

# RELIEF and Wellness News

Dr. Cindy Tovar • Dr. Karina Garza • total bodywork • [www.tbodywork.com](http://www.tbodywork.com)  
1018 Hercules Avenue • Houston, TX 77058 • (281) 335-9011 • Winter 2009

## Did you know...

- The “stapes” is the smallest bone in your body and measures less than a 1/4 inch in size.
- Adults consume about 3 pounds of food each day.
- Every pound of excess fat requires 200 miles of additional blood capillaries, putting extra strain on your heart.
- It takes 43 muscles to frown and only 17 muscles to smile.
- Babies are born with 300 bones which fuse together to become 206 bones in adults.
- Your muscles are 75 percent water and make up almost half of your body weight.
- Your small intestine is almost 25 feet long.
- There are approximately 250,000 sweat glands in your feet and they sweat as much as 8 ounces of moisture per day.
- The longest recorded time anyone has gone without water is eleven days.

© 2009 Patient Media, Inc. All rights reserved. This information is to educate and inform and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise program.

## the GERM THEORY

*“How come some people get the bugs going around and others don’t?”*



“We get this question all the time,” observes Dr. Tovar. In fact, it was this very question that motivated D. D. Palmer to pursue what became known as chiropractic!

“We meet a lot of people who are fearful of germs,” says Dr. Garza. “Since the time of Louis Pasteur, there has been an undue focus on germs. Germs are a lot like grass seed. Ever try to plant a lawn from scratch?”

It can be difficult. Like grass seed, which must have the right combination of soil, moisture, and sunlight, germs can only



flourish if circumstances are just right.

Like all tissues, organs and systems of your body, your nervous system affects the function of your immune system. That’s why it is thought that spinal subluxations can dampen your immune system response. If weakened by a compromised nervous system, your stomach, lungs, nose, ears and throat (the soil) become a hospitable environment for viruses, microbes and other germs.

Restoring the integrity of the nervous system, and the workings of every cell and tissue, is what chiropractic care is all about. It’s a simple idea that helps our patients enjoy better health all year long.

## EXCESSSSSSSSSSSS STOMACH ACID

“Most of our patients are surprised to learn that good health has little to do with how they feel,” says Dr. Tovar. “Health is really about how well your body works.”

Making sure your body works right is the job of your nervous system. If controlling and monitoring nerve impulses to say, your stomach, are distorted, your stomach won’t work right. Too much or too little acid. Heartburn. Upset stomach. Ulcers. These are signs that something isn’t working right. The first place to look isn’t the medicine cabinet, but the integrity of your nervous system — the focus of your chiropractic care.





# sharing HEALTH

If you are experiencing, or have experienced, great results from safe and natural chiropractic care, we hope you'll share your experience with others. It's the best compliment you could offer.

Unfortunately, chiropractic care doesn't benefit from the billions of dollars spent each month by the pharmaceutical industry promoting the latest drug. Instead, we depend upon delighted patients like you, telling others. That's how it's worked for over a century! So, we need your help.

If you know someone you think we could help, introduce him or her to one of the many ways we offer of finding out more about chiropractic:

Take an office tour. Encourage your friend or family member to accompany you on an upcoming visit.

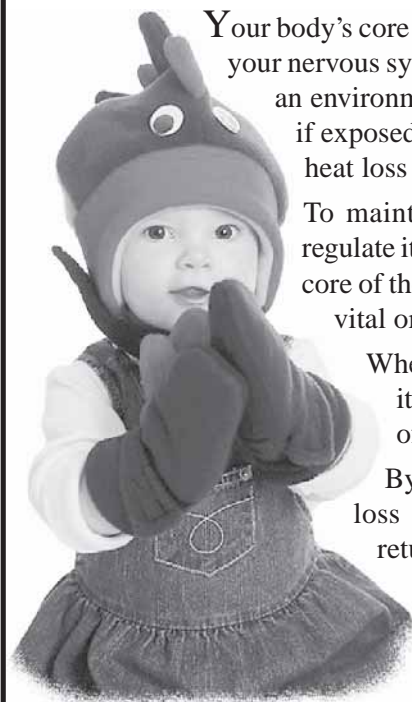
Request information. Give us a call and we can send a "care package" of helpful information about specific health complaints and details about our office.

