

W I N T E R   2 0 1 0

the

# Happy Holidays

Newsletter

## A Happy Home Recipe

A good recipe to remember this holiday season and to start the new year with!!

4c. of love  
2c. of loyalty  
3c. of forgiveness  
1c. of friendship  
5 Tbsp of hope  
2 Tbsp of tenderness  
4 quarts of faith  
1 barrel of laughter

*Take love and loyalty, mix thoroughly with faith. Blend it with tenderness, kindness, and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.*



## A Chiropractic Christmas Tree

If you look close you will find tiny spine ornaments and pillow presents.

Save the Date!

Office Closed  
December 24 - 27

Christmas  
December 25th

Office Closed  
December 31st



## Back Pain and Pregnancy

This article was found on the American Pregnancy Association website.

### How common is back pain during pregnancy?

You are not alone if you are experiencing back pain during your pregnancy. The prevalence varies with reports, showing 50 to 70 percent of all pregnant women having back pain.

### What causes back pain during pregnancy?

There are a number of factors that can cause back pain during pregnancy. Some women are at risk of back pain prior to their pregnancy because of overweight or previous injuries. Some causes due to pregnancy are increased hormones, changes in center of gravity, additional weight, posture or position, and stress.

### How can you prevent or minimize back pain during pregnancy?

There is nothing that can totally prevent back pain to not show up 100% of the time but there are some things that can be done to lessen the severity. Such as, exercises to strengthen the core, squat to pick things up, wear shoes with support, sleep on your back, make sure your back is aligned by a chiropractor, get plenty of rest, and elevate your feet.

### How can you treat your back pain?

There are several ways to treat back pain; a lot of the ways to prevent back pain is the same way you treat it. Some common interventions are ice, braces or support devices, sleep on your left side with a pillow between your knees, medications to treat inflammation, and consult a health care provider, such as your chiropractor.



# Spices for Health

## Cinnamon

When you hear the word “antioxidants,” what foods do you think of? Blueberries? Pomegranates? What about cinnamon? That’s right. Cinnamon has one of the highest antioxidant levels of any spice. Spices and herbs are very rich in antioxidants with levels comparable to many fruits and vegetables. Cinnamon also has compounds in it that appear to act like insulin helping to regulate blood sugar levels. This is good for people with diabetes.



## Ginger

Ginger has as many antioxidants as a cup of spinach. Ginger is a tropical spice that has a wonderful pungent, citrus flavor that many use with holiday cooking. For centuries, ginger was used as a natural remedy for a variety of conditions, especially soothing distressed stomachs. Now modern medicines are using ginger to help ease indigestion and reduce pain. Some studies even show ginger to have anti-inflammatory properties, such as aspirin, that helps to block an enzyme, which causes inflammation. Research has shown to offer pain relief for everything from arthritis to nausea and migraines.

## Oregano

Of all the dried herbs, oregano has one of the highest antioxidant levels. Just one teaspoon of dried oregano leaves has as many antioxidants as three ounces of almonds and ½ cup of chopped asparagus. Many studies show that oregano have focused on the antimicrobial properties that help fight the growth of bacteria and parasites.



## Red Peppers

Turning up the heat with chile peppers can help you crank up the antioxidants. Capsaicin is in peppers and is what gives them the heat and antioxidants. Cayenne or ground red pepper contains the most. The Capsaicin helps to increase the feeling of fullness and may last through the next meal. Spicing your foods also can help boost your metabolism and boost calorie burning.

## Chiropractic Christmas

*This was found in an archive of poems and articles that used to hang on the door at the office, which has since been replaced with many other antidotes. It seemed perfect to add it to this months newsletter.*

T'was the day before Christmas

    But there was no cheer.

No jingle bells jingled, no sound of reindeer.

The word had got out that Santa was sick.

There'd be no friendly visit from jolly St. Nick.

The people were sad; no gaiety sounded.

For Christmas had come,

    But Santa was grounded.

He walked down the street,

    And what should he see?

On a small sign was printed, Chiropractor, D.C.

Now Santa was not one to like a new tactic,

But all else had failed, so he'd try Chiropractic.

He entered the office and saw at a glance

In a place such as this, illness hasn't a chance.

For all were smiling, the music was snappy,

With all the patients contented and happy.

In a very short time, to judge by the clock,

He was in the adjusting room, talking to Doc.

"It must be the hurry, the tension and all,

I simply can't seem to get on the ball.

Life used to be easy; just toys,

Guns and whistles.

Now I have to dodge fall-out,

    Space ships and missiles.

"And Doc, take a look at the size of this pack!

Have you any idea what it does to my back?"

Poor Santa was miserable; just barely able

With the help of the doctor, to get to the table.

The doctor was gentle; without fuss or tussle

He examined the vertebrae and relaxed the muscles.

He spotted the trouble, and then with a click,

Started aligning the ailing St. Nick.

And Santa felt aches and pains slipping away,

In no time at all, he began to feel gay.

The air was a tingle with a new fallen snow,

And a healthy Kris Kringle was rarin' to go.

As he went out the door, he threw all a kiss,

Why, it has been centuries since he'd felt good as this!

Then once more he shouldered the bagful of toys,

His heart overflowing with true Christmas joy

So, may we, your friends, echo this cheer?

**Merry Christmas to you and to all**

# Meaning of Christmas

Many times during the holidays we are so busy we forget to stop and remember what Christmas is all about. We recently came across an article that shared a few words that helped to remind us what Christmas was about so we thought we would share these words with you.

Peace Joy Hope Goodwill Happiness Love Faith  
Honor Charity



## Happy Holidays!!

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To All Our Patients, Families, and Friends