

RELIEF

and Wellness News

Dr. Cindy Bryant • Bryant Chiropractic

1110 NASA Parkway, Suite 210 • Houston, TX 77058 • (281) 335-9011 • Spring 2005

Did you know...

- The thinnest skin is on your eyelids.
- Without your fingerprints, it would be very hard to hold onto anything.
- Every day each person in the US makes about four pounds of garbage.
- Humans have about 80,000 genes in their DNA.
- Your heart will beat more than 2.5 billion times in your lifetime.
- The human brain is about 85% water.
- Hiccups are muscle spasms in your diaphragm, your breathing muscle.
- Your stomach lining is so acidic, you have to grow a new stomach lining every three days.
- According to German researchers, the risk of heart attack is higher on Monday than any other day of the week.
- Blondes have more hair than dark-haired people.
- One in every 2000 babies is born with a tooth.

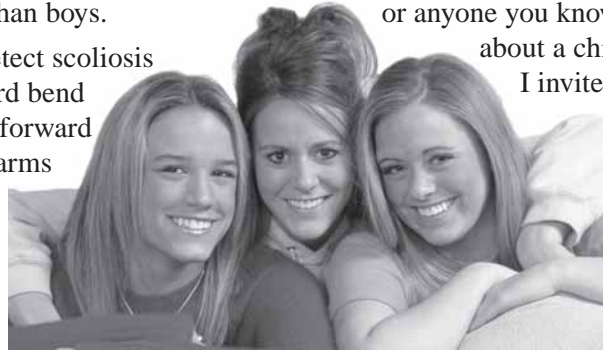
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Does Your Child Have **SCOLIOSIS?**

You notice that your child's one shoulder or hip is higher than the other, or maybe she walks with her head tilted. Can this be a sign of scoliosis? How would you know?

Scoliosis is difficult to detect and the child rarely complains of any pain. It usually occurs during periods of growth spurts between the ages of 10 and 15 and girls are affected more often than boys.

The easiest way to detect scoliosis is by using the forward bend test. The child bends forward from the waist, with arms dangling. Scoliosis appears as an abnormal or exaggerated "S" or "C" curve in the spine, which is



measured in terms of degrees of curvature. Spinal curves that are less than 10 degrees are common. Scoliosis is diagnosed when the spinal curve is greater than 10 degrees.

Chiropractic appears to offer tremendous potential in the management and ongoing monitoring of scoliosis, particularly in its early stages. Dr. Bryant states, "If you or anyone you know has a concern

about a child with scoliosis,

I invite you to meet with me to discuss these concerns and the latest research on how chiropractic care can benefit this condition."



According to a recent USDA study, the average American consumes the equivalent of 53 heaping teaspoons of white refined sugar every day.

A typical 12 ounce cola contains the equivalent of 9 heaping teaspoons of sugar. While we often hear about doing things in moderation, this certainly doesn't apply to eating sugar!

Here are the top ten reasons to avoid refined (white) sugar in your diet:

1. Sugar causes tooth decay because it decreases the effectiveness of a particular type of white blood cell that "eats" bacteria.
2. Sugar causes the body to release more adrenaline, which may explain hyperactivity in young children.
3. Calcium loss in urine occurs when a person consumes a soft drink containing sugar.
4. Ingesting sugar makes the pancreas work harder to produce insulin. Diabetes results when the overworked pancreas can no longer eliminate sugar from the bloodstream.
5. White sugar is bleached with chlorine, which can convert to dioxin, a lethal compound.
6. Sugar can hinder weight loss because high insulin levels (see #4) cause the body to store excess carbohydrates as fat.
7. Sugar increases the likelihood of chronic fatigue.
8. Sugar increases mood swings, irritability and anxiety.
9. Sugar compromises the immune system, lowering efficiency of white blood cells for at least five hours.
10. Eating sugar can decrease helpful high-density cholesterol (HDL) and increase bad (LDL) cholesterol.

Dr. Bryant suggests an herb called stevia as a safer alternative. It is available in several forms, has no calories, is sweeter than sugar, and does not raise blood sugar levels.



Food Preservatives: Friends or Foes?

Chemical preservatives are added to some foods to keep them from spoiling too quickly and to prevent the growth of mold and bacteria. There are three types of preservatives:

- 1) **Antioxidants** are found in many cereals and foods high in fats and oils, and keep foods from spoiling and smelling badly.
- 2) **Antimicrobials** slow down the growth of bacteria and molds.
- 3) **Other preservatives**, found in raisins and other dried fruits and vegetables, keep them from ripening further and from losing their color after they are harvested.

While it is the FDA's job to monitor the effects and possible harm caused by food additives, working with a limited budget often affects their ability to do a thorough job.

So what can the average consumer do? Vary your diet to keep from eating large amounts of the same potentially dangerous additives. And read food labels. Avoid the ones with extremely long names in their list of ingredients!