Call and ask questions. Have them give us a call. There's no obligation and they can remain anonymous if they wish.

Complimentary consultation. We always welcome those who are interested in chiropractic care to visit our office and receive a complimentary consultation. Without cost or obligation, we'll happily discuss their health problem and see if they're a good candidate for today's chiropractic care.

We know that people you like will be people we will like too. Thanks for telling them about chiropractic!

## COLD HANDS



Your body's core temperature is just one of the millions of details your nervous system constantly monitors. When your body is in an environment where it is losing heat, the head and scalp, if exposed, can account for as much as 80% of the overall heat loss from the body!

To maintain normal body functions, your brain must regulate its "core" temperature within a narrow range. The core of the body includes the torso area, which houses the vital organs, and the head, which houses the brain.

When the body loses heat faster than it can produce it, blood vessels constrict to reduce the amount of blood flowing to hands, feet and skin.

By wearing a warm hat you can drastically cut heat loss and avoid hypothermia. Putting on a hat can return the body to a positive heating mode. Blood vessels re-open and your extremities begin to warm. Thus, the adage: "If your hands are cold, put on a hat." Wool caps are best; they tend to keep you warm even when they're wet.

## ear wax — FACTS —

Ear wax is the liquid secreted by cerumen glands (pronounced suh-ROO-mun). Its purpose is to trap dust and dirt particles and keep them from going into the ear canal to the eardrum.

Cerumen glands are found only in the skin of the ear canals. While it isn't really wax, it's perfect for trapping anything foreign that flies, crawls or is blown into your ears.

Besides protection, ear wax is part of the ear's self-cleaning process. The skin within the ear canal moves (very slowly) out of the ear canal, carrying with it the wax and debris entrapped by it.

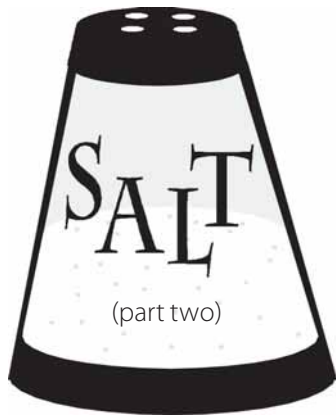
Problems develop when the wax blocks the ear canal. Even a small amount of wax, if wedged between the eardrum and ear canal wall, can diminish your hearing.

You've probably heard the suggestion to "never stick anything in your ears smaller than your elbow." The fact is, if handled correctly, ear swabs can be safely used.

Swab the outer portion and the opening of the ear canal. Deeper swabbing is risky.

- **Inserting the swab into the canal can "pack it down," turning a partial blockage into a complete blockage.**
- **Penetrating too deeply can puncture the eardrum and cause permanent hearing loss.**
- **Any instrument that accidentally scratches the ear canal skin can cause a painful infection.**

Like every other organ or tissue of your body, with proper hygiene and nerve supply, your ears can take care of themselves.



Are you among the millions of Americans using off-the-shelf substitutes for the old traditional white shaker? Careful. More and more dubious products are showing up.

For instance, several salt substitutes contain potassium chloride, which can prove harmful to those with kidney problems or high blood pressure. On the other hand, potassium-sparing diuretic drugs cause your kidneys to retain potassium, which can cause potentially life-threatening heart rhythms.

Sadly, you have to be a master of double-speak to navigate the warnings and marketing claims these products offer. The label for the popular NoSalt product includes the following warning: "Persons having diabetes, heart or kidney disease, or persons receiving medical treatment should consult a physician before using a salt alternative or substitute." The label continues to offer a "suggested lifestyle modification for management of high blood pressure," which sounds suspiciously like self-medication. Morton Salt Substitute's label is clearer: "Consult physician before using any salt substitute."

