

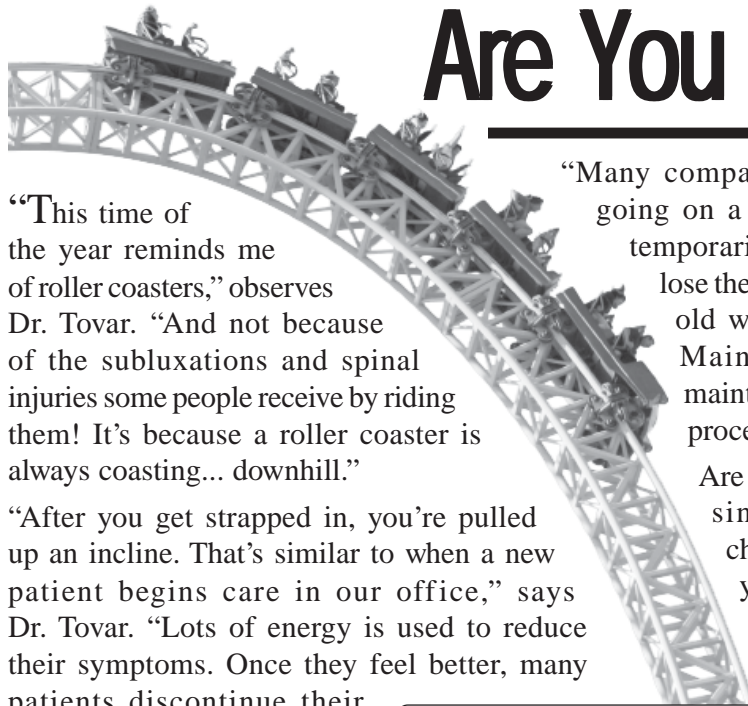
# RELIEF and Wellness News

Dr. Cindy Tovar • Dr. Karina Garza • total bodywork • www.tbodywork.com  
1018 Hercules Avenue • Houston, TX 77058 • (281) 335-9011 • Summer 2008

## Did you know...

- Children are more susceptible to motion sickness than adults.
- A nerve cell can transmit 1,000 nerve impulses each second.
- Walking, even at a moderate pace, can transform stiffening blood vessels into pliable ones.
- Drinking a glass of grapefruit juice before you eat a spinach salad enables your body to absorb two to four times as much iron.
- Your blood passes through the kidneys 300 times a day.
- Bright morning sunlight can help decrease pregnant women's depressive symptoms by about 50%.
- The skin of a typical adult covers 20 sq. ft. and weighs 6 lbs.
- Your stomach produces up to 2½ quarts of hydrochloric acid every day.

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“This time of the year reminds me of roller coasters,” observes Dr. Tovar. “And not because of the subluxations and spinal injuries some people receive by riding them! It’s because a roller coaster is always coasting... downhill.”

“After you get strapped in, you’re pulled up an incline. That’s similar to when a new patient begins care in our office,” says Dr. Tovar. “Lots of energy is used to reduce their symptoms. Once they feel better, many patients discontinue their care and simply coast. And the only way you can coast is downhill!”

The fact is, much of the healing and retraining of muscles and ligaments essential for lasting spinal changes happen *after* the relief of obvious symptoms. So those who believe that health is how they feel often invite a roller-coaster relapse.

Even when we choose not to ride a roller coaster, this is the time of the year in which we tend to be busier, which often invites physical, chemical and emotional stresses.

## Are You Coasting?

“Many compare their chiropractic care to going on a diet,” says Dr. Garza. “They temporarily change their eating habits, lose the weight and then go back to their old ways, gaining the weight back. Maintaining your weight, like maintaining good health, is a lifelong process, not a one-time event.”

Are you coasting? If it’s been a while since your last chiropractic checkup, schedule one today for yourself and someone you love by calling (281) 335-9011!

