

Absolute Health Chiropractic

Wellness News You Can Use

Inspiring Health and Wellness



Take Care of Your Heart...
HEART HEALTH MONTH

Welcome to the Wellness News You Can Use February edition!

Can you believe that in this edition we will talk about, among other things, Heart Health? You will read great articles designed to help you learn healthy lifestyle choices that can help you make heart health a real and tangible achievement. Read the article on CoQ10 to find out how this supplement will aid in normal support of the heart and other muscles. Also in this edition you can

read about the real benefit of stress in The Horsefly and the Mule article, especially as it pertains to reaching goals and staying the course. If you struggle with high blood pressure and you want a healthy choice that does not require drug therapy, check out “Adjust Your Blood Pressure”, and lastly, on Valentine’s Day we want you to honor the most important person in your life; YOU! Read “Write Yourself a Love Letter” to learn a simple way to stay on course with your “self care” in 2010.

We know you will love them all and look forward to your feedback.

Enjoy!

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“Adjust” Your Blood Pressure

High blood pressure, or hypertension, is the most commonly diagnosed disease in the United States. It is estimated that the annual costs of high blood pressure and its complications to the U.S. economy are more than \$64 billion. There are many medical treatments available for those diagnosed with hypertension, however only about 30% of patients are able to attain their blood pressure goals and many find the side effects of blood pressure drugs unbearable.

For most, high blood pressure is a disease of lifestyle, meaning lack of proper nutrition and exercise which results in cardiovascular disease. However, for some there are other factors. Genetics may play a very small role. Many people like to blame health challenges on genetics when it is more likely that families tend to lead similar lifestyles. People who lead unhealthy lifestyles are more likely to develop the same lifestyle diseases. Other factors become apparent when someone’s high blood

pressure responds favorably to alternative non-pharmacological approaches, such as chiropractic care.

Chiropractic care focuses on “adjusting” or correcting spinal distortions or misalignments, called vertebral subluxations, which interfere with the normal functioning of your nervous system. Subluxations are often painless, so most people don’t know they have them. Though often painless, subluxa-



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“Adjust” Your Blood Pressure *...continued*

tions alter the communication between your brain and body and create dis-ease in the body resulting in a decreased ability to cope with stress. They alter the function of your internal organs, glands, muscles, joints, and discs. They accelerate joint aging, cause osteoarthritis, and decrease your energy and resistance to disease. Because subluxations interfere with your body’s ability to regulate itself, it’s not too hard to understand how blood pressure might be affected by vertebral subluxations.

For over a hundred years chiropractors and their patients have known that chiropractic care benefits more than just an achy back or neck. Many patients see increased energy, better digestion, are sick less often and have an overall better sense of wellbeing. Some even report positive changes in their blood pressure. A 2007 landmark pilot study conducted at the University of Chicago, in which a specific chiropractic adjustment was delivered to patients with high blood pressure and misaligned C1 vertebrae, resulted in significant reductions in diastolic and sys-

tolic blood pressure compared to control groups. The reductions in blood pressure were equivalent to those seen in patients taking two blood pressure drugs. This study was conducted on only a small group; however it has grabbed the attention of many in the medical community and has sparked bigger studies, which are currently underway.

It is apparent that people today are interested in learning how to achieve health naturally with as little use of drugs and surgery as possible, and one thing we know with certainty is that high blood pressure is not caused by a drug deficiency. Chiropractic care helps support your innate ability to heal and regulate.

If you or someone you know would like to find out if chiropractic adjustments are right for them, have them schedule an appointment at Absolute Health Chiropractic Clinic today!

Write Yourself a Love Letter

Valentine’s Day has been celebrated for centuries, and there are several stories about who St. Valentine was and how a holiday came to be named after him. Today, Valentine’s Day is a celebration of love. It is tradition to show your love with flowers, chocolates, cards, and other gifts. I encourage you to take part in the traditions and do so with energy and enthusiasm instead of an afterthought. It can



One key to being mentally and emotionally well is to love yourself.

be good for you and your loved one on many levels. Perhaps even more importantly, it could be very detrimental to your well-being if you don’t.

I also want you to focus on loving yourself. I have stated in other articles that I believe the single most important factor in a person’s overall health is their mental/emotional health. When you are mentally and emotionally well you are more likely to do the things you need to do to be healthy in all areas of your life. One key to being mentally and emotionally well is to love yourself.

So this year I encourage you to write yourself a love letter. It may sound corny but give it a try anyway. Write down all the things you love about yourself. If you are struggling, write

down the things you wish you loved about yourself and write it as if you already do. Once you have done this you have a great affirmation that you can use in the upcoming year to enhance and or change your thoughts and ideas about who you are. Read your affirmation out loud every day with energy and enthusiasm like you really mean it. Put yourself into it and decide to believe it. If you don’t believe it, what do you need to do to get there? What actions steps can you take each and every day to move closer to the reality of you truly loving and appreciating the spectacular creation that is you?