Better yet, reduce your consumption of processed or prepared foods. They are notoriously heavily salted. And taste your food first before reaching for the saltshaker.

## THE FACTS ABOUT FLATULENCE

Why is it that foods like beans, cabbage, soybeans, peas, onions and other foods produce so much lower intestinal... gas?

These foods contain a natural form of sugar called oligosaccharides. These are large molecules which don't pass easily through the lining of your small intestine.

The bacteria along your lower intestinal tract can thrive on just about anything which shows up relatively intact and poorly digested. This is why stress, which tends to move food quickly through your intestinal tract, can cause unwanted flatulence.

While chiropractic care isn't a treatment for stress (or gas), a correctly working nervous system may help. You can't control stress, but you can control how you respond to it. Is it time for a chiropractic checkup?



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

*Myth:* **Subluxations are always accompanied by obvious symptoms**

*Fact:* Like the early stages of tooth decay or cancer, nerve-compromising subluxations can be present before warning signs appear.

By analyzing muscle function, joint motion, temperature changes and other findings, we can pinpoint the location and severity of subluxations you or your children may have.

## FEELING S.A.D.?



Common this time of year in as many as 10% of us is something called Seasonal Affective Disorder (S.A.D.).

Most people find they eat more and sleep longer. For some, these changes are severe enough to disrupt their lives. These people are suffering from S.A.D.

Most sufferers are female. Traditional treatment often involves mood-altering drugs. Instead, many choose a more natural approach: exposure to bright light.

The individual sits in front of a unit which houses special lights for about 30 minutes each day, the subject is exposed to light five times brighter than the lighting we have in our exam room.

It is believed that the light is registered by the eyes, which send nerve impulses to the hypothalamus.

Just another example of the importance of the nervous system.



### Common S.A.D. symptoms:

- Change in appetite or weight gain • A tendency to oversleep
- Craving sweet or starchy foods • Body aches or pains
- Fatigue and lack of energy • Difficulty concentrating
- Avoidance of social situations • Diminished libido

# a healthier you...

Statistics have consistently shown that health related New Year's Resolutions are always exercising more or staying fit, they are always on the top of the list. By now, you may be feeling the aches and pains associated with this type of work and believe us, its work. Total Bodywork is committed to help you and your friends and family reach all your health goals. Chiropractic can not only help you get over those aches and pains but it is a great tool to help maintain your body's structure which allows you to perform

at your best capacity. Even if you're doing well right now, chiropractic maintenance should be part of your health plan. Keeping your spine in proper alignment will keep your musculoskeletal and nervous systems working at their peak. To show our commitment we are offering "A Healthier You Coupon." Give it to a friend or loved one, or use it for yourself if you haven't been in to see us in the last three months. We're making your health our top priority, isn't it time you made it yours?

# totalbodywork

CHIROPRACTIC • MASSAGE • REHAB • WELLNESS



**Dr. Cindy Tovar & Dr. Karina Garza**

1018 Hercules Avenue • Houston, TX 77058  
 (281) 335-9011  
[www.tbodywork.com](http://www.tbodywork.com)

# a healthier you...

**COUPON**

compliments of totalbodywork

Receive a **Personal Consultation, Exam and X-Rays of One Region (2-views)** for only

# \$15

New patients or patients we haven't seen in over three months. • Offer expires: March 1, 2009 • (281) 335-9011

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

**In This Issue:**

- The Germ Theory
- Excess Stomach Acid
- Sharing Health
- Cold Hands
- Feeling S.A.D.?

**Dr. Cindy Tovar • Dr. Karina Garza**  
 1018 Hercules Avenue • Houston, TX 77058  
 (281) 335-9011 • [www.tbodywork.com](http://www.tbodywork.com)

CHIROPRACTIC • MASSAGE • REHAB • WELLNESS

# totalbodywork

PRSR STD  
 U.S. POSTAGE  
 PAID  
 WEBSTER, TX  
 PERMIT NO. 184