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Get Healthy in 2011

Each new year we start off with expectations and hopes for what will or is to come. A lot of people take this time to set goals to get healthy or healthier than they were the last year, and a lot of them end up falling short. Do not let this new year be the same as the last. If you or someone you know continually struggles with their health we have a new years offer designed for you or them.

Starting January 1st through February 12th we will be offering all new or returning patient first visit services for \$45. This includes a consultation, examination, any necessary radio-graphs or tests, and a report of our findings and normally costs up to \$250. At your report of our findings we will give you recommendations as to what we can do for you but also what you can do for your own health on your own.

In the past being a patient in our office meant you got adjusted, today it means much more. Today we are offering more in the way of spinal care than ever before and it is all based on the best practices in chiropractic. We are also re-working our office to include more in the way of preventative health advice and care. This started and will continue with our healthy living classes, but will also include a class on exercise in the new year. In the new year expect to see our office incorporate an exciting and innovative technology that will improve your strength, balance and coordination, and increase bone density. As a “patient in our office you will have access to what we offer today and in the near future.

Call today to make your appointment and commit to Get Healthy in 2011.



Quarterly Journal of

Staker Family Chiropractic

Practice Updates

It was a busy year, one that saw some significant changes to our practice. As reported in our last newsletter we completed a major remodel to our treatment area that better addresses the needs of our patients. We also had new exterior lights put up in addition to new lights facing our parking lot that greatly increase nighttime visibility. Thanks to Dave and Mark for all the work they did for us this summer.

We started our first healthy eating series in the office and already we have had one patient show improved health benefits through modifying her eating and meal preparation. Look for that to restart and continue in January. A big victory for us was getting our website up and running in this past year. This is something we have tried to get everyone to see. We have been averaging 50 visits a month to our website and we are working to increase its visibility on the internet. Feel free to use it as a resource for those times when someone asks you what we do here you can now point them in the direction of our website.

We have settled into doing these newsletters on a quarterly basis, and hope you are finding them informative on not just what we do in our office

or what is going on, but also informative on other health topics. Each newsletter coincides with an in office event, during the fall and spring the event is a Patient Appreciation Day and in the Winter and Summer our events change a bit. Make sure to turn to the last page to read about what we are doing this winter.



In the upcoming year expect to see our healthy living class restart in January, it is a great opportunity to learn how to modify your diet to live a healthier lifestyle. We will also be starting additional workshops to promote and teach some simple strategies to get moving in the new year. Dr. Bryce's workshop will show you some simple strategies for exercising and creating your own exercise program. In 2011 expect to see us

incorporate the B Strong 4 Life program aimed to improve strength, fitness, and bone density. If you are curious to learn more about this, check out their website at BstrongforLife.com or ask Dr. Staker or Dr. Bryce about it at your next visit.

We are grateful to be able to serve the wonderful community we live in and look forward to serving you and our community even more in the upcoming year.

SPINAL COLUMN

Jan-Feb
2011

The Low Glycemic Model

As we mentioned in the last newsletter, and as many of our patients have heard in the office, we started a class on the Low Glycemic model of eating. I am being careful to not call it a diet, because a diet has been deemed as some temporary change in eating to loose or manage our weight. This is really more of a model of eating that is more of a permanent lifestyle modification than just going on a diet. We have been asked a lot of question as to what this all means so I am going to attempt to summarize the key points of this low glycemic model.



The biggest question we are asked is what does this all mean. Basically this low glycemic model is built around watching what carbohydrates we are eating. This is NOT, though, a low carb diet like the Atkins or other popular low carb diets of the past. This IS about paying attention to the types of carbohydrates we are eating instead of just the amount. It is important to understand that not all types of carbohydrates are created equal; some are more beneficial to our nutritional needs than others. That is where the glycemic index (GI) comes in; it is a measure of how a carbohydrate affects blood sugar levels. We want to avoid carbohydrates with a high GI because it vastly increases blood sugar levels which has a negative affect on body physiology. Another factor in this model is glycemic load (GL), which is a little harder to describe in the contexts of this article, but basically it is a measurement that takes into account the nutritional value of food as well as its GI. Take for instance the following example

One cup of cooked spaghetti has a GI of 41 and contains 52 grams of carbohydrates as opposed to the average serving of carrots which has a GI of 49 and contains 5 grams of carbohydrates. Looking at the GI you would think that the spaghetti is a better choice, but the calculation for GL reveals that carrots at a GL of 2.4 compared to the spaghetti that has a GL of 21 meaning the carrots will have a smaller effect on blood sugar levels than the spaghetti.

Why is this important you might be asking. The affect that these carbohydrates have on blood sugar directly affects pancreatic functioning. The pancreas controls the levels of insulin and glucagon in the blood stream, foods with a high GI and GL spike insulin levels. Insulin drives sugar into our cells either to be used as energy or stored as fat, glucagon works to release stored fat to be used as energy. Too much sugar means more stored as fat and overtime, it also can lead to insulin resistance and type 2 diabetes. Insulin resistance also is a major contributor to high blood pressure, high cholesterol, and all the negative effects these have on our bodies. So this model of eating is not a diet, it is a lifestyle change to making healthy choices as to the type and amount we eat. To learn more details about this model or method you have two options. The first is to buy Dr. Strand's book "Healthy for Life" we have copies at the office for sale, the second is to sign up to attend our healthy eating classes. We first held these in the Fall and will hold them again in 2011. This class is based on Dr. Strand's book, expounds on his principles, offers first hand knowledge and advice on this method from Dave Keller, encouragement to continue on, and sample meals prepared from a recipe book based around the low glycemic model. We have already had one patient on the Healthy for Life system who has made significant improvement in her health in only 8 weeks. Her doctor took her off of the medications she was on for high blood pressure and her cholesterol level is decreasing. These are amazing results for just 8 weeks of a modification in her diet.

