

Chiro Health & Wellness

Community Chiropractic (860) 667-4722

1000 Main Street, Newington, CT,
Dr Jens A. Korgaard, DC

Check Us Out Online: www.community-chiropractic.com

This Issue:

- Don't Forget About Vitamin E
- Missing Work Because of Back Pain
- When Is Chiropractic Care Needed? Headaches & Chiropractic

Book Of The Month

Love & Survival: The Scientific Basis for the Healing Power of Intimacy, by Dean Ornish, M.D. cites research revealing that you can die from loneliness or a feeling of disconnection. Dr. Ornish reviewed the biomedical literature and discovered that loneliness and isolation affect our health in several ways. Read and find out why humans are never meant to be alone.

" Each day holds the spark that ignites the fire of future fulfillment. Will you put that spark out or add the fuel which lights into brilliant flames?"
--- Mary Blu

Don't Forget about Vitamin E

How important is vitamin E? It helps fight cardiovascular disease and cancer, it can improve circulation, relax leg cramps, aid normal blood clotting and healing, and it promotes healthy hair and skin. And if that isn't enough, a study published in the American Journal of Epidemiology suggests that vitamin E might also be able to prevent memory loss.

The authors examined the relationship between antioxidants (vitamins A,C,E, the carotenoids, and selenium) and memory performance by evaluating 4,809 seniors who visited a specific examination center over a six-year period. Memory was assessed using delayed recall of six points and three specific words from a story, and antioxidant status, including vitamin E, was measured at entrance to the study and again six years later.

Results showed a consistent association between low levels of vitamin E and poor memory, but not with the other antioxidants studied. This association was evident even after considering age, education, income, vascular risk factors, and the contribution of other vitamins and trace elements.

Good sources of vitamin E include leafy green vegetables, nuts, seeds, brown rice, eggs, soybeans and whole grains. Your doctor of chiropractic can outline nutritional guidelines specific to your needs and tell you more about how to maintain health and wellness with age.

SOURCE: American Journal of Epidemiology 1999: Vol. 150, No. 1, pp37-44

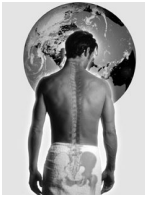
Missing Work Because of Back Pain

An estimated 150 million workdays are lost each year because of back pain, accounting for billions of dollars each year in lost wages and workers' compensation claims. Of course, the issue of back pain goes far beyond dollars and cents -- it's about the frustration, discomfort and disability millions endure for months and sometimes years. What specifically determines time loss from work following a back injury? To answer that question, the authors of a study in the journal *Spine* evaluated the incidence of back injury and resultant work loss in a group of nurses employed at a large teaching hospital in Canada. Over a two-year period, 320 nurses suffered 416 documented back injuries, with the results of 218 interviews presented as follows:

- Perceived disability (i.e., thinking you were injured) contributed to time loss following the injury;
- Self-reported pain was strongly related to the length of time lost; and
- Type of injury, specifically back injury caused by lifting patients, resulted in greater time loss.

This study serves as yet another example of the magnitude of the back pain problem and the effects it can have on our physical, psychological and economic well-being. It's a reminder that prevention is the best way to avoid a back injury, and that a proven, successful way to prevent back pain (or relieve back pain after injury) is with regular adjustments from a doctor of chiropractic.

SOURCE: *Spine*, Sept. 15, 1999: Vol. 24, No. 18, pp1930-36



When Is Chiropractic Care Needed?

Many people initially visit chiropractors for problems relating to pain. But what happens to them as they continue their care? In two studies of 153 and 311 chiropractic patients who initially suffered from back, neck and other pains two studies revealed the following: as patients continued care after their initial complaints cleared up they began to experience an improvement in their perception of health which included improved general health, more vitality, and better social functioning. These findings confirm other studies and over a century of chiropractic observations - *chiropractic is not for disease but for improving physical and mental health*. Yes, millions of people see chiropractors for various health problems but chiropractic is not for diseases, it is for you. It is a procedure that locates, and removes a deep form of stress and spinal damage called vertebral subluxations. No matter what condition you may have: sciatica, back pain, headache, ear infection, menstrual disorders, depression or any other health problem, a chiropractic spinal adjustment is very badly needed. It has made the difference between suffering and wellness, between health and disease, between drugs and surgery or natural healing for millions.

SOURCE: Chiropractic Research Journal, Vol. V, No. 1, Spring 1998

Supplement of the Month **Vitamin E**

For decades vitamin E has maintained a position as one of the three most popular single-ingredient dietary supplements. As scientists continue to examine the role of free radicals in disease initiation and promotion, research substantiates this potent antioxidant's ability to treat stroke, cardiovascular disease and cancer.

Our Lasting Purpose

To adjust as many families as possible in order to express and maintain their optimal potential, naturally, without drugs or surgery, with the highest quality chiropractic care.

Our Mission

To educate our community that life and health come from within and that the maintenance of health is far superior that the treatment of disease.

We strive every day to bring greater harmony, balance and order in the lives of those we meet so as to maximize life.

HOW CAN WE HELP YOU? LET US KNOW...
IT'S OUR PLEASURE TO SERVE YOU.

Thought...

"It is good to be important,
But it is more important to be good."
--- Author Unknown

Headaches and Chiropractic

Twenty-seven percent of Americans who visit alternative health care providers do so for headache relief. "An increasing body of literature relates headaches to pathology affecting the cervical spine and a number of clinical trials have demonstrated that chiropractic is valuable for managing headache."

SOURCE: *CRJ*, Vol. VI, No. 1, Spring 1999

"The greatest regrets in our lives
are the risks we did not take.

If you think something will make you happy, go for it.
Remember that you pass this way only once!"

--- Author Unknown

"The great thing in this world is not so much where we are,
but in what direction we are moving."

--- Oliver Wendell Holmes

Our Office Hours

Newington, CT
Mon-Wed-Fri
9am-1pm & 3:30-6:30pm
Sat 9:00-12:00am
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