiropractic checkups for their children. We evaluate the child for spinal problems that could be affecting the nerve supply to his or her ears. Gentle chiropractic adjustments can help restore the integrity of the nervous system and produce results, without drugs or surgery.

"Gesundheit!"

The old custom of saying "bless you" or "gesundheit" after a sneeze, happens to be one of the most ancient responses to a very real biological event.

That's because our hearts do, in fact, skip a beat after a sneeze, an occurrence that once caused folks to fear that an evil spirit might sneak in during the pause. Hence good wishes; "gesundheit" is German for a wish of good health. And "bless you" once carried God's name before it, as spiritual protection. In fact, during the Middle Ages, the Pope passed a law that required people to say those words to anyone who sneezed in their presence.

The truth is, as usual, far less exotic. Sneezing, also called sternutation, simply happens when the inside of your nose experiences a tickle. It then sends a

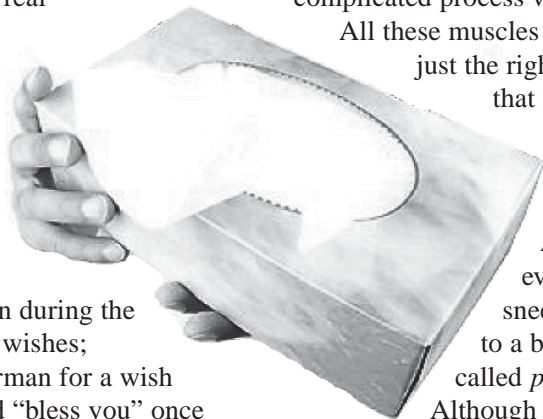
message to a special part of your brain that forwards it to several muscles which work together to create the amazingly complicated process we call the sneeze.

All these muscles work together in just the right order, to send that irritation flying out of your nose at up to 100 miles per hour!

About one out of every three people sneezes when exposed to a bright light. They are called *photic* sneezers.

Although the trait is inherited, most people have some sensitivity to light that can trigger a sneeze. So, the next time you get the feeling you are about to sneeze but can't make it happen, try looking up into a light.

Then, get ready to skip a heartbeat, and earn yourself an ancient, and probably grudging, blessing from just about anyone around you.



3 REASONS

to Continue Your Care

Remember the last time you were really hungry? And how you felt after you ate? And how the thought of eating again was the last thing on your mind!

That's how many of our patients feel after their distracting ache or pain has been resolved. But there's a good reason why we recommend a schedule of regular chiropractic care:

1 Risk a needless relapse

The symptoms that prompt folks to begin chiropractic care are often the last thing to show up. The underlying problem has been brewing, quietly, sometimes for years. So while chiropractic care can get you feeling better, without continued care, the results are often short lived. Without fully healing and retraining the supporting muscles and ligaments (something that happens *after* symptoms subside) the problem returns.

2 Your carrier doesn't get it

True healing begins *after* symptoms resolve. This idea is lost on those (especially insurance companies!) who call the reduction of symptoms, "health" care. It's actually *sick* care. Your policy doesn't cover post-symptomatic care. But it doesn't pay for gym memberships, exercise equipment, vitamins and other ways of promoting better health, either.

3 Value of early detection

When our patients show up once or twice a month for a chiropractic checkup, it gives us a chance to catch little problems before they flare up. Looking at chiropractic as a lifestyle, like brushing and flossing your teeth, can actually end up *saving* you money. Plus it avoids the roller coaster ride of feeling great, then feeling terrible.

Bottom line? After seeing so many patients start care, stop care; start care and stop care we wonder if they would have saved money and enjoyed better health if they had kept a modest schedule of regular chiropractic care.

What do you think?

The Perils of Brushing Your Teeth



Like so much else in modern life, tooth brushing isn't as simple as it once was. The much-heralded fluoride, for example, is now being accused of numerous woes from dental disease to structural tooth damage. Our stout nylon brushes—along with those once-vaunted long brushing times—are now being fingered as chief culprits in excessive abrasion of the tooth enamel. Saccharin, which years ago replaced sugar as the main toothpaste sweetener after sugar was deemed an unacceptable ingredient, is now fingered as a potent carcinogen. And the host of new whitening products and multi-function toothpastes inject ever-newer doses of uncertainty and potential long-term side effects.

So what's a dutiful tooth brusher to do?