Is Your Telephone Technique Giving You a Pain in the Neck?

Neck pain has many causes. Some causes are accidental, as from a fall or the result of whiplash obtained in an automobile accident. Others are self-induced, through poor habits or posture, improper computer usage, or poor lifting techniques.

One of the worst offenders is improper use of the telephone. How do you hold the phone when you are talking?



Do you cradle the phone between your ear and your shoulder? This can lock up the joints in the shoulder, neck and upper back, and cause pain. It is advisable to hold the phone in one hand or use the speakerphone feature.

If you use the phone for more than two hours a day, it is considered a good investment to purchase a headset.

Chiropractic and Pregnancy

Some raise their eyebrows when they hear about a pregnant woman receiving chiropractic care. What they often don't understand is that today's chiropractic care is beneficial to both the mother *and* to her growing child!

Plus, many chiropractors have been trained to use special techniques which help a baby assume the best possible position for a safe delivery. It is generally used when a baby is in a breech position in the uterus. Many women have successfully avoided Caesarian births because of this technique.

Some benefits of chiropractic care during pregnancy include:

- Improved functioning of the nervous system which helps both the mother and the developing fetus.
- Proper alignment of the pelvis supports the growing uterus and allows maximum room for the baby to grow.
- Proper positioning of the fetus for labor and delivery helps reduce the amount of pain the mother experiences during labor and allows for an easier birth.
- Lower back/pelvic pain due to the weight of the developing fetus is reduced.
- Some common hormonal side effects that result from pregnancy are reduced.

5 Ways to Exercise at Your Desk:

You sit at a desk all day, on the phone or on the computer, maybe even both! You rarely take a break from this sitting position and you slump at your desk. Your neck hurts, your wrists are sore and your back is stiff. Taking a five or ten minute break to stretch can work wonders to de-stress and re-energize your body and your mind!

Stretches for Shoulders and Neck:

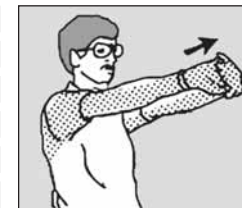
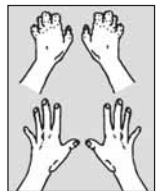
1 Gently roll your head forward and hold for three seconds. Do this three times. Now gently tilt your head straight back and keep your face level. Hold for three seconds and repeat three times.



2 Slowly turn your head as far to the left as you can and hold for three seconds. Repeat this three times. Now look to the right and do the same.

Stretches for Arms and Fingers:

3 Separate and stretch your fingers until you feel tension. Hold for 10 seconds, then relax. Bend your fingers at the knuckles and hold for 10 seconds. Then repeat the spread finger stretch.



4 Interlace your fingers, stretching your arms out in front of you. Your palms should be facing away from you. Feel the stretch in your arms and through the upper part of the back. Hold the stretch for 20-30 seconds. Repeat two times.

5 Interlace fingers and turn palms upwards above your head as you straighten your arms. Stretch the arms and hold for 10-20 seconds. Repeat three times.



✂ Cut & keep these stretches near your desk to stay fresh all day!



Are Essential Oils Really "Essential"?

You hear a lot of talk these days about essential oils, but just what exactly are they? Essential oils are highly concentrated extracts, obtained from the flowers, leaves, bark and berries of many different plants and trees.

Essential oils are mainly used in aromatherapy to treat a person's individual personality and health needs and to produce certain therapeutic effects (i.e., they can calm, energize, cleanse, reduce pain or relieve anxiety).

Pure essential oils are often prescribed throughout Europe because of their strength and healing abilities. Although not proven scientifically, years of herbal use for healing seems to suggest that many of the oils are effective in fighting bacteria and viruses.

How are these oils used? The most effective way is by mixing them with other oils and massaging them into the skin. They can also be used in baths, applied through compresses, or inhaled through steaming water.

Essential oils have other benefits as well. Some oils act as a natural insect repellent. Citronella is an essential oil. Many people use citronella candles during the summer to keep mosquitoes from biting them. Other essential oils are used in room fresheners, lotions, soaps, shampoos, skin care products and cosmetics.

Osteoporosis

Exploring
the most common
myths
about chiropractic...

It is a devastating illness that causes bones to become so brittle that they break easily. It usually affects women and generally occurs around the time of menopause. It's called osteoporosis.

Several factors determine who is at high-risk:

Age: Bones can become less dense and weaker as one ages.

Gender: Women are four times more likely than men to get this disease.