## HOW *to* conquer ALTITUDE SICKNESS

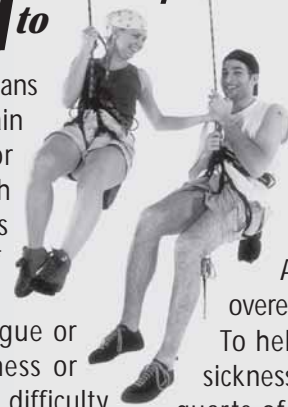
If your summer plans include a mountain trip, prepare for the risks of high altitude. Symptoms include loss of appetite, nausea or vomiting, fatigue or weakness, dizziness or light-headedness, difficulty sleeping, confusion and a staggering gait.

If you find that you are experiencing these symptoms after a rapid altitude climb, descend

as fast as possible. Your body will be able to recover quickly with every foot of altitude lost.

Avoid dehydration, overexertion and alcohol.

To help prevent altitude sickness, drink at least 3-4 quarts of water daily. Make sure your urine is copious and clear. Emphasize light activity over sleep. Eat a high carbohydrate diet while at a high altitude.





# HOLY GUACAMOLE!

New research from the UCLA Center for Human Nutrition indicates that the avocado also contains phyto-chemicals that may help fight a variety of chronic illnesses. A survey conducted by the National Cancer Institute in 1992 demonstrated that ounce per ounce, the glutathione content of avocados is three times that of bananas, apples, cantaloupes, grapes, plums or cherries.

Use avocados in salads. Or, mash them and use them as a substitute for sour cream, mayonnaise, cheese or cream cheese on sandwiches. They don't contain the saturated fat, cholesterol or sodium of those items and are better for you. **OLE!**

While commonly found with the vegetables in the produce section at the grocery store, avocados are a cholesterol-free, sodium-free, low-saturated-fat fruit. With 5 grams of fat per serving, it is the "good" monounsaturated fat believed to protect against heart disease and certain cancers.

For the number of calories per serving, avocados are a "nutrient dense" food. They represent an excellent source of potassium, folate, dietary fiber, vitamin C, vitamin E, riboflavin and vitamin B-6.

# BECOME EMERGENCY SAVVY

With summer comes increased outdoor activity, especially for children. And increased time playing outdoors often means one thing: accidents and injuries. Regardless of how small you may think they are, seek immediate treatment for every injury.

## TREATMENT FOR BRUISING

First, try a cold compress. Put ice in a plastic bag, wrap the bag in a towel (applying the ice directly to the skin can cause frostbite), and place it on the injured area.

(No ice? A bag of frozen peas will make an excellent substitute.) If possible, elevate the area above the level of the heart.



## CONTROL BLEEDING WITH PRESSURE

Place a clean cloth on the wound and apply pressure with the palm of your hand until the bleeding stops. If possible, elevate the wound above the victim's heart to slow bleeding.

## HEAT EXHAUSTION OR STROKE

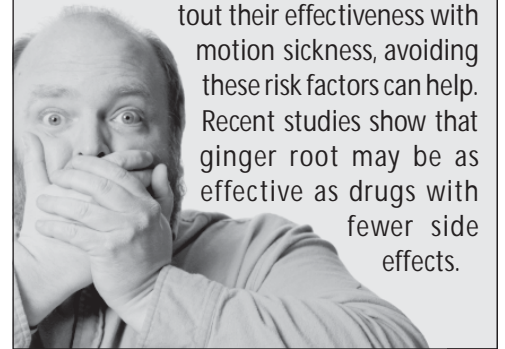
Symptoms of heat exhaustion include excessive fatigue, dizziness and disorientation, and normal skin temperature but with a damp and clammy feeling. Move the victim to a cool spot and encourage rest and drinking cool water. Even better, prevent heat exhaustion by always remaining properly hydrated.

# Travel Curse

Motion sickness starts when frequent changes in position cause the inner ear's signal, which controls your body's balance, to conflict with the message coming from your eyes. These two confused signals wind up at your brain's nausea center, triggering the misery known as motion sickness.

