

Infinite Wellness Chiropractic

# Wellness News You Can Use

## Inspiring Health and Wellness

As we come up with ideas for our monthly newsletter we work to maintain a balance around the three dimensions of health; the physical, mental and biochemical. This month we share some thoughts and ideas in each area and we review a condition that affects millions of people every year.

First of all, it is September. That means fall is approaching and with the fall comes the fall harvest. One of the great products of the fall harvest is the apple. That being said we thought it would be fitting to highlight the benefits of the apple in the article, 'An Apple a Day'.

For most people, work is a big part of their lives and takes up a lot of time. This can create challenges in living a healthy lifestyle. Many people find it difficult to find time to exercise around their

work schedule and many people don't like their work and that creates a lot of stress that has a negative impact on their health. In 'Another Day in Paradise', we discuss the power to choose our attitude even in difficult circumstances. In 'Fitness at Work' we offer some ideas to break down some of those barriers that make it difficult to fit exercise into the work day.

Finally, as a chiropractor I see what happens to the body when it breaks down. One of the most common conditions we see is sciatica. In our article, 'Sciatica' we explain what sciatica is and how it is treated.

I hope you have had a wonderful Summer and have an even better Fall. Remember to eat right, get some exercise every day, and maintain a positive attitude.

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## Another Day in Paradise

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How satisfied are you with your life? Are you happy with your situation? How about your job? Do you spend countless hours a day watching the clock and wishing it was the weekend?

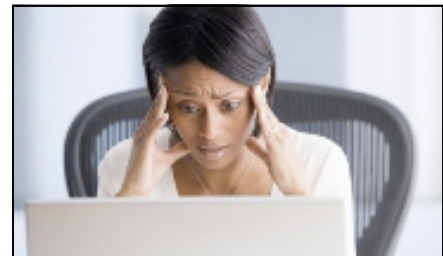
According to a survey conducted by the Conference Board research group, only 45% of Americans are satisfied with their work. Their first survey was conducted in 1987 when 67 percent of those surveyed were satisfied. There are many factors that influence people's job satisfaction, such as economic recession, high unemployment rates, poor management, and undesirable coworkers. However, the most important factor, and the factor that we have the most control over, is our attitude.

Have you ever noticed how things change when you change the way you look at things? I know all of us would love to have our job feel like a vacation in paradise, but let's face it, you may be in a job right now that you don't love. Every day in every moment we have choices. It's the choices we make each day that have

brought us to our current place in life. So the first thing you do is CHOOSE to be HAPPY!

I can hear the rebuttals coming in already, but it's true, you can choose to be happy at work. You must think positive and not focus on all the negative aspects of your job. Focus on the things that you enjoy, and if it makes sense, try to change or improve the things you don't enjoy. Be creative and engaged! Work on personal and professional development so that you can move up or at least have more options within your workplace. Create balance in your life by doing something every day that

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***How satisfied are you with your life?  
Are you happy with your situation?  
How about your job?***

## Another Day in Paradise

...continued

you do love! I love my work as a Chiropractor and whole food nutritionist, but I make it a point to exercise weekly and read daily because it makes me happy!

Make friends at work, it's so much easier to be happy when you are working with friends and people you enjoy being around. If there are people you work with that you don't enjoy so much, at least be tolerant and seek to understand and accept differences. Be flexible and open minded!

Lastly, if you just aren't satisfied with your job, search for something new or go back to school! Be willing to take risks. Very rarely is someone successful and happy without taking risks. You must be willing to get out of your comfort zone if you are going to turn your vocation into your vacation in paradise!



Picnics



Playing Guitar

*Create balance in your life  
by doing something every  
day that you do love!*



Dancing



Dinner with Friends

## An Apple a Day

The old saying, "An apple a day keeps the doctor away" comes from an old English adage, "To eat an apple before going to bed will make the doctor beg his bread." While this may not be completely true, a regular dose of apples in your diet is a good choice.

As we approach fall apple orchards across the country are preparing for the fall harvest. Most people have a favorite apple variety and with 100 commercially grown varieties in the

U.S. there is no shortage of options. Apples are a diverse fruit found around the world and are packed with nutrients and fiber.

Nutritionally, apples are an all star. Vitamins A, C, E, K and B are all found in apples. Minerals, electrolytes, and phytonutrients are also abundant in apples. Apples contain no sodium, fat, or cholesterol and for a medium-sized apple you are looking at about 80 calories. So as you can see it really is a great choice for anyone that is conscientious about what they eat.

For the maximum benefit eat your apples raw with the skin. The skin of the apple is where you will find your highest concentration of fiber and nutrients. I recommend that you eat organically grown fruit whenever possible, but if that is not an option apples are a fruit that can be easily washed. You don't want to offset the

benefits of the apple with the harmful effects of chemicals that may have been sprayed on the fruit.

