



A Free Newsletter For The Friends And Practice Members Of The Drs. King, D.C. Winter '06/'07

Volume 8 Issue 1

## Antero Chiropractic-Buena Vista To Add Another Doctor!

Hello Patients,

Yes, rumors are true...Dr. Brian's brother is moving to the mountains! Hello my name is Kevin King, my better half Amy, and our daughter Keira are excited to move closer to family and live in such a wonderful environment! When we aren't backcountry skiing, hiking, or fishing, I am a Chiropractor, Amy is a physician assistant, and our daughter is an aspiring actress for the Wizard of Oz (as one of the munchkins).

I have been practicing Chiropractic in Grand Junction for 5 years, specializing in family care. I focus on improving your function and flexibility with deep tissue work, stretching, and adjustments. Personalizing each treatment helps us improve your quality of life, whether it's reducing pain, or helping you perform better at your favorite outdoor activity.

I will be helping Dr. Brian in Buena Vista. By doing so, we will have the practice there fully covered Monday, Wednesday, and Friday both morning and afternoon. I look forward to helping you and your family in the future.

In good health,

Kevin King, D.C.

### A POSTURE YOU CAN BREATHE IN

"What setting for my car seat will give me the best posture for driving? How should I adjust my office chair for the ideal working posture? Which way should I position my backpack for the least stressful posture while standing and walking?"

Practice members frequently ask these questions.

Since posture involves all of the body's weight-bearing joints, most of the body's major muscle groups, and the nerve circuitry controlling these muscle groups, the answers to such questions can be quite complex. It would take a series of in-depth lectures on human anatomy and physiology to receive a technically complete answer to any of these questions.

Fortunately, many of the postural joints, muscles, and nerve circuits also serve the function of breathing. You can take advantage of this "anatomical multi-tasking" to find a shortcut to ideal posture.

In a standing or sitting position, go into an "obviously bad" posture: slump your shoulders, drop your head forward, and slouch down in your seat if you are sitting. Now, try to take a deep breath. If you are like most people, your breathing will feel constricted by your distorted posture.

Now sit or stand "ramrod straight": stomach in, chest out, shoulders back, etc. With your body now resembling a suit of armor, try taking another deep breath. Again, if you are like most people, you will feel constricted.

Now, find a reasonably balanced, lengthened posture, without going to the extremes of distortion or ramrod straightness. Try taking a deep breath. Better? Now, see if some minor adjustment of your head, shoulder or hip position makes it even easier to breathe. If you are wearing a backpack, sitting at your workstation or driving your car, make the necessary adjustments according to your ease of breathing. When you find your personal ideal posture, it may not look like a classically "correct" posture, but it is correct for you at that moment. When you have difficulty finding your correct posture, you may be experiencing interference from a vertebral misalignment or restriction (subluxation). This would be a good indication to get a chiropractic checkup.

Much of your body's anatomical equipment straddles the boundary between muscle function and organ function; between the conscious and unconscious functions of our minds; between breathing and posture. You can make practical use of this fact with a simple rule: **Your personal ideal posture at any given moment is the posture you can best breathe in.**

### CHOCOLATE...It May Cure What Ails you

Good news for chocolate lovers: Chocolate contains phenols, a type of antioxidant. Phenols help prevent oxidation of LDL, a process that makes the "bad" cholesterol more likely to stick to artery walls. Researchers have found the antioxidant properties of cocoa powder inhibits oxidation of LDL cholesterol by 75 percent.

Other research suggests that high levels of certain flavonoids found especially in dark chocolate may slow platelet aggregation, another heart health benefit. Dark chocolate provides more antioxidant benefits than milk chocolate because it has a higher concentration of cocoa powder.—remember...*everything in moderation.*



## PURIFICATION PROGRAM AVAILABLE TO PRACTICE MEMBERS

### Your Body's Junk Drawer

You probably have a junk drawer at home. It holds a mishmash of nuts and bolts, some old keys, a pair of pliers, a night-light bulb, and a roll of duct tape.

Your body also collects junk. This "junk" comes from the food you eat, the water you drink, and the air you breathe. It includes pesticides, heavy metals, chemicals, caffeine, pollution, and preservatives.

Also, simply living creates wastes. As you read this, your body is making ammonia and carbon dioxide. These and other poisons are created by the workings of each cell.

It's the job of your liver, lymphatic system, kidneys, lungs, intestines, blood, and skin to filter these toxins from your body.

When overloaded, your body becomes inefficient. Like a furnace with a clogged filter, it collects toxins.

***If these toxins aren't eliminated, your well-being is compromised. Have you experienced:***

- Weight gain**
- Feeling tired or fatigued**
- Poor digestion**
- Difficulty sleeping**
- Food cravings**
- Mental fog**
- Moodiness**
- Low libido**

***If you answered 'yes' to any of the above, you would likely benefit from a purification program now offered by Antero Chiropractic. The preferred purification program that Dr. King recommends includes specific whole, unprocessed, preservative-free foods, supplements, and exercise. Ready for a healthier you? Give us a call or ask Dr. King at your next appointment.***

## CHIROPRACTIC—IT'S NOT JUST FOR BACK PAIN

- A 1999 Denmark study comparing the effects of spinal adjustments and dimethicone on infantile colic found that colic symptoms were reduced by 67% in infants who received adjustments. Colic symptoms were only reduced by 38% in the dimethicone group.
- A study on the effect of spinal adjustments on fibromyalgia showed that chiropractic care improved sleep quality by 63.5% and lessened fatigue by 74.8%, in addition to reducing pain by 77.2%.
- A trial conducted on asthma patients who underwent spinal adjustments found that they showed higher blood serum levels of IgA and decreased levels of cortisol, which indicate improved immune function.
- In 1999, a study on the effect of chiropractic care on migraine headaches found that every patient in the study experienced significant improvement in migraine frequency, pain levels, disability, and a reduction in medication use.

