

May 2016

Volume 11, Issue 5



Osteoporosis: Not Just For The Elderly

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Services Offered

- Chiropractic Care for the entire family
- Massage Therapy
- Acupuncture
- Nutritional Consults/Evaluations
- Exercise instruction/rehabilitation services
- Complete radiology services
- Bone Density Testing
- DOT physicals/drug screening services
- Cholesterol Testing
- Functional Health Testing
- Physiotherapy services

Osteoporosis used to be considered a disease that affected only the elderly and was associated with older women whose backs were slightly hunched over or those who could no longer stand up straight. Today an estimated 20 million American women suffer from osteoporosis and 80 percent of them don't even know it.

Osteoporosis is a chronic, progressive condition that steals bone from the body, leading to fractures of the hip, spine and wrist. Alarming, one in two women and one in eight men will suffer from an osteoporosis-related fracture in his or her lifetime.

Even though osteoporosis is painless until a bone fracture occurs, it is important to find out how healthy your bones are now and if need be, adjust your lifestyle to avoid this brittle bone disease. The American Chiropractic Association recommends the following tips to maintain healthy bones:

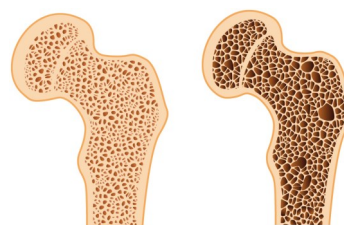
- Start a regular exercise program. Weight bearing exercise is helpful in reducing the risk of osteoporosis. Exercising for 20 minutes, three times a week, is helpful.
- Be sure to include a calcium supplement in your

daily diet. The National Institute of Health's recommendations are 1,000 mg/day for postmenopausal women taking estrogen; 1500 mg/day for men and women over 65 years of age.

- If you are looking for a calcium supplement, try one that's highly absorbable, such as microcrystalline hydroxyapatite concentrate (MCHC). Ask one of the doctors about this supplement, available at the clinic.
- Consider taking additional nutritional supplements, such as vitamin D, C, magnesium, and zinc.
- Eat a healthy, balanced diet, including fresh vegetables, fruit, nuts, seeds and legumes ("greens and beans"). Try broccoli, kale, collard greens, cabbage and turnip greens.
- Drink 8 eight-ounce glasses of water a day (herb teas, juices and coffee are not a substitute for water.) Avoid caffeine, carbonated sodas, alcohol, baked goods and junk food.
- Watch your animal protein intake which tends to leach calcium from the bones, leading to its excretion in the urine. Animal protein acidifies the blood and during the process of neutralizing this

acid calcium from bone dissolves into the blood stream and into the urine.

While patients tend to assume that boosting their calcium intake will ensure strong bones, research clearly shows that calcium intake is only part of the issue. No less important is reducing calcium losses.



Healthy bone

Osteoporosis

Osteoporosis is a preventable disease that starts with proper nutrition and weight bearing exercise. If you are unsure of the status of your bone health, have your bone density checked today. We offer bone density screening at our clinic with a discount this month. It may be time to start a calcium supplement or a new exercise program.

It is also important to remember that there are many types of calcium but not all of them build bone equally. Talk to one of the doctors today about which type of calcium is best for you, along with other ways to prevent osteoporosis.

Featured Supplement: Cal Apatite

*Contains pure microcrystalline hydroxyapatite concentrate (MCHC) which is the most bioavailable form of calcium you can get

*Studies have shown that MCHC nearly halts bone loss in postmenopausal osteoporosis

*Highly absorbable calcium, magnesium, phosphorus, collagen, and other trace minerals that are beneficial for bone mineralization

*Very well tolerated— does not produce gas like calcium carbonate

*Also available in chewable form and vegetarian formula

See the front desk for more details or for more information ask Dr. Minser, Dr. Gerhardson, Dr. Fimrite, or Dr. Leither



Don't wait, get your massage gift certificates today!!

**Need a gift
for Mother's
or Father's
Day!?
Massage
Gift
Certificates
make great
gifts for all
occasions!!**

Massage for Postpartum Depression

Have you been suffering from postpartum depression? Did you know a postpartum massage is just as beneficial as a massage during pregnancy? Postpartum depression (PPD), also known as the “baby blues”, affects many new mothers around the world. Though many mothers may not know that massage therapy can help with the physical and emotional symptoms that go along with PPD.

Massage therapy is generally known for helping with relaxation, pain relief, stress reduction, and many other health benefits. Massage for postpartum depression can also offer many health benefits for new mothers. These benefits are more focused on hormone regulation, reduce swelling, increase better sleep, and improve breastfeeding. If you or someone you know is suffering from PPD, make an appointment for a massage with any of our certified massage therapists!

Featured Essential Oil of the Month: Juniper Berry

~A purifying essential oil, which makes it great in lymphatic drainage and in helping the body to eliminate toxins

~Helps alleviate nervous tension, intellectual fatigue, and anxiety

~Psychologically, it's purifying, clearing and fortifying

~When used in small amounts, it's great in skin care, especially when toxins such as acne affect the skin

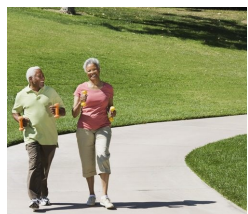
~Overall, cleansing, restorative, and invigorates the body

**Avoid use during pregnancy and do not use if you have kidney disease. Use carefully in small amounts

If you have any questions about essential oils, please see any of our certified massage therapists.