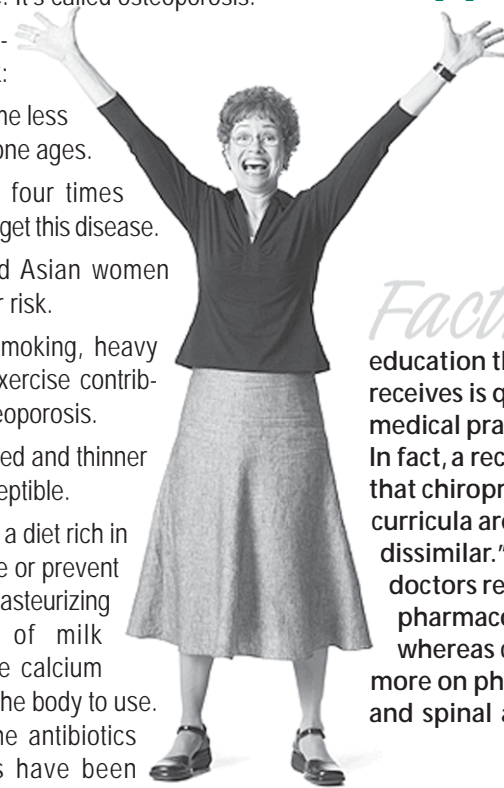
Race: Caucasian and Asian women appear to be at greater risk.

Lifestyle Choices: Smoking, heavy drinking and lack of exercise contribute to the onset of osteoporosis.

Body Type: Small boned and thinner women are more susceptible.

Many people think that a diet rich in dairy products can cure or prevent osteoporosis. Yet, the pasteurizing and homogenizing of milk products, changes the calcium into a form difficult for the body to use. Worse, because of the antibiotics used, dairy products have been linked to other health problems, including heart disease, obesity and cancer.

There are safer sources of calcium without getting a "white mustache." These vegetable sources include most dark green vegetables, especially collard greens, broccoli and kale.



Myth:
"Chiropractors lack proper education."

Fact: These days, the education that a chiropractor receives is quite similar to what medical practitioners receive. In fact, a recent study shows that chiropractic and medical curricula are "more similar than dissimilar." Obviously, medical doctors receive training in pharmacology and surgery, whereas chiropractors focus more on physiology, pathology and spinal adjusting techniques.

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

-Mark Twain

What Exactly is an MRI?

You fall and hurt your elbow. You're in pain so you go to the local ER where they take some X-rays. The X-rays show swelling, but no clear break or fracture. The orthopedic physician schedules you for an MRI just to be sure. But what exactly is an MRI?

Magnetic Resonance Imaging (MRI) is a painless, non-invasive procedure that uses powerful magnets to produce images of tissues inside the body. While simple X-rays can reveal the structure and health of bones, soft tissues become easier to see on an MRI. So, an

MRI is usually called for when regular diagnostic tests, such as X-rays, are not conclusive enough to make a diagnosis.



During the procedure, the patient must remain very still. For those who feel claustrophobic in the cylinder style MRI machine, open MRI is now available in many locations. No preparation is needed prior to the MRI.

However, because of the powerful magnets, patients with pacemakers and certain types of metal implants cannot have an MRI.

The Double Whammy!

Dr. Cindy Bryant

Are you just one serious illness away from bankruptcy? Many are.

Those of us with "health" insurance policies think we're protected from the burden of huge medical bills. You may be surprised to learn that's just not true. In a Harvard University study of almost 2,000 Americans in bankruptcy court, half of them said that illness or medical bills drove them to bankruptcy.

Every 30 seconds in the United States, someone files for bankruptcy because of a serious health problem. Surprisingly, more than 75 percent of those filing for bankruptcy had insurance, losing their coverage during the course of their illness. Thus, they face the double disaster of illness and bankruptcy.

"If you're sick enough, long enough, you're

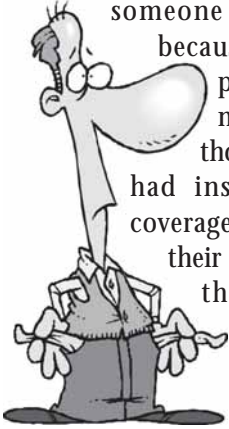
likely to be financially ruined," cautions researcher Dr. David Himmelstein.

The Solution? Don't Get Sick.

Does that sound easier said than done?

Keep in mind, health is our normal, natural state. Many people neglect their health, paying attention to it only when their symptoms become unbearable. By then, problems can be well advanced, often becoming irreversible. That's why I sometimes sound like a broken record, constantly suggesting preventive and maintenance visits. Keeping the nervous system free of interferences and catching little problems before they become serious is the key.

Visiting our office when you're feeling great may sound a little strange to your health insurance carrier. Maybe it even sounds strange to you. But preventive measures may actually provide more "insurance" than your insurance.



Spring 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.

• Osteoporosis

• Essential Oils

• Chiropractic and Pregnancy

• Food Preservatives

• Top 10 Reasons NOT to Eat Sugar

• Does Your Child Have Scoliosis?

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