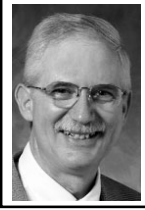


COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Car Sales

A recent article in the State Journal by columnist Dr. Peter Gott reminded me of my car buying experience. I had been looking at a Chevy, and the salesman was most helpful. But, after he spent considerable time with me, I explained that I still wanted to compare the car to others. Well, I ended up buying a Honda, and I dreaded having to explain this to the Chevy salesman, who would be calling. Upon hearing the news, he stunned me by saying, "I know you are going to like your Honda, because that's what I drive." I shouldn't have been surprised he didn't mention this earlier. A good Chevrolet salesman is going to tell you only about his product.

Now, in Dr. Gott's advice column a reader writes, "My sister has been suffering with back pain for a very long time, and her doctors haven't been able to find out what the problem is. She's had all kinds of testing, and they've put her on many different pain medications that haven't done her any good. Now they are giving her morphine." The reader goes on to ask if a vibrating recliner might help.

Dr. Gott's response is to explain a number of possible causes of back pain. His advice is for the sister to return to her physicians for a diagnosis and appropriate referral to a specialist. In other words, she should return to the doctors who have been unable to help her in the first place! I am just as frustrated by this advice as the reader must be. Dr. Gott does not mention the treatments for low back pain that have been proven most effective. Research has shown that simple over-the-counter pain medications (Tylenol is preferred) may be helpful. Stronger pain medications (including morphine) and muscle relaxants have no additional advantage according to the U.S. Agency for Health Care Policy and Research. Manipulation (chiropractic adjustments) and early exercise after minimal rest time should also be used. Dr. Gott doesn't even mention these as options. There is more research for spinal manipulation than other treatments for low back pain, so he must be aware of it. It appears, though, that he is hell-bent on selling Chevrolets!

The lesson here is to shop around for your health care, just as you would shop for a car. Do not trust any one health care practitioner to have an all-knowing and unbiased point-of-view. Your best bet is to recruit a health care team of practitioners from various disciplines. The more information you have, the better health decisions you will make.

NUTRITION TIPS



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



Healthy Breakfast: The Meal of Champions Have you ever heard the saying "Breakfast is the most important meal of the day?" Most people wonder how much truth really lies with this statement. Breakfast is indeed the most important meal of the day. We are going to discuss why it is so important, ways to incorporate breakfast into busy schedules, and provide some quick and simple breakfast ideas.

Breakfast is the main meal that refuels your body and gives you the energy needed to start a new day. People who consume a healthy breakfast on a regular basis are more likely to...

- Control their weight
 - Consume nutrients good for your body such as vitamins and minerals
 - Consume less fat and cholesterol
 - Be more alert and productive during the day
- Many people know they should eat breakfast, but have no time in their busy morning schedule. Some great ways to make sure breakfast is part of your morning routine include...
- Getting up 10-15 minutes early
 - Planning/preparing breakfast the night before
 - Choosing items that can be con-

sumed on the run
Breakfast can include dairy, fruits, vegetables, proteins, and grains. Some quick and simple healthy breakfast ideas...

- Yogurt, fruit, and granola
- Ready to eat cereal
- Whole grain muffins, toast, pancakes, or waffles
- 100 percent fruit/vegetable juice
- Cottage cheese with fruit
- Oatmeal
- Mixed nuts
- Fruit smoothies
- Remember leftovers can be a breakfast meal

Now that you know the many benefits of breakfast instead of making excuses, start making some lifestyle changes to start including a healthy breakfast into your daily life. You may be amazed with how breakfast can make you feel better and prepare you for anything!

Remember to eat as well as you can as often as you can.



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