

Stressful Times in America

Stress has become a fact of life, and for some, the daily norm. Although occasional stress can help improve our focus and performance, living with chronic stress can backfire by causing anxiety, depression, and serious health problems.

Understanding who we are, knowing our major struggles, putting them in perspective, and taking action can help us deal with stress. The following strategies can also improve stress tolerance and help lessen the effects of stress on our health.

Get Adjusted

The physical affects of your body dealing with stress causes inappropriate movement and posture. Over time this causes wear and tear on your joints and restricts proper motion. Additionally, the spinal cord and nerves can be negatively affected which results in ill communication between your brain and the rest of your body. This can result in dysfunction from constipation to headaches. Chiropractic adjustments restore proper motion, allowing every system in your body to perform with more efficiency.

Think Positively and change how you perceive stress.

Some people react to stress with fear, some with anger, some with denial, even when it's the same stress. The reaction to emotional stress is our choice. You choose how to react to the events in your life.

"Adopting the right attitude can convert a negative stress into positive," said Hans Selye, author of the groundbreaking work around stress theory. When optimism is hard to muster, cognitive-behavioral therapy, which trains people to recognize negative thinking patterns and replace them with more constructive ones, can also help reduce the risk of chronic stress and depression.

Get Out and Enjoy Nature

While modern civilization has made our lives more convenient, it has deprived us of an essential source of stress relief—connection with nature. Studies show that interacting with nature can help lessen the effects of stress on the nervous system, reduce attention deficits, decrease aggression, and enhance spiritual well-being.

Laugh It Off

Humor relieves stress and anxiety and prevents depression, helping put our troubles in perspective. Laughter can help boost the immune system, increase pain tolerance, enhance mood and creativity, and lower blood pressure, potentially improving treatment outcomes for many health problems, including cancer and HIV. Humor may also be related to happiness, which has been linked to high self-esteem, extroversion, and feeling in control.

Build a Support System

Relationships are also key to health and happiness, especially for women. Women with low social support, for example, are more likely to increase blood pressure under stress. Loneliness may also contribute to stress in both men and women, also leading to poorer outcomes after a stroke or congestive heart failure. On the other hand, active and socially involved seniors are at lower risk for dementia and Alzheimer's disease. Social support also helps cancer patients to boost the immune system and maintain a higher quality of life.

Employ the Relaxing Power of Music

Music, especially classical, can also serve as a powerful stress-relief tool.

Calm Your Mind

In recent decades, many forms of meditation have gained popularity as relaxation and pain relief tools. Focusing on our breath, looking at a candle, or practicing a non-judgmental awareness of our thoughts and actions can help tune out distractions, reduce anxiety and depression, and accept our circumstances.

Enjoy the Warmth of Human Touch

Just as the mind can affect the body, the body can influence the mind. Virginia Satir, a famous American psychotherapist, once said that people need 4 hugs a day to help prevent depression, 8 for psychological stability, and 12 for growth.

Regular Exercise

To get the best of both worlds, affecting the mind through the body while getting into good physical shape, try exercise. Exercise can also reduce depression and improve wound healing in the elderly. Tai chi, which works for people of all ages, may enhance heart and lung function, improve balance and posture, and prevent falls, while reducing stress.

One Number for Salida and BV

539-7387

Exerflex Gym
709 Palmer St.
Salida

28350 CR 317
Ste. # 3
Buena Vista

735 US Hwy 24
Ste. # C
Leadville
719-486-4002

If you haven't seen it yet

Ask us about:

Insight Nervous System

Scanner: see how stress affects the master system of your body.

New Technology: Platinum Associate Digital Foot Scanner for orthotic measurements

We now accept Visa and Mastercard.





HOT OR COLD: WHICH IS BETTER WHEN TREATING AN INJURY?

Cold Treatment: Ice should be used for acute injuries (injuries that have occurred within 72 hours). Icing during this period will help reduce inflammation and the pain and muscle spasm that can be associated with it.

I recommend using real ice in a ziplock with a layer of thin cloth between it and your skin. Ice for no more than 20 minutes, but until your skin is numb. If you wish to ice several times on the same day, make sure you wait at least one hour between applications to allow the tissue to warm back up.

Heat Treatment: Heat should be used for chronic injuries to stimulate blood flow to the injury. This helps speed up the healing process. Heat should be applied before an activity, NOT after. *Do not use heat after an acute injury.* It will increase inflammation and therefore the pain associated with it.