Osteoporosis and Exercising



As we all know, osteoporosis is a major cause of disability in older women. If you have osteoporosis, how can you

reduce your risk of spinal problems and broken bones that can result in loss of mobility and independence? The answer is exercise!

If you have been physically active, great job! Exercising will help strengthen your muscles, which in turn helps protect your bones. Even though your bones may have lost some density as you have aged, you are less likely to break a bone if you happen to slip and fall.

On the other hand, if you haven't been physically active, it is never too late to

start exercising. After menopause, the pace of bone loss really picks up, thus increasing the chances of breaking a bone. Starting an exercise program will help improve your strength, balance, improve your posture, decrease pain, and help you avoid falls. It also may help keep your bones from getting weaker.

It is always important to choose the right form of exercise. There is no one-size-fits-all prescription, so consult your doctor before starting an exercise program for osteoporosis. But, in the meantime, think about what activities you enjoy doing the most. If you choose an activity/exercise that you enjoy, you will have more success sticking with it over time.

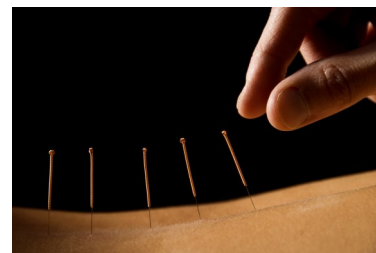
Some activities that are most often recommended are strength training,

weight-bearing aerobic activities, flexibility, stability, and balance exercises. However, there are also some movements that need to be avoided, if possible, with osteoporosis. Movements that are high-impact exercises, such as jumping, running, or jogging are inappropriate for someone with osteoporosis. These activities increase compression in your spine and lower extremities and can lead to fractures in weakened bones.

Also avoid exercises in which you bend forward and twist your waist. With these movements you put pressure on the bones in your spine, thus increasing your risk of compression fractures. Again, if you are not sure about how healthy your bones are, talk to your doctor. Don't let fear of fractures keep you from having fun and staying active!

Fun Facts about Acupuncture

- Acupuncture has been practiced for hundreds of years
- Originally the needles were not made out of steel but of stone, bamboo, and bones
- Modern needles are a lot smaller than standard hypodermic needles, they do not draw blood, and are not hollow
- There are 360 different acupuncture points throughout the body
- Those points are located on the 12 channels that correspond to an internal organ and run throughout the body
- Acupuncture is used to treat many different conditions like: headaches, depression, sinus allergies, weight loss, infertility, constipation, and more!
- It is a safe treatment for all ages, as long as one can sit still for a short period of time
- Acupuncture needles are single use, sterilized, and pre-packaged
- In 1995, the U.S. Food and Drug Administration (FDA) classified acupuncture needles as medical instruments, assuring their safety and effectiveness
- It is extremely effective when used as an adjunct therapy with chiropractic and massage
- Acupuncture is one of the services Minser Chiropractic Clinic offers!



If you have any questions about acupuncture, please ask Dr. Minser, Dr. Gerhardson, Dr. Fimrite, or Dr. Leither

11th Annual Minser 5k/1k



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Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health issues. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professions. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of your health problem.

The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebra or joint becomes misaligned or its function/motion are altered, it may cause irritation to the muscles, nerves or organ systems involved.

Save the date for Saturday, October 1st, 2016 for our 11th annual 5k/1k Walk/Run! All are welcome to run, jog, or walk this beautiful course on the Beaver Island Trail.

The kids 1k fun run will kick off this year's event at 9:00am with the 5k following up at 9:30am.

1k Awards: All participants of the 1k will receive a finisher award

5k Awards: To all 1st, 2nd, and 3rd place Male and Female finishers in each age group: 12& under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

1k Entry Fee: \$15 before Sept. 1st, \$20 after Sept. 1st

5k Entry Fee: \$25 before Sept. 1st, \$30 after Sept. 1st

Proceeds go to the Oklahaven Children's Chiropractic Center

Registration fee includes: T-shirt, electronic timing chip, and refreshments at the finish line.

Online Registration is available at:

<http://minserchiropractic5krun.itsyourrace.com/event.aspx?id=7265>

More Information to Come!

Strawberries N' Cream Ice Cream

Made in your Blender

Servings: 2 to 3

Makes: 2 cups / 1 pints

1 can coconut milk
1 Tbsp maple syrup
2 cups frozen strawberries



Directions:

1. Refrigerate canned coconut milk overnight. The next day, open can upside down, pour out the liquid (you can reserve the liquid for smoothies) and scoop the thickened coconut cream into a blender.
2. Add maple syrup and strawberries and blend until thick and cream.
3. Serve immediately or freeze for a thicker consistency.

NUTRITION (per serving) 154 cal, 2g pro, 8 g carb, 2 g fiber, 5 g sugars, 14 g fat, 12.5 g sat fat, 9 mg sodium