

RELIEF

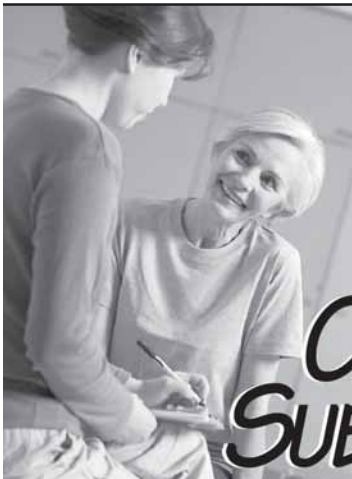
and Wellness News

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

1018 Hercules Avenue • Houston, TX 77058 • (281) 335-9011 • Winter 2008

Did you know...

- Your body's largest organ is your skin.
- Smokers are 1.7 times as likely to suffer from hearing loss than nonsmokers.
- Staph infections from hospital visits kill 60,000 people each year.
- Spread out, the surface area of your lungs is about 50 square miles.
- The word "doctor" comes from the Latin word for "teacher."
- Pediatricians suggest that children shouldn't carry school backpacks heavier than 10% to 15% of their weight.
- Studies show breast-fed babies score 5 points higher on IQ tests than those who are formula-fed.
- The chances of a serious adverse reaction to the DPT vaccine is 1 in 1,750, while the chances of dying from pertussis is 1 in several million!



Not only must your spine help you stand erect, it must allow you to move while allowing the vital nerve communications between your brain and your body. Your spinal cord and nerve roots are the most vulnerable part of your nervous system. That's why we're so interested in your spine. If your spine isn't working right, your nervous system probably isn't either—even if you feel great and don't have any symptoms!

WHAT CAUSES SUBLUXATIONS?

There are many causes of spinal subluxations. They fall into three categories. Here are some causes our patients have mentioned:

PHYSICAL	MENTAL	CHEMICAL
<ul style="list-style-type: none"> • Being born • Learning to walk • Shoveling snow • Car accidents • Getting into your car • Sitting on your wallet • Contact sports • High heeled shoes • A bad pillow 	<ul style="list-style-type: none"> • Getting bad news • Tomorrow's deadline • Stress • Job interview • Frustration • Paying the bills • Being late • Funerals • Getting a speeding ticket 	<ul style="list-style-type: none"> • Muscle relaxers • Junk food • Alcohol • Pain pills • Cigarette smoke • Sleeping pills • Preservatives • Too much coffee • Anesthesia

Do you know someone Dr. Tovar should check for subluxations?

Hypothermia occurs when body temperature is lowered and it is unable to produce heat. Most of us have experienced mild hypothermia, but if left uncorrected, death can occur.

Hypothermia effects can develop in temperatures as high as the 60s or 70s. It is especially common in cooler temperatures when there is wind, lack of sunshine and most importantly, wet or damp clothing. Shivering, slow or slurred speech, stiff fingers, stumbling, sleepiness and exhaustion are common symptoms.

Prevent hypothermia by dressing in layers to wick away moisture while retaining body heat, having a change of dry clothes, drinking water and frequent snacking.

HYPOTHERMIA

Should you develop hypothermia, change into dry clothing. Wear a hat to help prevent heat loss. Wrap up in a coat, blanket or sleeping bag. Get into a warm, dry environment. Do not sleep until all signs of hypothermia are gone and avoid consuming anything containing caffeine or alcohol.

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HOW TO AVOID AN UVULOPALATOPLASTY

While you're asleep, tissues in the upper airway passages in the back of your throat relax. If this tissue is loose enough, it vibrates as you breathe in and then as you exhale. Your spouse calls it snoring. About 75% of men and 50% of women snore!

While there are surgical interventions, try these natural approaches first:

1. **Lose some weight.** Being 20% over your ideal weight can contribute to snoring. The more overweight you are, the louder you are likely to snore.
2. **Avoid alcohol or other sedatives before going to bed.** Anything that relaxes the tissues in the throat and neck will make snoring worse.
3. **Sleep on your side.** This changes the position of the tissues and makes them less likely to vibrate.

Try these approaches first before submitting to a surgical procedure called uvulopalatoplasty!

the MEANING of ASPIRIN

They can be found in just about every medicine cabinet. Millions take them without a second thought. What are they? They are nonsteroidal anti-inflammatory drugs (NSAIDs). You may know these drugs by other names such as aspirin or ibuprofen.

