

RELIEF

and Wellness News

Dr. Cindy Bryant • Bryant Chiropractic • www.BryantChiropractic.com

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

Did you know...

- Bone mass accounts for only 20% of your body weight?
- There are 45 miles of nerves just in your skin?
- Three-hundred-million cells die in the human body every minute?
- Pound for pound, your bones are almost as strong as steel?
- Women burn fat more slowly than men, by a rate of about 50 calories a day?
- If you go blind in only one eye, you'll only lose about one-fifth of your vision (but all your depth perception)?
- On average women say 7,000 words per day? Men manage just over 2000?
- According to German researchers, the risk of heart attack is higher on Monday than any other day of the week?
- Between the ages of 50 and 55, humans experience a distinct loss in height as discs between the vertebrae compress and shrink?

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Your spine is made up of a series of interconnected bones, each on top of the other, that provide numerous benefits to the body including:

- Shock absorption
- Balance
- Movement
- Flexibility

The Significance of Spinal Curves

“While still in the womb the spine has only one curve, a C-shaped curve, called a *kyphotic* curve,” says Dr. Bryant. “Later, as a baby begins to experience significant motor development, such as sitting, crawling and walking, muscles begin to develop. As these muscles strengthen, they allow more weight to be shifted to the baby’s spine, causing the formation of secondary curves, called *lordotic* curves. These curves continue to develop as the child grows.”

“There are four spinal curves,” continues Dr. Bryant. “These curves

are vital. Their presence is one of the first things we look for during your examination. Besides permitting turning to the left and right, they allow the spine to support 10 times more weight than if it were straight.”

This also explains why it is important to follow the procedures associated with proper lifting. If you bend at the waist to pick something up, the spine straightens, putting you at greater risk for injury than bending at the knees when lifting. Do you know someone who should be checked for proper spinal curves? Have them call our office today at (281) 335-9011.

Many people are familiar with the various sections of vertebrae that make up the spine. At the base of the spine is the sacrum. At birth, it is five bones that fuse together in your mid-twenties.

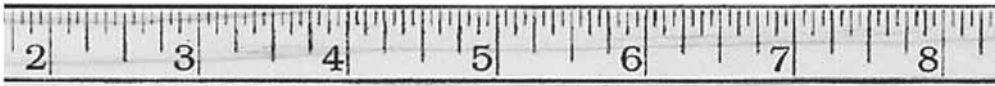
The sacrum connects to the two hipbones at the *sacroiliac joints*, forming what is commonly referred to as the *pelvic girdle*. Together, the bones that make up the basin-shaped pelvic girdle provide several important functions, including support of several major organs such as the bladder and reproductive organs and the intestines. They also sup-

port the growing fetus in the uterus of a pregnant woman.

Childbirth requires a marked difference between the female pelvic girdle and the male pelvic girdle. The actual basin part of the female pelvic girdle must be wide enough to accommodate the head of the fetus as it enters the birth canal.

The female sacrum is also shorter, wider, and has less of a curve.

the
Sacrum



WHAT IS A CALORIE?

You check the packaged food products in the grocery store to determine nutritional values, ingredients, number of servings and the number of calories per serving. But what is a calorie? What does it represent in terms of your diet?

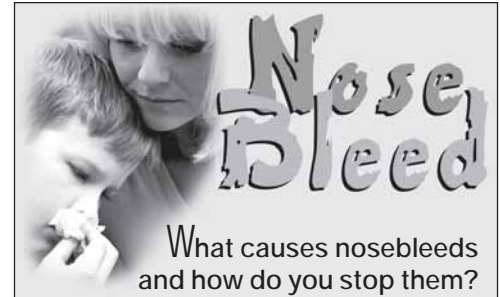
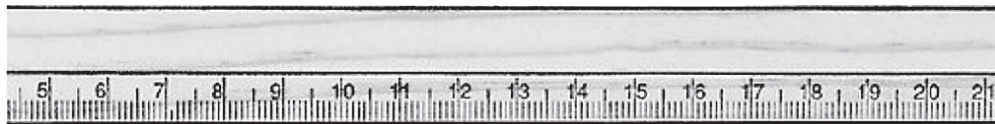
A calorie is a unit of energy; specifically, it is the amount of energy (heat) needed to raise one gram of water one degree Celsius. Although we typically relate the word “calorie” to food, it is associated with other things as well. For example, there are 31,000,000 calories in a gallon of gasoline.

