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October is National Chiropractic Healthcare Month

October has been acknowledged as National Chiropractic Healthcare Month at a federal and state level since 1989. This year our theme is why weight, get healthy. We will be promoting healthy eating and exercise habits to get to and stay at a healthy weight. One of the key things we will be looking to do for our patients is help them discover what a healthy weight for them is and what kinds of nutrition and exercise they can do to maintain it. A key event for this month will be an evening to help instruct our patients how to prepare and make healthy, low-glycemic meals. This will first take place on October 5 at 6:30pm in our reception area at the office. We will have Dave Keller, who has been helping coach people attain and maintain positive health goals for several years, instructing on how to prepare these foods. We will also have samples for you to taste. Every Tuesday afterwards they will be repeating the class and incorporating

different recipes and meals each time. Come once or all month long to learn all about low-glycemic meals.

In conjunction with National Chiropractic Healthcare Month we are holding our fall Patient Appreciation day. This is a way we get to thank our patients for choosing us for their health care needs. On Saturday October 30th we will be treating our current patients for free. Additionally any new or returning former patients can receive their first visit consultation, examination, and any necessary radiographs for free. This is a great opportunity for someone new to chiropractic to discover if we can help them, there is no cost and no obligation for any care beyond the initial visit. Make your appointment today for this twice a year event.



2010 Fall Patient Appreciation Day

In conjunction with National Chiropractic Healthcare Month we will be hosting our Fall Patient Appreciation Day on Saturday, October 30, 2010 8 a.m. to 2 p.m.

All current patient care, new patient visits, and returning patient visits will be given FREE

The time is NOW to discover the benefits chiropractic can offer you! Call Today to make your appointment.



Quarterly Journal of

Staker Family Chiropractic

Practice Updates

It was an exciting summer at Staker Family Chiropractic; we did a major remodel of the office treatment area. We opened up some of the space in the back rooms to create a new open treatment plan. We have continued to keep one private adjusting suite, a private massage therapy room, and a private consultation room. If you would prefer to be treated in a private setting let the staff know so we can place you in the private room. When you walk into the office you will continue to sign in at the same place and depending on what care you are getting in the office you may be directed back to the treatment area right away or asked to sit for a minute. In the open area we have our power plates, adjusting tables, and traction equipment. There are no chairs, so any waiting back there will be done either sitting or lying on a table. Thanks to everyone for adjusting well to the construction mess this summer.



Over the summer we added another feature that keeps us ahead of the curve. All of our current and future radiographic analysis will be done using an innovative computer program. We still will be using plain film radiographs, for the time being, but we can transfer that image into a digital format for

analysis. This program is able to calculate all the degrees and millimeters of unhealthy spinal position. It helps us to, not only, develop a treatment plan for your specific needs, but also give you a better visual understanding of what we are seeing. It creates a report that we will send home with

you that shows what your spine looks like compared to a normal spine. This will be a great tool for us to use in your care.

Your feedback from our website has been great, thanks to several of you who found some of our spelling and grammatical errors. Unlike some other websites out there, ours is designed specifically for our practice and written mostly by Dr. Bryce. If you have not had a chance to visit it you can by

browsing to www.stakerchiro.com and be sure to check out our blog which is linked in the first page of the website. The blog is where you will find regular health advice and info that will not appear in the newsletters. You can also see some pictures of the open treatment area while it was under construction.

October is National Spinal Healthcare month, read below for the events we have planned all month long.

Obesity: A nation-wide epidemic

Obesity has been a growing problem in our nation for the past 25 years. Based on data from the CDC Illinois had less than 10% of our population labeled as obese in 1985. Today the CDC reports 26% of the Illinois population is obese. Obesity related illness and diseases such as diabetes have been growing at an alarming rate as obesity rates rise.

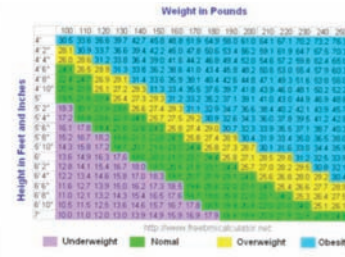
Obesity is actually defined by the CDC, as well as other health organizations, through the BMI (Body Mass Index). BMI is a ratio of weight to height (kg/m²) and is considered to be the most useful indicator of health risks associated with both underweight and overweight. However it does not indicate the distribution of fat within the body. For instance someone with increased body fat at the abdomen has a greater health risk than a person with more body fat in the thighs or buttocks. The normal BMI range is between 18.5 and 24.9 any score over 30 is considered obese with the relative risks for mortality increasing sharply at a BMI of 30.