Let us know if you are interested in attending our next series tentatively starting January 28th. Contact Dr. Staker for more details.

Your Winter Tune-Up

Well it is that time of year again. There is a chill in the air. Snow is starting to fall and holiday plans are in the works. Now is also the time to prepare your body for the winter season; and here are some tips to keep put into action as you enjoy this time of year.

Many families move furniture around as they decorate for family parties and company gatherings. As you do make sure that you bend your knees and use your legs to lift and move heavy things. Arch your back and make a real effort to maintain good posture. Nothing can ruin the holidays quicker than being flat on your back due to a preventable injury. Even with good chiropractic care, the effects of injuries due to poor lifting position or technique are serious!

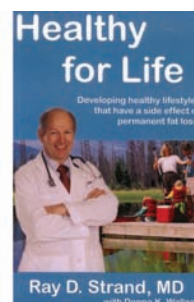
If you are hanging lights on your roof this holiday or taking them down soon after, the first thing I recommend is that you hire someone else to do it for you. If you insist in doing it yourself make sure to employ every possible precaution. Wear shoes with a great grip, use a solid well-balanced ladder, take advantage of any safety equipment you might have. Remember Murphy's Law. If it can go wrong this time of year it probably will. Plan to be safe.

As you rake the leaves or shovel the snow make sure to alternate your strokes from side to side and work your back and body evenly. Take the time to shovel by using your legs more than your back to push, shovel, and throw snow. If you are using a snow blower adjust the height of the handle to its highest comfortable point. This will optimize your strength and protect your back.

If you are planning to take a ski vacation this year start preparing physically now by conditioning and stretching. This will help you protect your joints and tendons when under an unusually hard strain.

One of the greatest gifts we can give to another is the gift of health. Remember your family, friends and co-workers during this season of good cheer. An offer to help them get and then stay healthy with chiropractic care could be the best gift they receive. Please let us know who we can help this year and in the years ahead. Keep in mind our Get Healthy in 2011 offer for January.

**Have a very happy holiday season
from all of us at
Staker Family Chiropractic.**



Living Healthy

Our healthcare system has done ourselves a great disservice over the past 75 years or so. I believe that due to the marketing campaigns' of various health care agencies over most of the 20th century a certain frame of mind was created in our society. A frame of mind that created a doctor-patient relationship based around the doctor sharing 90% of the responsibility of the patient's health. As I see it the average patient today expects to enter a doctor's office with a given illness, receive an immediate answer and be given a pill or some sore of procedure for an instant fix. Few patients realize that illness and disease are due to a long term process that cannot be corrected without taking some responsibility for their health and recovery. Our society has developed an unhealthy dependence on the doctor as the fixer of our problems rather than our poor lifestyle choices as the cause. When our lifestyle is the cause of our ill health we must make significant lifestyle modifications to reverse the disease processes, for without it we will be stuck in the cycle of treating the symptoms of cause and not the cause itself.

This is not the rambling of a lunatic chiropractor. There is evidence of, not only the cycle of dependence on doctors and medicine, but also on the role individuals need to take in their own health. A quick search I made of papers written in peer-reviewed journals in 2010 found several papers written on these topics. In one paper the authors note that and press the idea that the doctor take time to educate and promote new attitudes, behaviors, and beliefs about health to their patients. Another paper, while admitting the value of promoting preventative care, suggest that it takes too much time away from treating the sick. These authors conclude that doctors should avoid discussion about preventative care because patient compliance is poor and the time in the office is best suited in other areas. I found that to be a rather poor conclusion to come to, we find that educating on healthy lifestyle choices is more productive and better for the long term health of a patient. Isn't that what all doctors should want? If not from your family doctor than from whom will you get the best information on living a healthy life?

As chiropractors we stress that taking care of your spine is important for your health but we also want you to have excellent overall health which includes healthy eating and exercise habits. We want to work with you as a source of encouragement and knowledge or even as a coach to help you live a long a healthy life in addition to taking care of you spine. In 2011 we will be providing weekly and monthly workshops to teach our patients about healthy living. Dr. Staker with David Keller has already been hosting our healthy eating series which will continue and restart in 2011. Dr. Bryce will start teaching a regular workshop on exercise for general health and athletic performance. We are discussing bringing on outside speakers for regular talks on other aspects of living a healthy life. It is going to be an exciting year.

If we have not seen you in a while, give us a call, so we can work with you to take care of your spine as well as your overall health.



Statistics on Illness in the U.S.

From the American Heart Association

81.1 million Americans have one or more forms of cardiovascular disease.

73.6 million have High Blood pressure

17.6 million have coronary heart disease.
(Ranked as the #1 cause of death)

6.4 million have had a stroke.
(Ranked as the #4 cause of death)

5.8 million had heart failure.

From the CDC

The #2 leading cause of death is cancer.

The #3 leading cause of death is chronic lower respiratory disease.

The #5 leading cause of death are accidents.

The #6 leading cause of death is Alzheimer's disease.

From the American Diabetes Association

Diabetes is the 7th leading cause of death.

23.6 million people have been diagnosed with diabetes.

57 million people have pre-diabetes.

It is estimated that there will be 1.6 million new cases of diabetes this year.