As humans, we need energy to live and for our bodies to function. We get this energy through calories in the food we eat. Foods are made up of carbohydrates, proteins and fat. A carbohydrate gram contains 4 calories, a protein gram contains 4 calories and a fat gram

contains 9 calories. So if you eat a serving of oatmeal that has 5 grams of protein, 2 grams of fat and 33 grams of carbohydrates, you are eating a total of 160 calories, of which 10 are protein (5 protein grams x 2 calories), 18 are fat (2 fat grams x 9 calories) and 132 are carbohydrates (33 carbohydrate grams x 4 calories).

After you eat, the body breaks the protein, carbohydrates and fat down into energy that your body transports to cells either for immediate use or to store for future use.

From a nutritional point of view, protein and carbohydrate calories are better for your body than fat calories. Many foods, particularly snack foods such as soda, contain “empty” calories that provide little, if any nutritional value. Usually these calories are high in fat and contribute to weight gain.

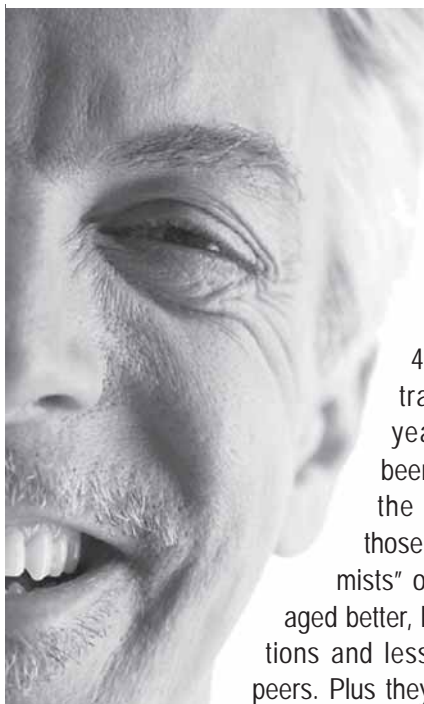


What causes nosebleeds and how do you stop them?

Nosebleeds can have several causes, the most common of which are:

- **Trauma, such as an accident, a fall or a sports injury**
- **Dryness, especially due to indoor heat during winter months**
- **Colds and allergies**
- **Drug use, particularly cocaine**
- **Aspirin use**

If you, or someone you know, gets a nosebleed, stay calm. Sit down and keep your head bent slightly forward so the blood drains out your nose and not down the back of your throat. Squeeze the nose using your thumb and index finger until the bleeding stops (at least five to ten minutes) and a blood clot has formed. You can also put an ice pack across the nose to constrict the blood vessels. After the bleeding stops, do not blow your nose for at least 12-24 hours because you can dislodge the blood clot and start the bleeding all over again.



How to Live Looooooooonger

More and more studies are showing that happy people live longer and happier lives.

One such study, conducted by the Mayo Clinic, followed 447 people whose personality traits had been evaluated 30 years earlier. Those who had been labeled “optimists” had half the risk of premature death as those who had been labeled “pessimists” or “mixed.” The optimists also aged better, had more energy, fewer limitations and less pain than their pessimistic peers. Plus they lived about 12 years longer!

“We’ve proven the relationship scientifically, and made a correlation between how people see the world when they’re young and how they turn out 30 years later,” says Dr. Toshihiko Maruta, the lead investigator. Optimism certainly comes in handy for people who are recovering from illness and surgery. Consider the following findings:

- **According to a recent University of Texas study, optimists are less likely to suffer from a debilitating stroke**
- **A Duke University report states that optimistic heart disease patients are likely to live longer lives**
- **Researchers found that those who view aging as a positive experience live 7.5 years longer than those who see it negatively**

Happy people generally live healthier lifestyles and refrain from negative behaviors such as smoking, excessive eating and drinking. When you choose to be happy you’ll want to live longer. And it turns out you will. It’s never too late to change. You can do it today!



This time we look at the connection between salt and our bodies.