Many times the previous 24 hours are the reason for motion sickness, rather than the journey itself. Hangovers, fatigue, anxiety and minor illnesses all contribute to motion sickness. A heavy, overspiced meal does not help either. Too many carbonated and/or alcoholic drinks can unsettle your stomach and make you more sensitive to motion sickness during the journey.

While a variety of over-the-counter drugs tout their effectiveness with motion sickness, avoiding these risk factors can help. Recent studies show that ginger root may be as effective as drugs with fewer side effects.



## BEE STING

Try not to pinch the stinger, for that will inject even more venom into the skin. It is better to remove it by gently lifting the stinger using a fingernail or knife edge to 'flick' the stinger out of the skin.

Allergic reactions to bee stings are treated with epinephrine (adrenaline). Several self-injectable devices are available by prescription.

## KEEP A FIRST AID KIT CHECKLIST

In order to administer effective first aid, it's important to maintain adequate supplies in your first aid kit. These can be purchased commercially, already stocked with necessary supplies.

# the Color of Urine

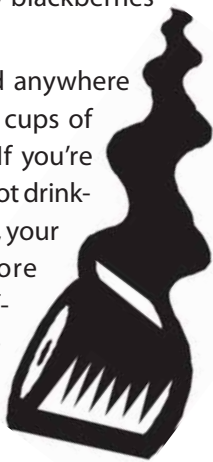
Your kidneys remove waste material, minerals, fluids and other substances from your blood for elimination in the urine. Thus, urine contains hundreds of different bodily waste products.

Normal urine is straw-colored and slightly acidic. Many factors such as your diet, fluid intake, exercise and kidney function can affect what is in your urine. Its primary ingredient is water, plus urea, sodium chloride (salt), potassium chloride, phosphates, uric acid, organic salts and urobilin. It is urobilin that gives urine its yellow coloring.

The intensity of the color generally indicates how concentrated the urine is, with pale or colorless urine being dilute and deep yellow urine being concentrated. Darker urine usually means you're dehydrated and need to drink more fluids. Vitamin B supplements can turn urine a bright, almost fluorescent yellow.

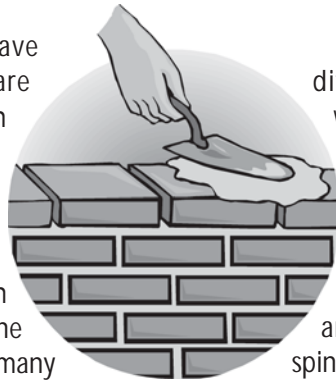
If it's a dark reddish-brown, you may be noticing an early symptom of liver problems. However, what you eat can affect the color of your urine as well, especially blackberries and beets.

Most people void anywhere from 3 cups to 8 cups of urine every day. If you're dehydrated and not drinking enough water, your urine will be more concentrated, affecting your entire body. Drink more water!



## Myth: All patients are adjusted the same way

*Fact:* You may have noticed that your visits are similar from visit to visit, with each adjustment building on the ones before it. However, every patient is adjusted differently because every patient is different. With 24 moving bones in the spine (each of which can move in many



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

different directions) we see a wide variety of spinal patterns and health problems. Many patients notice that our adjusting approach changes as their spinal function improves and the muscles and ligaments supporting the spine resume their proper duties.

