

RELIEF and Wellness News

Dr. Cindy Bryant-Tovar • total bodywork • www.tbodywork.com

1110 NASA Parkway, Suite 210 • Houston, TX 77058 • (281) 335-9011 • Winter 2007

Did you know...

- Three-hundred-million cells die in the human body every minute.
- The Neanderthal's brain was bigger than ours is.
- Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime!
- If you are right handed you tend to chew on the right hand side of your mouth and if you are left handed you tend to chew on the left hand side of your mouth.
- It takes food seven seconds to go from the mouth to the stomach via the esophagus.
- The width of your arm span stretched out is the length of your whole body.
- The average American over fifty will have spent 5 years waiting in lines.
- The average human dream lasts only 2 to 3 seconds.

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“It’s a statement we often hear during the early stages of a new patient’s care,” observes Dr. Bryant-Tovar. “They usually go on to describe some aspect of their health that has improved along with the problem that prompted them to begin care in the first place.”

“I didn’t tell you this, but...”

Those who see chiropractic as just a treatment for headaches and back pain overlook the more significant role chiropractic can play in overall health.

Since we focus on the integrity of your nervous system, and your nervous system controls every bodily function, chiropractic care often resolves a variety of non-spinal health problems.

Let’s say you know someone with acid reflux, chronic indigestion, ulcers or some other digestive condition. Millions suffer. At first glance, these all appear to be stomach problems.

But not so fast!

Some people think that it’s fat that makes you fat! Not so! But with saturated, monounsaturated, polyunsaturated, oils and trans fats listed on so many food labels, how do you know what, if any, of these fats are actually good for you?

Your body needs fat. Fats help your body absorb nutrients in fruits and vegetables. Healthy fats include extra-virgin olive oil, flax seed oil, nuts, coconuts, seeds and avocados.

A few raw nuts with each meal is a sure way to get the fat you need. Peanuts, almonds, cashews,

macadamias, and pecans, are all good choices. Just be sure to purchase them in their raw form, with no added salt or any type of flavoring. Make sure they haven’t been roasted or cooked either!

Omega 3 fatty acids, mostly found in seafood, also are beneficial fats for your body.

Bad fats? Well these include saturated (solid) fats, like butter, and hydrogenated fats or trans fats as they are also called. These fats increase your bad cholesterol and increase your risk for heart disease. So watch your food la-

It’s the brain that controls the stomach. Just as it controls your lungs, your child’s tonsils and every other aspect of the body. It controls and regulates every body function via nerve messages sent back and forth over the spinal cord. Interference from the bones protecting these nerves could show up as a stomach problem. But the real problem is located elsewhere. Correct the spinal problem and the stomach problem often resolves itself.

“Does that make chiropractic a treatment for stomach problems?” asks Dr. Bryant-Tovar. “Of course not. The intent of chiropractic care is to restore function to compromised nervous systems. The best part is that instead of ‘side effects,’ the happy result is ‘positive effects.’ Throughout the body!”

the SKINNY ON FAT

belts and avoid foods containing high percentages of these types of fats.



Every day in the United States, roughly 200,000 people become infected by the foods they eat. About 900 of these require hospitalization and 14 end up dying from a food-borne illness. Every day! In fact, the Center for Disease Control and Prevention reports that more than a quarter of the American population suffers from a bout of food poisoning each year!

WHAT IS E. COLI?

E. coli is everywhere and is common to the environment that animals share. If you touch, eat or drink something that has been in the same arena with an animal (milk, eggs, meat, fur at a petting zoo, etc.) there is the possibility that you could pick up the bacteria.

What precautions can you take to lessen your risk of E. coli infection?


- Cook all hamburger meat thoroughly.
- Clean and disinfect your kitchen thoroughly after handling raw meat.
- Never put cooked meat on the same unwashed plate you used before it was cooked.
- Avoid swallowing lake or pool water when swimming.
- Drink only pasteurized milk and juices.
- Wash hands after changing soiled diapers or if children come into contact with diarrhea.


Dr. Bryant-Tovar states, "Washing your hands thoroughly is a great way to minimize E. coli infection. So is avoiding fast-food restaurants that seem to be more concerned about spreading E. coli through lettuce on burgers and in salads, than through their meat products. Let us know if you have any questions about E. coli that we can answer."

BALANCED


Know someone who complains, but won't come in? Many spinal problems produce uneven weight distribution that may affect your balance and posture. Here's a simple test that may do the convincing for you!

All you need are two bathroom scales and the skeptic!

- 1 Obtain two bathroom scales and make both standing surfaces level. 

- 2 Have the test subject stand on the two scales. With their eyes closed, have them tilt their head up and down and then left and right, settling to a comfortable, neutral position. Record the scale readings for each leg. 

Left leg: _____ Right leg: _____

- 3 To eliminate any difference between the scales, have the subject stand and face the opposite direction and record the weights. 

Left leg: _____ Right leg: _____

- 4 Assessment

- Average the findings of the left leg by adding both left leg readings and dividing by two.
- Average the results for the right leg by adding both readings and dividing by two.
- A difference greater than 5 lbs between both legs is significant. Call Dr. Bryant-Tovar to make an appointment for a more thorough examination!



How Children Benefit from Chiropractic Care

Children are some of the biggest beneficiaries of chiropractic care.

Colic. Birth trauma can produce a child's first nervous system compromise. Lacking the ability to speak, your baby cries. And cries. And then cries some more.

Ear infections. Biomechanical restrictions in the neck can compromise the nervous and immune system making your child's ears a breeding ground for viral infection.