We can objectively define obesity, but what is the cause of what is growing to be a worldwide epidemic? There are some people who want to blame genetics, or that we are at the mercy of our genes to define who we are and what we become. This is a faulty premise, experiments on cellular function by Bruce Lipton, Ph.D and others show that our genetic makeup is nothing more than a map and does not drive who we are or what we become. More recently British researchers found that, regarding obesity, our genes may create a genetic predisposition for obesity but it is our lifestyles that make the greater difference. That paper was published in the journal PLoS Medicine on August 31 of this year.

If it is really our environment and our lifestyle that impacts obesity greater than our genes, what are we doing wrong to create this epidemic? The easy answer to this question is that we are taking in more nutrients than our bodies require. The ideal range for caloric intake per day for men is between 37-40 Kcal/Kg of body mass and in women it is 36-38Kcal/Kg of body mass. The complex answer is that we are taking in nutrients in the wrong proportions. Our diet today is overloaded with calorie dense foods high in sugars, carbohydrates, and the “bad” fats or protein. Foods high in sugar and carbohydrates place an increased load on the pancreas and contribute to diabetes. Foods high in the “bad” fats contribute to high cholesterol and lipid buildup in our arteries.

To control our weight and live better we need to create a healthy lifestyle, this should include eating well and exercising regularly. To control our diets we need to create a better balance in our nutrition, in part, based on our daily activities. For most of us today we do not work at a job that is physically demanding enough for us to warrant eating the way some of us do. Balancing your diet to reduce the bad carbs, proteins, and fats and boost foods high in fiber, lean proteins, and the “good” fats will be a good start to a better diet. For weight loss a low-glycemic diet may be the best, this diet is based on eating foods low on the glycemic index. For more on this type of diet join us on October 5th, you can find the details for this event on the last page of the newsletter. Lastly a regular exercise program is essential for a better lifestyle. I have always recommended at least 3 days a week for an hour a day as a good starting point for weight management, more might be required for meaningful weight loss.

The obesity epidemic is something we have created through the perpetuation of a lifestyle our bodies were never meant to endure. The only way to counter act it is through lifestyle modification, not fad dieting or accepting of the idea that our genes are at fault. Help combat the obesity epidemic by becoming knowledgeable of the problem and by applying a positive healthy lifestyle to your life. Then pass on what you have learned to others to help them live longer and healthier lives.



How To Prevent Problems in the Future...

The best way to live a healthy life is to prevent problems from developing in the first place. The leading causes of death in the U.S. for the past 5-10 years have been as follows:

1. Heart Disease
2. Cancer
3. Stroke and Complications of Diabetes
4. Properly prescribed prescription medication

I argue that essentially all of these conditions are avoidable with the adoption of the proper habits and procedures. Let us start with exercise. The addition of simply walking for up to 30 minutes three times per week, reduces your risk of heart disease and stroke. If you add in three additional weight lifting workouts, you not only reduce your risk further, you also minimize the onset of osteoporosis, and you preserve your muscle mass, thereby reducing the likelihood of your developing diabetes as you age. This effect comes primarily from the fact that you maintain more of your muscle mass with frequent progressive resistance exercise. If you further push yourself and work out intensely with both the weights, and one or more of the following; running (not jogging!), swimming (not just getting wet and wading!) and or cycling or rowing, you increase the effects of exercise, and your body will function even more favorably.

Dietary considerations should include reducing fat to less than 50 grams per day, including lots of fiber, fresh vegetables, and some fruits, and eating enough protein, and not an excess of carbohydrates. I also believe you should supplement with at least a multi-vitamin, and mineral, and vitamin D. Finally, the ingestion of water, at least 64 oz per day, or if you monitor you urine color, it should be clear and colorless at least two times per day if you are properly hydrated. Most people are chronically dehydrated. Your body processes must have water to function normally.

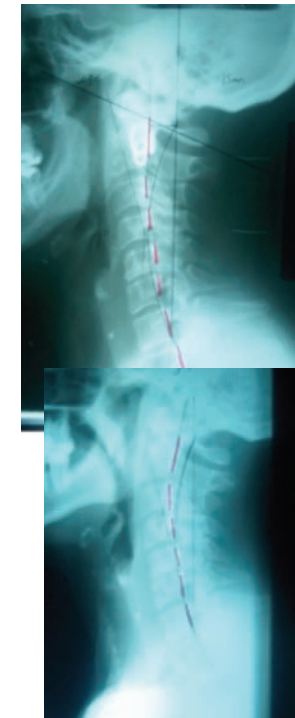
Where does chiropractic care come in? Scientific chiropractic care focuses on the restoration of normal structure. With normal structure, function is normalized as well. The less stress and strain one has on ones frame, the healthier ones muscles, joints, discs, and ligaments will be. Furthermore, your nervous system is intimately connected to your posture. In fact, posture controls everything from breathing to hormonal production. By taking good care of your frame, you minimize the abnormal stress and strain on your body.

