

COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Keep Rocking!

People often ask me where their low back pain came from. I have to admit that, although I can find the problems and correct them, I can only speculate on what caused them. If there is no apparent mode of injury, the most likely culprit is lifestyle. In fact, the experts say that anywhere from 85% to 95% of our ailments are caused by our lifestyle. Back pain, our most common structural malady, can easily be blamed on what we do habitually every day. The problem is that we generally do not move enough.

Our joints were made to move. Movement pumps fluid and nutrients into joint cartilage so that our joints don't deteriorate as we age (use it or lose it). Joint movement stimulates nerves in the joint. Besides monitoring the activity of the joints, these nerves also inhibit pain nerves, which relaxes muscles. These nerves also stimulate the healing process and the entire nervous system.

Lack of joint movement leads to just the opposite of the benefits listed

above: pain, tight muscles, poor coordination, sluggish nerve function, reduced healing capability and osteoarthritis. When you don't move a joint, it tends to lock-up or subluxate.

I find the sacroiliac joints most frequently subluxated and causing back pain. These are located just behind the hips on either side of the sacrum, the "tailbone," and they are the major joints of the pelvis. When these "SI" joints lock up, they often distort the pelvis, causing the base of the spine to be uneven. The entire spine is affected. It's like trying to build a house on an uneven foundation.

How do you avoid this most common cause of back pain? Keep the sacroiliac joints moving. Here's a simple exercise. Stand with your feet apart just a bit wider than your shoulders. Rock your hips side to side but keep your head from moving. It's almost like doing the hula, but without the arm business. You don't have to be really obvious. Subtle rocking still moves the joints.

If your muscles in the pelvis are tight, it may take about 30 minutes of rocking to loosen them up. If the joints are already subluxated, rocking will not release them. You will need a chiropractor. It is best to rock regularly to keep from locking up in the first place. I find myself rocking frequently throughout the day. So, put on the music and keep rocking!

NUTRITION TIPS



By Deborah Roussos, MS, RD & Ann Martin, RD, CD, CDE



Easy Ways to Enjoy Key Nutrients at All Ages

Chances are that you are missing some of the key nutrients you need to look great, feel better, and be stronger. Get the power nutrition your body needs with these tasty foods!

Enjoy GRAINS for fiber, folate and energy

Go with the grain - especially 100% whole grains - at least one serving at every meal. Start off quick and easy with a bowl of whole grain cold cereal (or hot oatmeal) for breakfast. Move onto a satisfying sandwich on whole wheat bread for lunch. Then finish up with brown rice or whole grain pasta at dinnertime.

Enjoy PRODUCE for vitamins A, C and potassium

Fruits and vegetables - fresh, frozen, dried and canned in their own juice - are nature's most appetizing vitamin "pills." Get your 5+ per day the easy way: 2 servings at every meal and 1-2 snacks per day. From A to Z, the choices are endlessly delicious - from a sliced apple snack to steamed zucchini for supper.

Enjoy MILK PRODUCTS for calcium and vitamin D

Packed with body-building nutrition,

dairy products - like fat-free or reduced-fat milk, yogurt, and cheese - are creamy and good for you too. To get the calcium and vitamin D you need (plus protein, potassium, phosphorus and more), all it takes is three servings a day - eight ounces of milk

with every meal meets the goal.

Enjoy NUTS/SEEDS for vitamin E and magnesium

You can get the magnesium and vitamin E that most Americans are missing with sunflower seeds, pumpkin seeds, almonds, pecans, cashews, and other nuts. Just add a serving or two (one ounce or a small handful each) to your day. Sprinkle nuts on cereal or fruit salad. Enjoy sunflower seeds as a quick snack.

Enjoy LEAN RED MEAT, POULTRY and FISH for iron, zinc and protein

Red meat is a satisfying source of several power nutrients, including several B-vitamins and selenium. A 3 ounce serving of the 29 lean cuts of beef (like top sirloin, brisket, and T-bone) has less than 200 calories and less than 10 grams of fat, but plenty of ZIP (zinc, iron, protein) and flavor!

- Adapted from Dayle Hayes, RD, Billings Clinic, MT

Eat As Well As You Can As Often As You Can!

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A Spanish language version of the schedule is available at: www.cityofmadison.com/health/coalitions/pdf_files/Schedulejan-jun2008-Sp.pdf

Since the vaccine takes two weeks to work and since adult vaccine supplies are limited, it's best to take advantage of this opportunity soon and get yourself and your kids protected against the flu.

Information provided by Public Health for Madison and Dane County

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