Thankfully, the health and wellness community has responded with a variety of natural, yet highly effective toothpastes. Such well-known companies as Tom's of Maine, NutriBiotic, Nature's Gate and Desert Essence offer broad lines of healthier products. Consult your local health store. You can also try homemade solutions as well. Dipping your brush into water and either salt or soda bicarbonate can prove an excellent alternative.

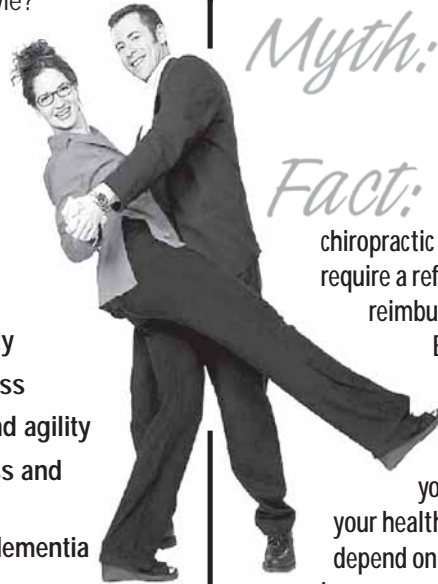
Want to Feel Better? Dance!

Can't get into those yoga positions? Pilates just isn't your style? Want to relax, feel great *and* burn calories? Dance!

Some of the benefits of dancing include:

- Burning calories
- Reduced risk of osteoporosis
- Think more clearly
- Reduction in stress
- Better balance and agility
- Prevent loneliness and depression
- Lowered risk of dementia
- New friendships

And who said that exercise can't be fun?



Exploring the most common myths about chiropractic...

Myth: You need a medical referral to see a chiropractor.

Fact: Not true. You don't need anyone's approval to receive chiropractic care. Some insurance policies require a referral before they will reimburse for chiropractic services. But these days, coverage is often so skimpy that it hardly makes it worthwhile. Ultimately, you have to decide how much your health is worth. It's better not to depend on the profit motives of an insurance carrier to dictate the care you receive!

Now That's an Academic Load!

It used to be that carrying a heavy academic load meant a series of difficult classes. But these days, if your child is like an increasing number, he or she has become a beast of burden, carrying a heavy load of books back and forth from school.

Hauling a heavy backpack over one shoulder can cause serious postural misalignments. Common sense tells us that a heavy load, unevenly distributed, day after day, can stress a still growing spine. Again, consider the old adage "As the twig bends, so grows the tree."

Compounding these postural distortions is research indicating heavy backpacks (25% of a child's body weight or more) impair balance and increase slips and falls. In contrast, students who carried packs weighing 15% or less of their body weight maintained their balance moderately well.



Consider these backpack safety suggestions:

1. Make sure your child's backpack is appropriately sized.
2. Look for padded shoulder straps to avoid nerve pressure around the armpits and shoulders.
3. The maximum weight of loaded backpacks should not exceed 15% of the child's body weight.
4. Avoid unnecessary items and balance the contents.
5. Use both shoulder straps.
6. Consult our office. We detect and correct spinal problems in children to help avoid the often difficult-to-correct problems we see in adults.



Surviving the Schoolyard totalbodywork





CHIROPRACTIC • MESSAGE • REHAB • WELLNESS

Junk Food Wars from the desk of Dr. Cindy Bryant-Tovar

There's a war raging across America's schoolyards. It's being waged with food vans selling junk food to captive children; in school breakfast clubs sponsored by fast-food giants; in vending machines selling only sugary fizzy drinks, chocolate bars, salty chips and chewy sweets; and in school board rooms, where soft-drink giants pay out huge fees for being a district's exclusive vendor.

As usual, our children pay the price. Research shows that the number of overweight children has increased from 7% in 1976-1980 to 13% in 1999. Among adolescents, it has increased from 5% to 14%. And, the high-sugar, high-carbohydrate diet takes its toll in countless other ways.

The tide is beginning to turn, though. A few school systems are replacing soda with juice, milk and water. Instead of candy, they are offering trail mix. Laws are being stiffened, and parents are taking the initiative. If you have a child in the crossfire, here's some action you can take:

-  **Serve healthy meals at home.**
-  **Ask your children about their school meals.**
-  **Visit your child's school and have lunch with your child.**
-  **Don't be afraid to track down the food service manager. He or she is the one with the answers.**

Fall Office Hours

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 ... 3:00-6:00
Friday 9:00-12:00

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-Tovar.

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Here's your **FREE** issue of *RELIEF and Wellness News*

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