Happy Valentine’s Day!

The Horsefly and The Mule

What does a title like that have to do with anything that pertains to better health or being well in life? After all, this newsletter is titled Wellness News You Can Use. This article is about overcoming obstacles and challenges and looking at adversity as opportunity.

The story of the horsefly and the mule was a story that Abraham Lincoln told when asked why he put his political enemies in his presidential cabinet. The story he told was of a day when, as a young man returning home from hours of cutting wood in the forest, he came across a farmer that was successfully plowing the stubbornly hard ground that was such a challenge for many of his neighboring farmers. When Lincoln stopped to chat he immediately noticed a big horsefly on the hind quarters of the farmer's mule and when Lincoln motioned to whisk the fly away, the farmer stopped his hand. This seemed odd to Lincoln so he asked the farmer why, and in response the farmer replied that it was the horsefly that made the mule work so hard and that without it the mule would be comfortable to stay in one place. The mule had a defined goal and was willing to work very hard to attain it. The goal for the mule was not to plow the field, it was to get away from the fly and that is where the success came from.

Now this little story may not seem relevant in the context of one's health and wellbeing, but let me draw a few parallels in our modern lives and see if it makes sense for you.

If you have defined goals and you know your current lifestyle is not going to get you there, then you need a horsefly on your hind quarter!



****Do you want to get stronger?***

****Do you want greater energy or a more vital, active lifestyle?***

****Do you have a set goal for your health?***



The questions I would ask you are these:

- Do you have a set goal for your health?
- Do you want to get stronger?
- Do you want greater energy or a more vital, active lifestyle?
- Do you want to be the perfect weight and have your clothes fit without having to hold your breath to get your pants buttoned?
- Do you desire to be able to play with your children or grand-children and know that you will be able to be a part of their developing years?
- Are you approaching the age when you know retirement is just around the corner and you desire to have the health and the wealth to take great vacations and see the sites of far off places?

These examples may not be your specific goals, but you get the point.

If you have defined goals and you know your current lifestyle is not going to get you there, then you need a horsefly on your hind quarter! You need the drive and determination to get there and the discipline to follow through. If you have goals and you want to develop a lifestyle that will help you succeed, then take the first step and keep walking forward and don't look back. The first step may be to get fit and establish a stable and healthy frame and a robust and adaptive nervous system.

Should You be Taking CoQ10?

You may have heard of CoQ10 but may not really know much about it, so I want to give you some basics. CoQ10 is a compound that is found in every cell of the body. While it has other functions, its most important function is found in the production of energy in the body. In every cell there are little power stations called mitochondria. This is where the energy for the cell is made. When the body's CoQ10 levels are diminished it leads to low energy production in the cells which can ultimately lead to cell death.

This is a problem that is important for all of us to understand because as we age our CoQ10 levels naturally decrease. CoQ10 levels tend to peak around age 20 and then gradually decrease with age. Statins, cholesterol lowering medications, also decrease CoQ10 levels. So while you may be taking a statin to protect your heart,

you may actually be stressing your heart by diminishing the ability of the heart cells to produce energy. Because the heart is constantly pumping it requires a constant supply of energy. If you don't have adequate levels of CoQ10, your heart is under constant stress as it tries to function on an energy deficit.

Nature provides almost everything our bodies need. Fresh sardines and mackerel are some of the best sources of CoQ10. Heart from beef, lamb, and pork are also great sources. If these are unappetizing to you then you can also get it in beef, pork, and eggs. If you're a vegetarian, spinach, peanuts, and broccoli are your best sources for CoQ10. Whole grains and wheat germ also contain CoQ10 but in lower levels. For the greatest benefit always eat fresh unprocessed foods. If you are concerned that you may be deficient in CoQ10 and are not getting

Fresh sardines and mackerel are some of the best sources of CoQ10.



enough from your diet, then there are supplements available.

If you have questions or would simply like more information about CoQ10 and its role in your health, talk to your chiropractor or other health care provider.



Recipe of the Month: Creamy Celery Soup



Prep & Ready Time: 70 minutes

Yields: 12 servings

Ingredients:

- ~1 large bunch celery w/ leaves
- ~2 tablespoons olive oil
- ~1 large onion, chopped
- ~1 tablespoon fresh thyme leaves
- ~Salt and coarsely ground black pepper
- ~1/2 cup white wine
- ~5 1/4 cups chicken broth
- ~2 medium all-purpose potatoes, peeled and cut into 1 inch chunks
- ~2 cups water

Directions:

- ~Trim ends from celery stalks; reserving a few celery leaves for garnish; wrap with plastic wrap and refrigerate; slice celery stalks and remaining leaves crosswise into 1-inch pieces; transfer to colander; rinse and drain well.
- ~In 6 quart saucepot heat oil over medium heat; add celery and leaves, onion, thyme, 1/2 teaspoon salt and 1/4 teaspoon pepper; cook 20-25 minutes or until celery is soft but not browned, stirring occasionally; add wine and cook 2 minutes or until wine is mostly evaporated.
- ~Add broth, potatoes and water to saucepot; cover and heat to boiling over high heat; reduce heat to low; cover and simmer 10 minutes or until potatoes are very tender.
- ~In batches, ladle celery mixture into blender; cover (with center part of cover removed to allow steam to escape) and blend very well until pureed; pour puree into larger bowl; repeat with remaining mixture.
- ~Return soup to saucepot; heat through; ladle into individual bowls and garnish with pepper and celery leaves.
- ~Enjoy!