Finally, if where you live allows it, take advantage of the fall weather and the apple harvest, pile into the car and go apple picking. Many orchards allow you to pick your own apples and often have special events throughout the fall to draw people in. Make an afternoon of it. Enjoying the sunshine with loved ones, walking around the orchard in the fresh fall air, and of course eating the fruits of your labor makes for a well rounded day of health and wellness. If you don't live in a region where you can pick apples, still make a day of it. Pack a picnic with your favorite food, including apples, and take a trip that includes a nice outdoor hike and picnic! How do you like them apples?

*Apples are a diverse fruit found around the world and are packed with nutrients and fiber.*



# Sciatica

Hey Doc, my Sciatica bone is out!

This month I will shed a little light on this “condition” called Sciatica. I have actually had practice members ask me if I can adjust their sciatica bone or other variations of inquiries regarding pain they have in their back and/or down their legs.

Sciatica as an entity is a very specific issue caused by an irritation, inflammation, or tension on a specific individual nerve root (between the 4<sup>th</sup> lumbar and 1<sup>st</sup> sacral segments) or the accumulation of these nerve fibers called the sciatic nerve after they have exited the spinal column.

First of all, sciatica can and often does exist with little to no back pain and can vary symptomatically from a generalized ache to severe pain anywhere from the buttock to the foot. It can have multiple causes including chemical irritation to sensitive neural tissue, chronic mechanical stress on spinal joints that lead to arthritis, disc swelling and/or herniation, and tension in the piriformis muscle (a muscle in the buttocks) to name a few.

The most important considerations to be made if you or someone you know suffers with sciatica are:

- \*What is **causing** the symptoms of sciatica.
- \*What needs to be done to correct the **cause**.

You will notice that I have highlighted the word **cause** because the cause is the culprit that is affecting your health and wellbeing and if that is not addressed properly, the symptoms will only get worse as the condition continues to

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- \*What needs to be done to correct the **cause**.*

manifest in future damage to the bones, ligaments, and nerve tissue in the spinal regions effected.

The first line of evaluation and care for Sciatica **should** be a comprehensive health history followed by a neurological and physical exam and in most cases a spinal x-ray to determine the cause and to develop an effective and safe program of care to correct it. In my opinion this should be done by a chiropractor, as we are best equipped to provide these conservative and effective services. The first line of care or evaluation **should not** be expensive and in most cases unnecessary diagnostic procedures, steroid injections, physical therapy, or spinal surgery because these are primarily aimed at treating the symptoms of sciatica as opposed to detecting and correcting the cause.

As a person speaking with experience, I truly believe that you are better off making a healthy choice for a lifetime than you are spending a single minute in a medicine cabinet or on an operating table.

Yours in Health,

Dr. Dan McDonald

# Fitness at Work

As a chiropractor I talk to patients on a daily basis about living a healthy lifestyle. One of the keys to a healthy lifestyle is regular exercise. I have heard all the excuses and even used them myself at times. I know you are busy and there are a lot of demands on your time. However, I know it makes life even harder if you are trying to get everything done that

needs to be done but are not functioning at your optimum potential because of an unhealthy lifestyle.

One way to improve your fitness at work is to take advantage of the opportunities that are available to you on a daily basis. Opt for those activities that demand more effort over those that are more convenient. For example, use the stairs whenever possible. If it is an



***Opt for those activities that demand more effort over those that are more convenient.***

## Fitness at Work

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option, use your own horsepower to get to work via running, walking, or biking. Keep it as a part of your consciousness to move as much as possible. Not only will it help you burn calories it will help you stay more alert and focused.

Another benefit to healthy living is that many insurance companies and businesses offer incentives for individuals who demonstrate that they are living a healthy lifestyle. Find out if that applies to you and take advantage of those opportunities. Lunch time walking clubs, company sports teams, and interoffice competitions are great ways to get

more people on board and create a built-in support system.

Finally, put some thought and effort into how you are eating while at work. If you don't plan ahead it is easy to run to the vending machine or order take out to fill the void that is causing your hunger. Unfortunately, your healthy options in those circumstances are severely limited. By packing a lunch you can plan ahead, create a balanced nutritious lunch and save some money. There is no downside and it only takes a bit of planning and a little effort.

These are just a few ideas to get your

wheels turning. I encourage you to start coming up with some of your own ideas of how you can become more active in your work environment. This will be a great start towards a healthy lifestyle that will help you get more years out of your life and more life out of your years.