As an office interested in natural health care solutions, we see two distinct dangers that some of our patients overlook.

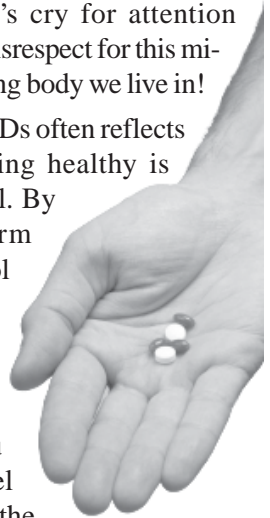
The first danger is from the adverse reactions to these drugs. The Centers for Disease Control and Prevention report that about 75,000 people each year in the U.S. are hospitalized from adverse reactions to these convenient, over-the-counter drugs. About 10% of those die.

We think an even greater danger is the philosophical implications of taking these drugs. Aches or pains that prompt their use are warning signs. Like flashing lights that we see when driving, warning signs are to

be taken seriously. They protect us. They serve a purpose. Popping a couple of pills to quiet our body's cry for attention shows a profound disrespect for this miraculous, self-healing body we live in!

Worse, using NSAIDs often reflects the belief that being healthy is about how you feel. By numbing the "alarm bells" you may fool your body but you're not fooling your children. What do you teach them when you take drugs to "feel better" or to make the pain of everyday living go away? How will you explain the difference between a "good" drug and a "bad" drug?

Instead of reaching for a drug, reach for the phone and call our office.



12345 ways to catch a cold

Some people seem to expect a bout with a cold or the flu each year. If you haven't had your quota yet, here are some things you can do:

Eat a poor diet. If you want to catch a cold, make sure your body lacks the vitamins and minerals it needs to keep itself in good repair.

Eat lots of processed foods, stripped of their nutritional value. Avoid fresh vegetables and ingest lots of high-fat snack foods. In other words, if you want to catch a cold, lower your resistance.

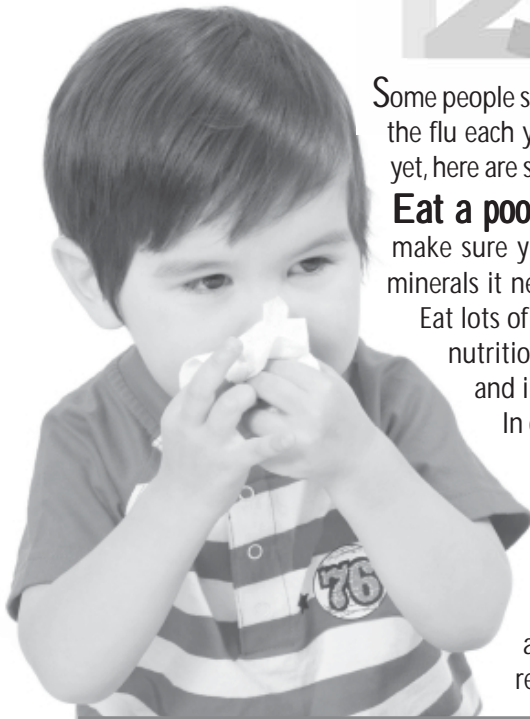
Avoid adequate rest. After neglecting the quality of the raw materials your body needs to repair itself, deprive yourself of adequate rest. Stay up late and reduce the time you sleep.

Stop exercising. To catch a cold, make sure you reduce the effectiveness of your immune and lymphatic systems. Unlike the circulatory system, your lymphatic system depends upon exercise and physical movement to circulate these germ-fighting fluids.

Rarely wash your hands. Increase your chances of catching a cold by using your dirty hands and fingers to rub your eyes, pick your nose or wipe your lips.

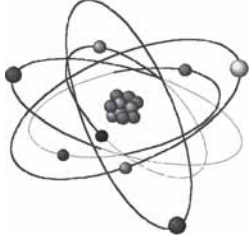
Think negative thoughts. Look for opportunities to visualize having a cold. Pay attention to news reports about outbreaks of the flu and pay close attention to TV commercials that sell products for cold sufferers.

Of course we're joking! The only way to catch a cold or the flu is to make yourself a hospitable host. Include regular chiropractic care to keep you working at it's very best so cold and flu germs aren't made to feel welcome!



what's a FREE

RADICAL?



A free radical is a reactive oxygen-containing chemical compound that is formed in the body. These chemicals are created when we eat and when we are exposed to smoke, air pollution and even sunlight.

