

# RELIEF and Wellness News

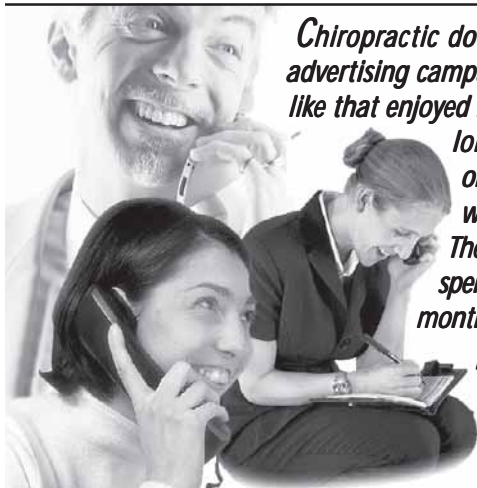
Dr. Cindy Tovar • total bodywork • [www.tbodywork.com](http://www.tbodywork.com)

1018 Hercules Avenue • Houston, TX 77058 • (281) 335-9011 • Fall 2007

## Did you know...

- A square inch of your skin contains 15 feet of blood vessels.
- You would have to eat 10 whole potatoes to get the sodium contained in just 10 potato chips.
- Each year about half of all U.S. adults have an episode of low back pain.
- A study showed that workers smelling peppermint were more accurate, making 25% fewer mistakes.
- Last year more than 12 million antibiotic prescriptions were written — many for viral infections for which antibiotics are virtually useless.
- Your heart will beat about 40 million times this year without a single conscious command by you.
- You have more than 600 different muscles in your body.
- Your stomach produces up to 2½ quarts of hydrochloric acid every day.

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*Chiropractic doesn't benefit from huge advertising campaigns or media coverage like that enjoyed by the drug industry. Not long ago, within a matter of a week or two, the whole world knew about Viagra. The pharmaceutical industry spends millions of dollars each month to promote its pills and potions. It's a good thing we have an even better way to spread the word about chiropractic: YOU.*

## How to Tell Others About CHIROPRACTIC

If it weren't for delighted patients telling their friends and family, chiropractic wouldn't be around. What's the best way to tell others? Here are some ideas from Dr. Tovar:

**Be Assured.** First off, realize that chiropractic has helped a lot of people with a lot of different health problems. Relax knowing that we'll treat your friends and family with the same respect we have extended to you.

**Take Notice.** Notice people with poor posture massaging their necks, rolling their shoulders or mentioning frequent headaches? These are excellent opportunities to mention today's safe and natural chiropractic care.

**Tell Your Story.** Mention how you've been helped by seeking chiropractic care. Explain how chiropractic works and how we explain everything in advance to put our new patients at ease.

**Answer Questions.** Many have heard myths and misconceptions about chiropractic. Simply share your experiences.

**Ask For Help.** We have materials we'd like to share to help answer the questions of your friends and family. Or, have them call our office.

**Tour Our Office.** One of the best ways to share your chiropractic experience is to bring your friend along with you on your next visit.

*Thanks for helping us help others!*

did you  
**WASH**  
your hands?

Probably the most effective way to prevent colds and flu is to more regularly wash your hands. In the world of anti-bacterial household cleaners, good old-fashioned hand washing is still the best strategy.

Every time your hands touch your face, especially your eyes, nose or mouth, you give germs a free ride into your body.

Germs like to hide out around the cuticles and under the nails. Soap simply dislodges the germs so they can be washed away when you rinse.

And no need to use antibacterial hand soap. Experts warn that they may kill off one strain of bacteria, but give rise to an even stronger, more resistant strain. This is already happening from the abuse of oral antibiotics.



# PAIN

in  
the  
neck?



*The holidays are just around the corner, and emotional stress means that "pain in your neck" will get even worse. Can emotional stress really do that?*

Emotional stress takes its toll on the body and affects the body's ability to function properly. It causes muscle tension and may have profound effects on the body's immune system functioning, making the body more susceptible to pain, illness and injury. The holidays are a prime time for an extra dose of emotional stress and that relentless pain in the neck is often a direct result of our inability to handle it.