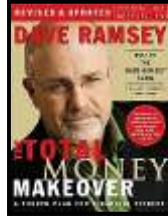
T4—A subluxation or interference at this spinal level can affect the gallbladder, common duct, heart, lungs, bronchial tubes.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

www.absolutehealthchiropractic.org

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit www.amazon.com.

- **The Total Money Makeover**, by *Dave Ramsey*~ Ramsey offers a bold, no-nonsense approach to money matters.
- **Coach Carter (Film)**, by *Thomas Carter*~ Based on actual events, this powerful drama explains how Coach Carter holds his players to a high academic standard .
- **Facing the Giants (Film)**, by *Michael C.*~ A great movie that every family in America should see.



Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

info@absolutehealthchiropractic.org

or

Wellness Quiz
Absolute Health Chiropractic
PO Box 7640
Portland, ME 04112

Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employment will be listed in a future issue.

1. What is the estimated annual costs of high blood pressure and its complications to the U.S. economy?
2. In the 2007 landmark pilot study conducted at the University of Chicago, the result of _____ was equivalent to those seen in patients taking _____.
3. What is one key to being mentally and emotionally well.
4. If you have defined goals and you know your current lifestyle is not going to get you there, what might you need?
5. Where is the compound CoQ10 found in the body?
6. What happens if you don't have adequate levels of CoQ10 in your body?
7. What organs and/or body parts could be affected by a subluxation at the Fourth (T4) Thoracic Vertebrae?

January Answers:

1. When Dr. Cait was in school, she had never heard of Autism, ADD/ADHD, or Bi-polar disorder.
2. As of 2000 the U.S. ranked first in medication consumption.
3. The U.S. consumes 52% of the world's medications even though we only contain 4.5% of the world's population.
4. The keys to experiencing a healthy life are simple to understand; Eat Right, Move Right, and Think Right.
5. One school was able to replace plastic utensils with metal, and to provide fresh organic produce to their students by eliminating dessert, the result being a 20% increase in the consumption of fruit and vegetables without increased cost. This is awesome!
6. There are an endless amount of 'why's' that you could ask today, including what is in the medication you are taking; what the short and long term health effects of this medication will be; why your children's pediatrician recommends a vaccination or antibiotic over a safer, natural approach; whether the "food pyramid" is an effective model of nutrition and if so, why obesity has become an epidemic for a society that has lived under the auspices of this model, and many, many more!
7. A subluxation or interference at the Third (T3) Thoracic Vertebrae can affect the lungs, bronchial tubes, pleura, chest, breast and heart.

Inside the March Issue:

- Women In Chiropractic
- Read This Later
- Planting Seeds of Health
- Eat Green
- Recipe of the Month
- Recommended Reading
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Absolute Health Chiropractic News and Updates

Join us February 10th from 6:00pm-8:30pm for our next Evening of Wellness. We will have massage, Ayurvedic healing, Reflexology and Tarot Readings. Tickets are \$50 and will all be benefiting International Action. This program provides clean water to those in Haiti hit by the devastating earthquake. Each \$50 ticket will provide clean water for 7,500 people!!! Come have a great night of wellness and lend a helping hand!!

Join us in Health!

The staff and doctor at Absolute Health Chiropractic work hard to 'inspire Health & Wellness', not only for our patients, but in our community. The doctors are committed to educating and empowering community members through our community outreach program, available to all businesses, free of charge.

For more information please call Sarah at (207) 699-2622.

About Absolute Health Chiropractic

At Absolute Health Chiropractic, we challenge people to challenge us everyday. We are focused on treating the whole person, not just the pain. Through a customized examination and personalized treatment plan, we examine, analyze and assess our findings to determine muscular imbalances, postural issues and structural components. We look forward to showing you which areas are tight, tender, overactive and restricted. While our initial goal is to treat the pain, our primary goal is to treat the cause. Based on your goals and expectations and of course, if we can assist you, we will look forward to sharing our recommendations. For more information, please contact us by phone, email or by stopping by our office.

Our Mission Statement:

To provide excellent Chiropractic care, education, and support with the intent to stimulate, nurture, and facilitate growth, learning, health, and well-being for our patients and community, thus empowering and inspiring a new paradigm of health based on the philosophy and principles of Chiropractic.