

COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Movement is Everything!

Ever noticed how much better you generally feel once you get moving around? Sometimes you may not even want to move because you are stiff and sore, but once you get going, the stiffness disappears. There are good reasons for this.

We have all learned from experience that movement gets the heart pumping. This increased circulation brings more oxygen to the muscles, which relaxes the muscles. Oxygen gets the brain going, too. That's why we are more alert when we move. The increased blood circulation also cleans out lactic acid and other waste products of the muscles that actually irritate the nerves in the muscles when they accumulate.

Movement stimulates the nerves in your joints and keeps a proper nerve balance. You see, you have two types of nerves in the joints: movement nerves and pain nerves. The movement nerves are normally very active. Their job is to tell your brain what position your joint is in and how fast and how far the joint is moving. Your brain instantly processes this information and sends nerve impulses to your muscles to coordinate movement. The movement nerves have branches that radiate out into the joint and inhibit the pain nerves. So, the more active the movement nerves are, the more they tell the pain nerves to shut up! This is why there are people with severely

degenerated or arthritic joints who have no pain . . . as long as they keep their joints actively moving. This also explains why people with perfectly good joints will have joint pain if they are inactive. If the joints do not move, the movement nerves are inactivated, there is nothing to inhibit the pain nerves, and the pain nerves become more and more active.

Movement also keeps the cartilage in your joints from degenerating. Cartilage has no blood vessels to bring in the fluid and nutrients that it needs. Instead, it works like a sponge. Imagine putting a sponge in a puddle of water and then stepping up and down on it. Just as water is thus pumped in and out of the sponge, your cartilage depends upon the pumping action of joint movement to get the fluid and nutrients it requires to stay healthy. Without movement of the joint, the pumping stops, and the cartilage dries up. It shrinks, it cracks, and it deteriorates. This deterioration of the joints is called osteoarthritis, and there is more chance of arthritis from not using the joints than from over-using them. This will make sense to you if you think about older people you know. Those who have been inactive most of their lives will be the ones with arthritis pain. Those who have been active are probably still active, because they have kept their joints pumped up.

So, movement not only makes you feel better, it keeps you "younger," too! How's that for motivation? If you have joint restriction that is limiting your motion, see a chiropractor. Chiropractic adjustments unlock joints and allow them to function to the best of their ability. The rest is up to you. It's not hard! just get moving!

NUTRITION TIPS



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



Nutritious Flaxseed And Your Diet

Flaxseed is packed with healthful components. The light brown seed from the blue-flowered flax plant (*Linum usitatissimum*) has been used as food and medicine since ancient times. Hippocrates used it to relieve intestinal discomfort. Flaxseed resembles the sesame seed in size and shape and has a pleasant nutty flavor. While flaxseed is rich in protein, its health benefits have more to do with its fat and fiber content.

Flaxseed is a rich source of the essential omega-3 fatty acid, alpha-linolenic acid (ALA). Diets rich in ALA may protect against inflammation related to arthritis, stroke, heart disease, and depression. Flaxseed, not oil, is a good source of fiber. It's about one-third soluble fiber contributing to its cholesterol-lowering and blood sugar-stabilizing effects and two-thirds insoluble fiber accounting for its laxative benefits.

It's the richest food source of lignans, phytoestrogens that may act as cancer-blockers, especially for hormone-dependent cancers, such as can-

cers of the breast, endometrium and prostate. Where to buy and how to use: Flaxseed can be found in most grocery stores in the natural food section. Buy ground or milled flaxseed since it is best used by the body. Check for an expiration

date on the package and keep it refrigerated until you use it. Whole flaxseed can be stored at room temperature (a cool, dry place is best) for up to a year. Milled flaxseed can be refrigerated in an airtight, opaque container for up to 30 days.

Flaxseed oil is readily available to use in salads or as supplements but it has been stripped of the fiber and lignans found in ground flaxseed. It must be refrigerated in an opaque bottle to prevent rancidity. Do not use it in cooking.

Include up to 2 tablespoons of ground flaxseed in your diet daily: Add to batter for quick breads, cookies, pancakes and other baked goods. Mix into cereal, yogurt and granola. Sprinkle onto salads, casseroles or vegetables.

Put it on anything! Flaxseeds may already be in foods you consume: cereals, breads, etc. Substitute 1 egg for 1 tbsp of ground flaxseed and 3 tbsps of water in recipes. Substitute 3 parts ground flaxseed for 1 part fat (margarine or oil) in recipes.

Visit www.flaxcouncil.ca -- and eat as well as you can as often as you can!

Over the Garden Gate



By Judy Metz
Master Gardener

8 Simple rules in gardening

1. Top dress your soil – add a couple of inches of compost each spring.
2. Weed little, weed often – Walk around and weed.
3. Pinch now, enjoy later – many late blooming perennials appreciate a springtime pinch.
4. Deadhead for tidiness – deadhead annuals, perennials, and flowering shrubs.
5. Mulch matters. Besides keeping moisture in it also keeps weeds out.
6. Fill in bare spots. Tuck in a cool season annuals, like pansies or snapdragons.
7. Water wisely. Buy an inexpensive soaker hose.
8. Stake tall plants early.

Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull it out. If it comes out of the ground easily, it is valuable plant.

Pointers to help you shop smarter at the garden center:

Try to visit the garden center or nursery on a weekday, when the

salespeople aren't overwhelmed. Don't be afraid to ask the staff for help. They will be very happy to translate everything for you. Ask questions and take notes.

As you are walking down the aisle, you will notice that many garden centers have the perennials arranged alphabetically by botanical name. Annuals and vegetable packs will be grouped separately.

Admire the plants that are in full bloom, but buy the ones that are just budding. They will go through less transplant shock.

Look closely at the foliage, including the leaves and stems. Pick out a plant that has as many stems coming up or growing. That way you will get your money's worth.

Pop the plant out of the pot and look at the root system. Don't buy anything that is root bound or the roots look in poor condition. If you are afraid to try taking the plant out of the pot to look at the root ball, have the staff help you.

Be sure to understand about Sun or Shade restrictions.

I garden, therefore I weed!!!

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