## PICNIC BASKET petri dish

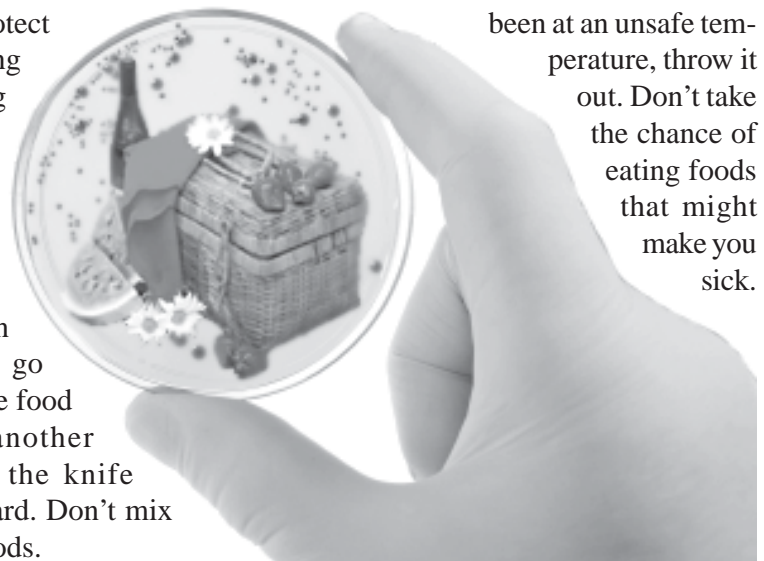
In the laboratory, scientists grow bacteria cultures in petri dishes containing moist proteins that are gently warmed. In this environment bacteria grow quickly. An environment that resembles the picnic baskets of thousands who will get sick this summer.

Food-borne illnesses happen year round, but during the summer, food that is prepared and then eaten later increases the risk. The source of most food-borne illnesses is salmonella, E. coli, and campylobacter. Various strains of strep and other viral infections can also be transmitted through food. So the best way to protect yourself is practicing safe food-handling methods.

**Food Preparation:** When preparing your picnic, always work on a clean surface. Use clean utensils and never go from cutting up one food to cutting up another without washing the knife and the cutting board. Don't mix raw and cooked foods.

**Food Transportation:** Bacteria grow rampantly between the temperatures of 45 degrees and 140 degrees. So the rule of thumb is to always keep cold food cold (40 degrees or cooler) and hot foods hot (160 degrees or warmer). Surround cold foods with ice and keep hot foods in good thermal bags.

**Food Storage:** Use the foods quickly and store any leftovers immediately after serving. When you reheat foods, bring them to a temperature of at least 170 degrees before serving. Don't let foods sit out at room temperature for more than 20 minutes. If food has been at an unsafe temperature, throw it out. Don't take the chance of eating foods that might make you sick.





# Welcome, Dr. Karina Garza!

We are thrilled to announce the arrival of Dr. Karina Garza to the *total bodywork* staff! After tedious searching, we have found the ideal doctor that not only is a perfect fit for the staff but who will also be a perfect fit for you!

Dr. Garza is excited about getting to meet all of our great patients and helping to continue the excellent care and customer service that *total bodywork* strives for on a daily basis. With the addition of Dr. Garza, we would also like to announce that Dr. Tovar will be reducing her hours starting on June 16<sup>th</sup>. Those hours will be 9:00am - 12:00pm and 1:30pm - 3:00pm on Mondays, Wednesdays and Thursdays. All other office hours will be covered by Dr. Garza. Please rest assured that the care you will receive from Dr. Garza will be of the highest quality, she has been well trained in the office policies and daily procedures. Dr. Tovar and the staff are confident in Dr. Garza's abilities and feels she is a very capable doctor. So next time you are in the adjusting room waiting for the doctor, don't be alarmed if a new face comes walking through the door. Just smile, introduce yourself and know that you are in good hands. Thank you for your trust and confidence in our office.



# total bodywork

CHIROPRACTIC • MASSAGE • REHAB • WELLNESS



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## NEW Office Hours

**Monday ..... 9:00-12:00 ... 1:30-6:00**  
**Tuesday ..... 3:00-6:00**  
**Wednesday 9:00-12:00 ... 1:30-6:00**  
**Thursday ... 9:00-12:00 ... 1:30-6:00**  
**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.

- The Picnic Basket Petri Dish
- Travel Curse
- Become Emergency Savvy
- Holy Guacamole!
- How to Conquer Altitude Sickness
- Are You Coasting?

### In This Issue:

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

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