**What can you do to try to relieve or avoid neck pain? Try these suggestions:**

- See us regularly to keep your spine and nervous system in optimal working order so it can handle the extra stresses associated with the holidays
- Take frequent breaks, especially if you sit at a computer all day, to change position and stretch your neck muscles
- Make sure you are aware of your posture when you are sitting or standing and that you keep your head erect
- Practice relaxation techniques to reduce the effects of emotional stress on your neck
- Make sure you get plenty of rest!

# HOW to breathe

Fortunately, breathing comes natural for us. It's something we rarely think about. Until an emergency.

For the most part, we should breathe through our nose. There are a couple of reasons for this. First, as we breathe through our nose, tiny hairs that line our nostrils can filter out particles that could injure our lungs. In dusty situations we automatically secrete more mucus to trap the particles of dirt. By sneezing or blowing our nose we remove these particles.

Another reason to breathe through the nose is that doing so can help warm and humidify the air to prepare it for our lungs.

Breathing properly helps maintain the correct balance of oxygen and carbon dioxide in the blood. It is the amount of carbon dioxide in our blood that helps regulate the pace of our breathing. If we release carbon dioxide



too quickly, as we do when we breathe through our mouth, arteries and vessels begin to constrict, reducing the amount of oxygen getting to body and our brain. This can increase anxiety and induce a "fight or flight" response. Bottom line? We don't think as clearly.

Breathe through your nose and take deep breaths rather than shallow ones.

# BACK? curled? Stomach? BALL?

How do you sleep? Curled up in a ball? On your back? On your stomach? The position in which you sleep is sometimes a major factor in how well you sleep.

Take snoring for example. Usually, snoring occurs when you sleep on your back. It happens because the soft palate, uvula, tongue, tonsils and/or muscles in the back of your throat rub against each other and reverberate. So, when your spouse yells at you to roll over, this is good advice because you usually don't snore when you are

lying on your side! Raising the head of your bed four inches, by placing a wedge under your mattress, can help too.

Recent studies indicate that sleep position may also affect blood pressure. Researchers found that a shift in sleep position from back to stomach actually lowered systolic blood pressure. This could be significant in preventing cardiovascular episodes while sleeping.

Every new mother is cautioned about her newborn's sleeping position, with good reason. Babies who fall asleep on their stomachs seem to be at greater risk for Sudden Infant Death Syndrome (SIDS). The American Academy of Pediatrics affirmed this in a statement released in 1992, recommending that all healthy infants be placed on their backs to sleep.



more  
**FRANKEN  
FOOD**  
anyone?

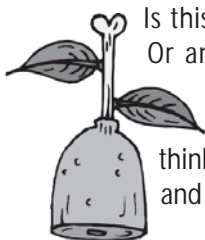


There is a lot of concern about genetically-modified foods. And for good reason – no one really knows how safe they are!

Genetically-modified foods are the result of manipulating of the DNA of an organism. Some people assert that the environment has manipulated DNA for years through mutation and natural selection, and by man for thousands of years through artificial selection.

However, the term “genetically modified” usually implies a more direct manipulation of DNA through modern-day biotechnology processes. This process of artificially transferring genes from one organism to another often involves crossing certain species that never would in nature. Many refer to the result as “Frankenfood.”

Some argue that there are benefits to genetic engineering. Plants that are resistant to the effects of pesticides. Faster growing fish. But, how accurately can biotechnology firms predict what will happen when the newly-introduced genes begin to interact with existing ones? There appears to be a risk of unforeseen illnesses, allergens or weaknesses that could be created.



Is this merely paranoia? Or an attempt to stop “progress?” I’d like to know what you think. Contact our office and let me know.