## Footleveler's Orthotics

We continue to provide the highest quality spinal pelvic stabilizers to our patients. Your body is an interconnected system of specialized parts, and the support structure which holds everything together is made up of bones, muscles, tendons, and ligaments. Even if your feet don't hurt, they may be contributing to your overall postural imbalance. If you're having pain or discomfort in a specific area of your body— anywhere from your feet to your neck— these **custom-made orthotics may help bring you long-term relief.**



## It's Time For Those New Years Resolutions...

### **Make Health and Wellness part of your New Years Resolution—We'll make it easier for you!**

During the month of January, we are offering **free Insight scans** to our patients on their next visit. The Insight Subluxation Station, state of the art technology, allows us to take a “snap shot” of how your nervous system is functioning. This is important because your nervous system is the master system of your body and controls all other systems. If you have spinal misalignments or improper motion in your spine, it can cause interference with how your nervous system is delivering and receiving messages. Chiropractic helps reduce interference or irritation to your nervous system by restoring proper motion and positioning to your spine—we literally improve the efficiency of your nervous system, allowing you an improved health potential.

...So if you schedule an appointment during January and would like your free scan, please let Trish know so she will schedule enough time for you.

## Holy Mackerel!

### Research identifies fatty fish oil's many health benefits.

It's no fish story that those who include seafood as a staple in their diet benefit from the ingestion of high levels of omega-3 fatty acids — known to reduce the risks for heart-related diseases, age-related cognitive decline, abnormal brain development and functioning, even obesity and mood disorders. Now, new studies have shown that it is the oil from fatty fish (salmon, herring, sardines and mackerel) that may offer the most health benefits.

During the course of a 10-year study conducted in Sweden, it was established that the consumption of fatty fish oils might inhibit a commonly found receptor for kidney cancers in women, the Renal Cell Carcinoma (RCC), which triggers more than 80% of kidney cancers. Consistent long-term intake of fatty fish oil reduced the RCC risk by up to 74% in the Swedish women tracked for the report. At the same time, the intake of fatty fish oils triggered an increase in the level of serum vitamin D in these women. Low levels of vitamin D are believed to trigger the development and progression of RCC.

Consuming fish oil or eating raw, baked or broiled fish — not fried — can also protect your heart's electrical system by decreasing the risk of fatal heart-rhythm disorders. Omega-3 fats have been found to benefit a healthy heart rhythm.

In addition, according to a study by the Center for Disease Control and Prevention in Atlanta, Georgia, fish oil consumption by the elderly prevented a decline in heart rate variability that was caused by same-day exposure to indoor airborne pollutants (which can trigger arrhythmia and sudden death.)

**\*NOTE: We sell high quality fish oil as well as other nutritional supplements. Ask us on your next visit.**

## PRACTICE NEWS

- I'll let my brother's introduction speak for itself. He's a great guy and an awesome asset to our practice. I recommend him wholeheartedly. This addition to our **B.V. practice** will effectively double the coverage at that office...which greatly improves the chances of getting in the same day as you call for your next appointment!  
--Dr. Brian
- Well, it finally happened. One of those things you think only happens to other people...the hard drive on our computer crashed before we could save all our data. We lost our email address book...so if you requested an email version of this newsletter, we apologize. Please email us your address so we can add it to our contact list and provide the electronic version of this newsletter in the future—anterochiropractic.com

### QUOTABLE QUOTES

“Live life with integrity and enjoy it twice. Once while you're doing it, and twice as you look back on it.”—The Dali Lama



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## King Family News

We had our 3rd child on Sept. 28th. Brennan Brian King. He was born healthy and quickly! We've been trying to get our feet back under us, and finally feel like things are getting back to "normal"...meaning that he's starting to sleep longer than 2-3 hours at a time. Ellie was not ready to be done being the baby. Colin took it in stride...as much as a 4-year-old can.

I've been taking Colin skiing at Monarch and he's really taken to it. He can bomb down those slopes pretty fast (sometimes too fast for his daddy's comfort!). Colin is also taking his 2nd year at preschool and loves it.

Ellie has been helping mom out at home with the baby. She is so cute.

We are very excited to have my brother and his family move closer. We're looking forward to spending more time with them and to have our kids grow up together.

**—From our family to yours, Merry Christmas, Happy Holidays, and Happy New Year!**



Brennan King...a determined little guy.

### CASE STUDY

We recently had a practice member, "Samantha", mention that her infant son, "Timmy", was suffering from colic and that neither she nor her baby were getting any sleep. She had taken him to their medical doctor, who told her that Timmy was also experiencing acid reflux. She was told that her son might need surgery to a part of his stomach to reduce the reflux. We extended information that chiropractic has had a good track record helping with colic as well as reflux; by improving the performance of the nervous system (the master system that controls everything in your body) chiropractic helps the body function normally. Samantha brought Timmy to the office the next day to get checked. A nervous system scan showed moderate to severe levels of interference from T2 to T5 (which help to regulate the stomach). Samantha decided to let us try adjusting Timmy. He did well with two very gentle adjustments. Samantha reported immediate improvement in Timmy's colic after the first adjustment. The reflux problem proved more difficult for Timmy to overcome, but after the third treatment, Samantha told us it seemed Timmy was "spitting up" with much less frequency. Timmy continued to improve over the course of care over about one months time. Timmy still experienced more reflux than considered normal, but was much improved from where he started. Samantha claimed that she was feeling like a new person only having to wake up every 3 hours during the night to feed Timmy—and she didn't have to give him drugs or opt for surgery.