Moist towels are the most effective form of heat treatment. Heat a moist towel (carefully) in the microwave and then place directly on the injured area. Soaking also works well, whether it's a hot bath or hot springs. Do not apply heat for more than 20 minutes and never fall asleep on a heating pad.

Chiropractic: It's Not Just For Back Pain

Chiropractic Care Helps Autistic Children: "Autism: A Chiropractic Perspective" by Jane Jennings and Martina Baker of the Newbury Chiropractic Centre, Newbury, Berkshire, UK, published in *Clinical Chiropractic* (2006), Vol. 9, pp. 6-10.

University of Chicago Medical Center study links chiropractic care with reduction of blood pressure. The results are published in the online March 2 issue of the *Journal of Human Hypertension*. (You may have seen an interview regarding this study on Good Morning America).

Chiropractic Care May Help Diabetics: Normalization of Blood and Urine Measures Following Reduction of Vertebral Subluxations in a Patient Diagnosed with Early Onset Diabetes Mellitus: A Case Study Charles L. Blum, D.C. Bio [Dec. 7, 2006, pp 1-6]

Chiropractic Care Improves Athletic Performance: Chiropractic effects on athletic ability. Lauro A. Mouch B. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation*. 1991; 6: 84-87

Remember, Chiropractic care is based upon the philosophy that the body is self-healing and self-regulating. The nervous system is the master system of the body and controls and directs all other systems of your body and how it functions. By adjusting the spine (which houses part of the central nervous system), we are not only attempting to normalize how your spine functions, but we are also attempting to optimize the performance of the nervous system. With a healthy nervous system, everything works more efficiently.



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.

New Year's Resolutions: Make A Commitment To Your Health

Regular chiropractic care.

Regular exercise.

Sleep—8 hours every night.

Consume fish oils regularly.*

Avoid sugar.

Avoid refined and prepackaged foods.

Avoid large amounts of soy in your diet.

Consume healthy bacteria (ie. Acidophilus and lactobacillus in yogurt)

Sunshine—We photosynthesize Vitamin D; try to get a little sun exposure every day, but don't get burned.

***We carry high quality supplements like fish oil (omega-3). Ask about them on your next visit!**

The Hundred Year Lifestyle

We highly recommend "The Hundred Year Lifestyle," a book authored by Dr. Plasker. As described in an editorial on Amazon:

You're probably thinking: There's no way I'm going to live to 100. I'm not sure I want to live that long, even if I could. But odds are, you will. And, while your parents and grandparents may have been blindsided by their longevity--and suffered for it--that doesn't have to happen to you. Aging can be a good thing--the opportunity to realize all of your dreams and establish a remarkable legacy--if you prepare for it.

Based on Dr. Plasker's bestselling wellness system, The 100-Year Lifestyle(tm) reveals the secret to making the most of your extended lifespan. It gives you all you need to enjoy the highest quality of life as you age. Your centennial is in reach with Dr. Plasker's ideas and methods for diet, nutrition, exercise, mental agility, creativity, finances, friends and family, work, community, and achieving a sense of purpose.



King Chiropractic Health Centers announces 10-year anniversary.

Dr. Brian King has now been serving Chaffee County for 10 years. Formerly **Antero Chiropractic**, Dr. Brian joined practice with his brother, Dr. Kevin King in 2008. King Chiropractic now has offices in **Salida, Buena Vista, and Leadville** where they specialize in conservative, hands-on care that assists their practice members to return to or support a healthy and active lifestyle. In appreciation for their practice members and the community, King Chiropractic is offering **free spinal health screenings** during the month of February.

Quotable Quotes

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.

—Marcus Aurelius Antoninus

For what avail the plough or sail, or land or life, if freedom fail?

—ralph waldo emerson

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Inside:

Stress Relief

Hot vs Cold for injuries

"100 Year Lifestyle"

*Free spinal health scan
during February!*

King Family News

We've been enjoying the winter season. Christmas was so exciting that Colin woke us up at 1:00 am for it! Colin loves skiing, Ellie is in dance class, and Brennan hangs out. Colin started kindergarten and Ellie returned to Strawberry Door preschool this fall. Brennan stays home one more year before starting preschool, and Trish is beginning to think about some free time when that happens.

We hope you all are enjoying the Winter and taking advantage of the beauty that surrounds us.

-The King Family



Colin, Ellie (before she cut her hair) and Brennan