the new  
**WONDER DRUG**

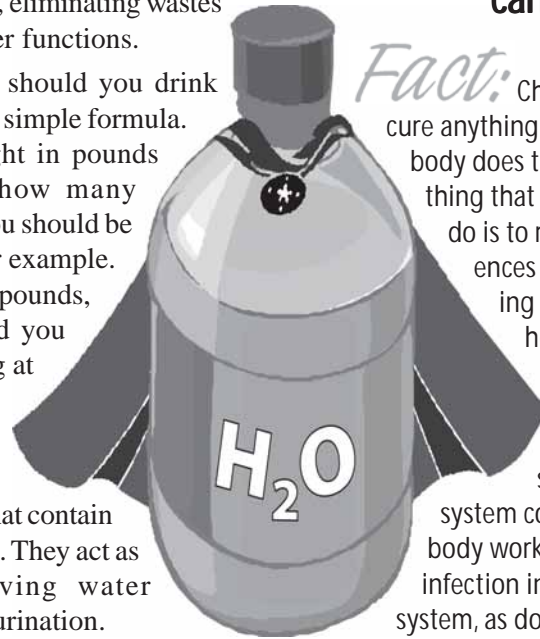
Without a regular supply of it you can get headaches and joint problems. It’s the latest new wonder drug: pure water. Most of us don’t drink enough water.

Proper hydration is essential for regulating your temperature, cushioning all the joints of your body, eliminating wastes and countless other functions.

How much water should you drink each day? Use this simple formula. Divide your weight in pounds by two. That’s how many ounces of water you should be drinking daily. For example. If you weigh 160 pounds, divide by two and you should be drinking at least 80 ounces of water a day; more if it’s hot or dry.

Avoid beverages that contain caffeine or alcohol. They act as diuretics, removing water through frequent urination.

Your body is about 75% water. Drinking enough of it so your body can operate correctly is one of the simplest and easiest things you can do to help stay well.



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

*Myth:* Chiropractic care can cure anything.

*Fact:* Chiropractic doesn’t cure anything. Nor do doctors. Your body does the curing. The only thing that the best doctors can do is to remove any interferences that may be preventing your body from healing itself. That’s why chiropractic doctors are interested in the nervous system. Your nervous system controls how your body works. Fighting off an infection involves your nervous system, as does digesting your food. Only the power that made you and sustains you can heal you—if there isn’t any interference!

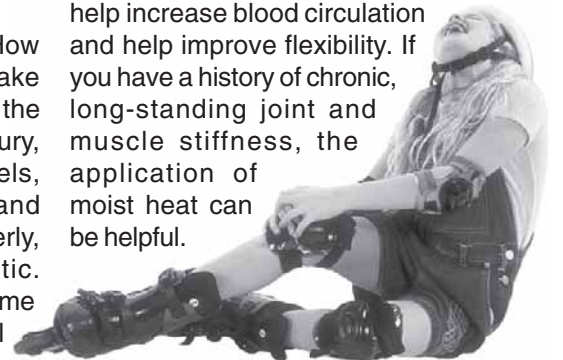
**HEAT** *or* **ICE?**

When should you apply heat? Or use ice? Confusion abounds about these simple, yet helpful, procedures. Use heat in the wrong circumstances and you can make the problem worse. Here’s what to do and when to do it:

Think back to high school chemistry. How do you slow down a reaction? You make it cool. So, if you’re trying to reduce the inflammation resulting from a new injury, use ice. Ice constricts blood vessels, helping to avoid muscle spasms and reduce swelling. Ice, when used properly, becomes a natural local anesthetic. Apply an ice pack for short periods of time (15 to 20 minutes). Allow an equal

amount of time between applications of ice so you don’t compound the problem by risking frostbite!

On the other hand, if you want to speed up a reaction, add heat. Topical heat can help increase blood circulation and help improve flexibility. If you have a history of chronic, long-standing joint and muscle stiffness, the application of moist heat can be helpful.



# WE'VE MOVED



Just up the road and away from construction, **your** new office is ready to serve you.

The new address is  
**1018 Hercules**  
 and you can still reach us at  
**281-335-9011**

We have improved our facilities to make your visit a much more comfortable and enjoyable experience. Stop by and see how the new office is ready to provide you with so much more. Same great service, new location! *Check our website for a map of the new office and please feel free to call us if you need a little help getting there.*

## totalbodywork

CHIROPRACTIC • MASSAGE • REHAB • WELLNESS



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### 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.

- How to Tell Others About Chiropractic
- Did You Wash Your Hands?
- The New Wonder Drug
- How to Breathe
- More Franken Food Anyone?

**In This Issue:**

**RELIEF**  
*and Wellness News*

Here's your **FREE** issue of

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