These unstable compounds are always on the lookout for other molecules to which they can join together and become more stable. This process is called "oxidation." When you cut an apple and it turns brown, you're witnessing the work of free radicals.

Too many free radicals can alter the lining of your arteries and veins, weakening them and attracting artery-clogging plaque that develops into "hardening of the arteries."

Certain nutrients in the foods we eat can provide us with powerful defenses against the ravages of free radicals. A variety of different foods serve as "antioxidants." Helpful minerals include selenium and zinc. Essential antioxidant vitamins include vitamin E and C. Also helpful are green leafy vegetables (spinach) and red-pigmented fruits and vegetables such as tomatoes.

Recommended reading: *The Real Vitamin and Mineral Book*, by Lieberman and Bruning.

breaking BAD HABITS

Good and bad. We all have them. Our good habits serve us well. Our bad habits hold us back. Consciously choosing to replace something we know we shouldn't do with something good for us is a wonderful thing—especially if it advances our health.

In order to turn bad habits into good ones, identify them. On a sheet of paper, list your bad habits. This is important because it raises your awareness. Bad habits attack when self-esteem is low and often gives us temporary pleasure, but usually makes things worse. Being aware of a bad habit helps you to stop doing it. (If you can't think of any bad habits, ask your spouse!)

To the right of your bad habit, think of an alternative behavior to each one and write it down. Next to your replacement habit, list some of the positive emotions or feelings that would result by substituting the good for the bad.

Exercise is a great tool to help you break bad habits. Exercise makes you feel better about yourself, which reinforces the benefits of exercising and make you more likely to exercise again. As you become healthier and fitter, you'll also become more productive and less likely to take up those old, bad habits.

Be easy on yourself as you make small changes in your life a little at a time. Breaking bad habits takes time and discipline.



Exploring the most common myths about chiropractic...

Myth: A good workout is as good as an adjustment.

Fact: A program of regular physical exercise can have a positive influence on your health. But they are not a substitute for chiropractic care. Some incorrectly believe that they can solve their spinal problems with a good workout. If that were true, bodybuilders and weight lifters would have perfect spines! However, these and other athletes have found chiropractic care to be a valuable part of their training program. There is no substitute for a regular chiropractic checkup if you want to be your very best!

BENEFITS of a HIGH FIBER DIET

Fresh fruits, vegetables and whole grains have parts that our bodies can't digest. This "roughage" or dietary fiber is an important part of our daily diet.

Fiber helps move foods through our gastrointestinal tracts and helps our bowels work more easily. With enough fiber, your bowel movements are more frequent, stools softer and you'll avoid constipation.

Too much fiber, which is rarely a problem, can produce gas, cause a bloated feeling and interfere with your ability to absorb certain minerals.

A high-fiber diet reduces the incidence of hemorrhoids and colon cancer. Plus, it helps regulate cholesterol and lowers your risk of heart disease.

The Key to Good Health

from the desk of
Dr. Cindy Tovar



Our culture has quiet a facisnation with blood. What's the first test when admitted to a hospital? A blood test. Blood is in contact with virtually every cell, tissue and organ of your body. Disease and ill health are often revealed by changes in blood chemistry. Drugs change blood chemistry in the hopes of changing body function.

Similarly, your nervous system is in contact with virtually every cell, tissue and organ of the body, too. Disease and ill health can be the result of abnormal nervous system control of your body. We use chiropractic adjustments to help restore proper nervous system communications between your brain and your body.

This makes your nervous system the "master" system of your body and why a properly working nervous system is a key to good health.

- **Not your blood.**
(Controlled by your nervous system.)
- **Not your blood pressure.**
(Regulated by your nervous system.)
- **Not your resting heart rate.**
(Directed by your nervous system.)
- **Not your temperature.**
(Governed by your nervous system.)

These measurements may be interesting but they are not a measure of true health. True health is how well your body works, not how *you feel* or how close your blood chemistry matches some average that is considered "normal."

A program of regular chiropractic check-ups can help make sure you're truly healthy, regardless of how you feel. Has it been awhile? Give us a call.

totalbodywork

CHIROPRACTIC • MASSAGE • REHAB • WELLNESS



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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.

- Benefits of a High Fiber Diet
- Breaking Bad Habits
- 8 Ways to Catch a Cold
- The Meaning of Aspirin
- Hypothermia
- What Causes Subluxations?

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Here's your **FREE** issue of

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