What about the forth leading cause of death? Many people are medicated for joint or muscle pain, and headache. In fact, one of the largest categories of prescription and non-prescription drugs is for musculo-skeletal pain. Therefore, if you routinely exercise, eat properly, and insure your posture and spinal structure is as near normal as possible, you are likely to avoid the greater majority of those conditions and diseases which currently afflict mankind.

Patient Experience: Catherine

The patient we highlighting this quarter is Catherine, she came to us in June of this year with moderate to severe lower back pain that was flared up after falling on wet pavement. Slips and falls are rather common and do not usually cause this type of pain unless there is an underlying instability in the spine and that is exactly what we found. On her first visit we consulted with her, examined her spine and posture, and took radiographs of her spine. We found that her lumbar spine and overall posture was not ideal, this had created an area of instability in her spine that was prone to injury. We also found an area in her mid-neck that was showing signs of degeneration, which you can see in her cervical radiographs.

After discussing her options in our office, Catherine agreed to start working on restoring her spine and posture towards a near normal alignment. We worked with Catherine for 36 visits adjusting and rehabbing her spine and posture to improve her pain and functioning but also return her to a near normal and healthier posture. She made significant improvements in her lower back



Before care we found Catherine's spine (red lines) not matching up with what is ideal (black curved line). After 36 visits you can see how her spine (red lines) now matches up with the normal curved line.

pain and flexibility during the time we worked with her. Her posture improved and on her last visit we re-x-rayed her spine to see what kind of structural improvement she attained. As you can see Catherine made a great improvement in both her low back and her neck. This was actually the first patient we used a new traction method in the office to combine low back traction with neck traction and as you can see was very successful.

In her neck we found her problem area to be in the C5/C6 joint (red line behind normal black line). After the 36 visits we now see how that area is almost in line with the normal curve and it is just the upper neck that is slightly off.

As you can SEE the results speak for themselves. Dr. Staker has always been successful reducing or eliminating spinal aches and pains over the years, but today we are doing it better by restoring and rebuilding spinal alignment and posture. Most of our patients reading this know well enough what we are able to do for them, but if you don't or if you know someone who is searching for answers for a chronic spinal problem pass this along. Make sure to mention our upcoming Patient Appreciation Day as an opportunity for them to discover how what we do may benefit them.

Back to School Backpack safety



The idea of backpack safety might seem foreign to most, how dangerous can a backpack really be? We see an improperly fitted and loaded backpack as a contributor to the creation of poor posture in our developing children.

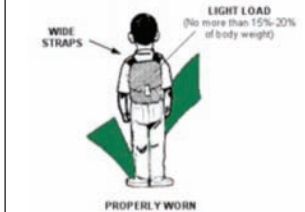
The posture we are talking about is quickly becoming a nation-wide epidemic. That might seem a little harsh,

but when we look at published research that can link poor posture with decreasing levels of health we see that posture is something not to be taken lightly. Normal upright posture looks like the picture right; the center of your head should be lined up with the center of your shoulders, hips, and ankles. Wearing a backpack that is too heavy or improperly fitted will pull you back and force your body to adapt by leaning forward. Overtime, this can act on a developing child's spine to cause it to develop in this position. An abnormal posture has an underlying abnormal spine; this creates areas of increased stress between various places in the spine. Combine poor posture with an accident or spinal injury and you get the start of the spinal degenerative process.



This might not manifest itself as a symptom till later in life, but this is how we are seeing most spinal problems start today. It is important for our children to use backpacks the right way in order to help them develop properly.

Picking out a proper backpack for your child is very important. A good backpack has wide straps, internal pockets, and a hip belt. The wide straps prohibits pressure or stress points to be created at the shoulders, the internal pockets helps to load the pack properly, and the hip belt should be used to keep the backpack from hanging below the waist. A good backpack will also be lightweight; a heavy pack will be counterproductive. The load in the backpack should not exceed more than 15-20% of your child's body weight. This might mean that they have to learn how to manage when they bring home homework. The next item is properly packing the backpack, the bulk of the weight of the pack should sit closest to your child's spine when wearing it, do not allow the weight to settle to the bottom. Internal pockets help to place the heaviest items in the right place and keep them from settling to the bottom when worn. Avoid wearing the backpack on one shoulder; this will contribute to additional abnormal postures.



Stress to your children the importance of proper backpack safety; it just might prevent them from developing spinal problems in the future. If you think your child has already developed an abnormal posture bring them in for a free posture screening. You can even bring in their backpack and we will help you determine the best way they should be using it.