*Try to gather a lunch time walking club!*



## Recipe of the Month: Zucchini Parmesan



**Prep & Ready Time:** 25 Minutes

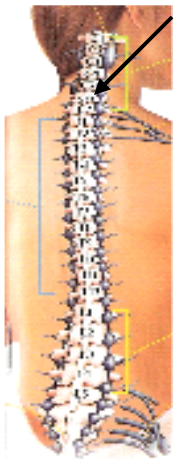
**Yields:** 6 Servings

**Ingredients:**

- 1/2 to 1 teaspoon minced garlic
- 1 tablespoon Olive Oil
- 4 medium zucchini, cut into 1/4-inch slices
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/4 cup grated parmesan cheese

**Directions:**

1. In a large skillet sauté garlic in oil.
2. Add zucchini; cook and stir for 4-5 minutes or until crisp-tender.
3. Stir in the tomatoes, seasoned salt and pepper.
4. Simmer, uncovered, for 9-10 minutes or until liquid is absorbed and mixture is heated through.
5. Sprinkle with Parmesan cheese and serve with slotted spoon.
6. Enjoy!



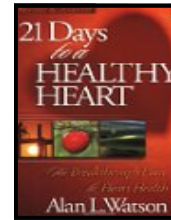
C6—A subluxation or interference at this spinal level can affect the neck muscles, shoulders, tonsils.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

www.iwchiropractic.com  
or call: 763-438-5450

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit [www.amazon.com](http://www.amazon.com).

- **Discover Wellness**, by *Bob Hoffman & Dr. Jason Deitch*~ The ultimate solution to America's health care crisis.
- **21 Days to a HEALTHY HEART**, by *Alan Watson*~ This book will help you understand the role that diet and nutrition have on the function and health of your heart.
- **Food Matters (Film)**, by *James Colquhoun*~ An eye opening documentary on our society's current state of health and the role food plays in this.



## Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

[info@iwchiropractic.com](mailto:info@iwchiropractic.com)

or

**Wellness Quiz**  
**21308 John Milless Drive**  
**Suite 201**  
**Rogers, MN 55374**

Your name will be entered into a monthly drawing to win a free Catalyn® whole food multivitamin. Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so.

1. Dr. Dan suggests that you create balance in your life by doing what every day?
2. Name the five vitamins found in apples.
3. For the maximum benefit how should you eat your apples and where do you find your highest concentration of fiber and nutrients?
4. What does Dr. Dan believe should NOT be the first line of care or evaluation for sciatica and why?
5. By packing a lunch you can \_\_\_\_\_.
6. One way to improve your fitness at work is to take advantage of the opportunities that are available to you on a daily basis...list two examples.
7. What organs and/or body parts could be affected by a subluxation at the sixth (C6) Cervical Vertebrae?

## August Answers:

1. Jack LaLanne once said, "The only way to hurt the body is to not use it".
2. Jack LaLanne was a Chiropractor. Not a bad example to follow!
3. Here is an undeniable truth; your body wants to be well. It is always working to create balance or homeostasis.
4. As with any good relationship, communication is key.
5. All functions in the body are controlled and regulated by your nervous system which is housed and protected by your spine.
6. Five helpful tick tips include are: know where to expect ticks, use repellent, wear protective clothing, perform daily tick checks on all members of your household, including pets, and know how to remove a tick.
7. A subluxation or interference at the fifth (C5) Cervical Vertebrae can affect the vocal cords, neck glands, pharynx.

## Inside the October Issue:

- Attitude Adjustment
- Points for Good Posture
- Cup Full of Sugar
- Know Your Oatmeal
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

## Infinite Wellness Chiropractic News & Updates

### New Office Hours

In an effort to better serve our patients and adapt the changes in my own growing family, the following office begin this month:

Monday 7:30- 4:00  
Tuesday 9:30-7:00  
Wednesday 7:30-6:00  
Thursday 7:30-1:00  
Friday 7:30-6:00  
Saturday Appointment only

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## About Infinite Wellness Chiropractic



Infinite Wellness Chiropractic, PA  
21308 John Millessa Dr. Ste 201  
Rogers, MN 55374  
Phone: 763-438-5450  
E-mail: info@iwchiropractic.com

At Infinite Wellness Chiropractic we offer a wide range of wellness services including full spectrum nervous system and spinal screenings, Nutrition Response Testing™, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your nervous system, organs and overall health checked recently, it could be the best investment you ever make in your future. For more information, please contact us at 763-438-5450 or stop by our office on the second floor of Rogers Professional Building.

### Our Mission Statement:

To provide excellent care, education, and support with the intent to stimulate, nurture, and facilitate growth, learning, health, and well-being for our patients and community, thus empowering and inspiring a new paradigm of health based on the whole food philosophy and principles of Chiropractic.