Bedwetting. Nervous system compromise in the lower back can block the nerve messages responsible for bladder control. Many children gain control and, more importantly, regain their confidence and self-esteem with chiropractic care.

Asthma. By reducing neurological compromise to the bronchial tubes, lungs and diaphragm with chiropractic care, attacks can often be reduced or eliminated.

Growing Pains. While considered a "phase they're going through," it's usually a sign of biomechanical stress.

Scoliosis. Instead of crude bracing or the all-too-common "watch and wait" approach, chiropractic care has helped countless children.

Bring your child in for a thorough examination. Many of the hard-to-correct problems we see in adults began in childhood.



Is Your House Making You Sick?

You're feeling tired and sluggish, and you're getting enough sleep, so what is the problem?

You start sneezing every time you enter your family room, and you can't figure out why.

You turn the heat on and your eyes start itching – maybe it's the forced hot air, the filter needs to be changed or do the ducts need to be cleaned?

Indoor pollution – it's everywhere – in your home, your office, restaurants, stores where you shop...everywhere. And you are exposed to it in multiple ways every day from cleaning agents to laundry detergents, from dust mites in bedding to fleas on your animals and the chemicals it takes to kill them!

Add in second-hand smoke, perfumed products, scented candles, mold, dust, and dirt and you have plenty of pollutants in your daily life to deal with!

And how does all this indoor pollution affect your health? Allergies, asthma, colds, the flu, headaches, chronic fatigue, bronchitis, ear infections, and lung cancer are just a few of the health ramifications that result from toxic fumes and chemicals and the laundry list of other pollutants present in your home environment.

How can you avoid all this? A good start is to eliminate the sources of pollution (i.e., stuffed animals, carpets, cigarette smoke, toxic chemicals) and eliminate the use of toxic cleansers.

And if you are unable to change your environment, improve your ability to adapt to your environment with regular chiropractic care!

IT'S WINTER Time to Modify Your Workout Routine?

Brrrrr...Baby it's cold outside! Time to trade that daily morning jog around the track for some indoor exercise. There's that new gym in town, but it's expensive, crowded and it doesn't open as early as you'd like so you can be on time for work.

What are your alternatives? Wait until spring? Pile layers on and walk around the neighborhood in the dark? There are plenty of things you can do to stay active during the winter months.

Consider for example:

- **Take a walk around all levels of the mall at a fast enough pace to keep anything from catching your eye, after all, it does you no good to exercise if only your wallet gets thinner!**
- **Make a little gym in a corner of your basement or garage – all you need are some weights, a jump rope and an exercise ball – and maybe a television for a workout video!**



- **Walk up and down your stairs for 15-20 minutes – now there's a way to firm those glutes! You'll surely break a sweat and increase your heart rate too. Wow - what a workout and it's free!**

No need to sit in front of the tube all winter, pining for those spring and summer days! Get creative – and stay fit. If you need some more ideas – just ask us!

Exploring the most common myths about chiropractic...

Myth: **Once you go, you have to go for the rest of your life.**

Fact: We've all heard the joke, "How many chiropractors does it take to change a light bulb? Only one but it takes 100 visits." Funny. Ha-ha. The fact is, you don't have to do anything you don't want to. Many folks choose to continue their chiropractic care on some periodic basis for the rest of their lives. Others choose to see us from time to time for episodes of neck or back pain. It's your choice.

Lend a Hand

Volunteer!

Have some free time on your hands? Want to feel good about yourself and appreciated by others? Volunteer. Yes, help someone out who needs it – you'll be amazed at how good *you* feel!

Believe it or not, volunteering is just as good for your body as it is for your soul! People who volunteer are healthier and have a more positive outlook – so if you really don't feel that great – volunteer!

Allan Luks, author of *The Healing Power of Doing Good*, documents the follow-

ing health benefits of volunteering:

- **Decreased incidence of insomnia**
- **Quicker recovery after surgery**
- **Stronger immune system**
- **Heightened feeling of well-being**

Volunteering builds your confidence and your self-esteem. So be a Big Brother, or play checkers with a lonely inhabitant of a nursing home. Work in a soup kitchen or shovel your elderly neighbor's walkway. Look for opportunities to serve others. You'll come away feeling a whole lot better – in your body and in your heart!

from the desk of...
Dr. Cindy Bryant-Tovar



total bodywork

CHIROPRACTIC • MASSAGE • REHAB • WELLNESS

Running Your Car on Vinegar

With the recent increases in gasoline prices, you may be looking for a cheaper fuel for your automobile. How about vinegar? Here's why:

- Vinegar is a fluid.
- Vinegar has a similar color.
- Vinegar has a pungent odor.

Ridiculous you say?

It's this kind of thinking that prompts people to power their body with an inferior diet. Millions attempt to fuel themselves with foods that look and taste like real food, but lack the "octane" essential to power their bodies properly.

A common alternative to real food is fast

food. Consider these fast food facts:

- The US. Department of Agriculture estimates that fast-food diets add more than \$71 billion a year to health-care costs.
- Children eat up to 40% of their meals at fast-food chains, convenience stores and restaurants.
- There are fast-food franchise outlets in 13 percent of our nation's schools.

Most people eat so-called fast food even though it lacks the enzymes and essential ingredients needed to properly fuel us. Like putting vinegar in your gas tank, fast food may look like food, but it's an ineffective and expensive imitation.

Winter 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.

Here's your FREE issue of
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In This Issue:

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