Our bodies need salt. In fact, we can't live without it! Salt regulates and balances the water inside and outside the cells in our bodies. It also performs these key functions:

- **Regulates blood pressure**
- **Helps nerve communications**
- **Aids in absorption of food**
- **Prevents muscle cramps**
- **Regulates sleep**
- **Balances sugar levels**
- **Prevents osteoporosis**
- **Acts as an antihistamine**
- **Maintains sexual libido**
- **Prevents varicose veins**

However, you may want to rethink the conventional processed salt that sits in the salt shaker on your kitchen table. This "table" salt is dried at a temperature over 1200 degrees Fahrenheit. That kind of heat produces changes in the chemical structure of the salt that may actually *harm* your body. A much healthier alternative to conventional table salt is unrefined sea salt. Sea salt contains 80 trace minerals that your body needs, including magnesium, iron, calcium and iodine. Sea salt is harvested mostly in the waters of the Mediterranean Sea, North Sea and Atlantic Ocean.

Many say that the taste of sea salt is a distinct and far more flavorful taste than conventional salt when used in cooking. It is interesting to note that "natural" salt is not white. It appears to be off-white or tan due to the minerals in it and it clumps easily because it has not been treated with the additives that prevent this in refined table salt.

Benefits of breastfeeding

Parents-to-be are faced with many important decisions about their new baby. They have to decide what color to paint the room, what to name the baby, whether to use cloth diapers or disposables, whether they want a home birth or hospital birth, and perhaps most important, whether they will breast or bottle-feed their infant. Some new moms opt to bottle feed for several reasons, such as convenience, fear of failure, embarrassment, lack of family/spousal support or because they are returning to work relatively soon after giving birth. There is, however, overwhelming research in support of breastfeeding's benefits over bottle-feeding for both infant and mother.



Myth: Only adults get subluxations.

Fact: Starting with the trauma of the birth process, learning to walk, riding a bike or playing sports can cause subluxations that are passed off as "growing pains." Ignored, these problems can worsen until they become the more difficult to correct problems we often see in adults. That's why we recommend periodic chiropractic checkups for children of all ages.

Benefits for the infant include:

- Significantly higher resistance to ear infections, diarrhea, coughing, upper respiratory infections, urinary tract infections and wheezing in the first six months of life
- Higher IQ, better standardized test scores, more highly developed cognitive ability, better achievement in school
- Better long-term immune system functioning because immunity is passed from mother to child
- Reduced risk for obesity later in life

Benefits for the mother include:

- Faster return to pre-pregnancy weight
- The availability of food for their baby that is the right amount, the right texture, and the right temperature, that is available anytime of the day or night, with no need to prepare bottles and formula
- Financial savings of at least \$800 per year on infant formula, not to mention cost savings in doctor's office visits

SHIVERING SIMPLIFIED

The part of the brain that acts as the body's internal thermostat is called the *hypothalamus*. When your skin's thermal receptors notice that you're cooling down, a message is sent to the hypothalamus. It responds by directing warm blood away from the skin's surface. Blood vessels near the skin's surface and various muscles in the body begin to contract. Shivering starts in the head and works its way down the body.

Some muscles actually contract better than others, such as the mouth muscles which cause your teeth to chatter. All this shivering actually helps your body to warm up and increases your metabolism, generating more heat. Isn't the nervous system great?





from the desk of...
Dr. Cindy Bryant

Everyone knows someone who has been diagnosed with Carpal Tunnel Syndrome, or CTS for short. CTS often results from repetitive hand and wrist movements associated with a person's line of work. For example, data entry clerks, grocery store clerks and assembly line workers may be common sufferers. CTS typically affects women in midlife. Additionally, people with other spinal problems or nerve/joint dysfunction may be prone to CTS as well. Repetitive strain ailments, such as CTS, often are linked to other injury sites; this is known as a "Double Crush" Syndrome.

CTS affects the median nerve in the hand. Its symptoms may include pain, numbness, tingling and loss of strength in the hand.

It usually is bilateral, which means it affects both hands at the same time.

When we assess a patient for CTS, we examine the entire arm and neck to trace the nerve to the actual origin of the problem. Failure to properly identify a Double Crush in the case of CTS could lead to unnecessary and unsuccessful wrist surgery.

If placing the back of one hand against the back of the other hand causes any type of tingling, numbness or pain, then there is a chance that there is a CTS problem. Because chiropractors care for bones, nerves, and ligaments, we are able to perform the proper examination and assessment and reduce the need for drugs and surgery.

Winter 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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