

2017: Just for the Health of It

SCIATICA

By Dr. Mary Beth Minser

One of the most common symptoms we see as doctors of chiropractic is the combination of lower back, buttock, and leg pain. This set of symptoms is often called sciatica.

Sciatica is not really a diagnosis; it is a sign that something is causing pain felt along the sciatic nerve. The sciatic nerve is one of the longest and largest nerves in the body. It is responsible for controlling muscles of the legs and is the nerve that communicates sensation of the skin to the majority of the leg and bottom of the foot to the brain.

Symptoms of sciatica are rarely related to an injury. These symptoms usually are associated with some type of dysfunction in the motion of the spine or pelvis, or can be associated with wear and tear of the spine, called degeneration.

Another common cause of sciatica is pregnancy. It is caused by the ever changing pelvis and lower back as the baby grows. This change in body mechanics can negatively influence the function of the sciatic nerve. Pregnant women will confirm significant relief of sciatica with spinal manipulation.

Chiropractic examination, at times along with x-rays or an MRI, can determine the cause of sciatica. For most people, sciatica can be easily treated. Chiropractic offers a noninvasive, drug free treatment.

The goal of chiropractic treatment is to restore spinal and pelvic function which in turn allows the sciatic nerve to work at optimal levels without producing pain and numbness.

When experiencing sciatica, prolonged bed rest can make your symptoms worse. Regular exercise has been shown to reduce the intensity of pain. Before starting an exercise program, always check your doctor of chiropractic.

The exercise department at Minser Chiropractic has many exercise programs that can be tailored to your body type along with your symptoms and diagnosis that will help speed your recovery.

If you or a loved one are experiencing sciatica, please call the clinic and let us help!

Yours for better health.....naturally!



INSIDE THIS ISSUE

Supplement of the Month— Vitamin D.....	2
Featured Essential Oil— Wintergreen	2
Chicken Chili with Black Beans and Corn	2
Massage Therapy Tailored to You	3
It's Time to Make a Change.....	3
Shoveling Snow Correctly.....	4
Upcoming Seminars	4



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
- Sports Physicals

Quote of the Month::

“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and the cause and prevention of disease.”

~Thomas Edison

SUPPLEMENT OF THE MONTH: VITAMIN D

- Studies have shown Vit. D stimulates immune cells to produce anti-microbial substances that fight and help control the replication of viruses in the body
- Helps to tone down the immune system's response to invading viruses in the respiratory tract and can prevent overproduction of inflammatory substances that lead to fluid build up
- Helps develop and maintain strong bones
- During the winter months the body does not make much vitamin D on its own due to the lack of sunlight exposure. Do not worry about overdosing. An overdose of vitamin D comes only once you reach 10,000 IU
- 2,000 IU recommended for adults daily and 1,000 IU recommended for children



For more information ask Dr. Minser, Dr. Fimrite, Dr. Gerhardson, or Dr. Leither

FEATURED ESSENTIAL OIL – WINTERGREEN

*This oil is good for people suffering with arthritis, gout, or pain in the bones or joints

* Reduces spasms in the muscles

*Provides relief from congestion in the chest, breathing troubles, asthma, and spasmodic coughs

*It helps fight infection!

*Induces contraction in the skin, blood vessels, and hair roots which will help add firmness to muscles and lift to the skin

*Helps to remove toxins and excess water

Don't use if you are hyper-reactive to salicylates

Add this essential oil to your massage today for only \$5!

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

CHICKEN CHILI WITH BLACK BEANS AND CORN

Serves: 8

15 mins Prep time 30 mins Cook time

Ingredients:

- | | |
|--|--|
| ◆ 1 tablespoon vegetable oil | ◆ 1 teaspoon Garlic Powder |
| ◆ 1 pound boneless skinless chicken breasts, cut into 1-inch cubes | ◆ 1/4 teaspoon Crushed Red Pepper |
| ◆ 1 cup chopped green bell pepper | ◆ 1 can (15 ounces) black beans, drained and rinsed |
| ◆ 1 cup chopped onion | ◆ 1 can (15 ounces) great Northern beans, drained and rinsed |
| ◆ 1 tablespoon Paprika | ◆ 1 can (14 1/2 ounces) diced tomatoes, undrained |
| ◆ 1 1/2 teaspoons Oregano Leaves | ◆ 1 cup frozen corn |
| ◆ 1 teaspoon Ground Cumin | |

Directions:

Heat oil in large skillet on medium-high heat. Add chicken, bell pepper and onion; cook and stir 6 to 8 minutes or until chicken is lightly browned. Add paprika, oregano, cumin, garlic powder and red pepper; mix well.

Stir in remaining ingredients. Bring to boil. Reduce heat to low; simmer 20 minutes.

MASSAGE THERAPY TAILORED TO YOU

There are many types of massage, so how do you choose which one is right for you? From Swedish and relaxing massage, to deep tissue work and myofascial release, it can be hard to know what type of massage to ask for. The massage therapists at Minser Chiropractic will work with you and your chiropractor to provide a treatment that is custom tailored just for you.

Massage is a great way to get rid of the knots, relieve some pain and be able to assist you in a chiropractic adjustment. When you work with a massage therapist each session is tailored to you! Each person has different needs and it's important to find a massage therapist who is able to determine what type of massage is going to help your muscles release and relax.

Many times people look to massage just for relaxation, but it can be used for so much more than that! With consistent care the massage therapist can work with the muscle and notice changes from one visit to another. The therapist will continue to knead and mold your muscles to release the tension they hold so your skeletal system can be better supported. Take care of yourself and schedule a massage appointment today!



Need a gift? Massage Gift Certificates make great gifts for all occasions!

IT'S TIME TO MAKE A CHANGE

As the year starts over, many of us decide it is time to take a look at many aspects of our lives to see where we can make a fresh start or a positive improvement. One of those places many, if not all of us can improve upon is our health.

We can all do a little better in making healthy eating choices, losing a little weight and making an effort to get moving. It sounds easy enough, but for many of us, actually knowing where to start can feel overwhelming. This is where we can help.

Minser Chiropractic is equipped with a full exercise studio. We have an Exercise Specialist on staff who can develop specific programs to focus on your health needs.

If your goal is to lose weight, to gain muscle, to tone arms, to flatten your stomach, or just to get moving, we have the tools to help you achieve success!

Our "Take Back Your Body" program is designed for the beginner. This is for someone new to exercise or someone who has taken a break from exercising

for a while and would like to get back to it. This program includes six 30 minute sessions with Katie, our exercise specialist to help you get started on your fitness journey. She will design programs targeted to your specific goals and fitness level.

Our "Kick it up with Katie" program is for those who already exercise on a regular basis, but need to step it up a notch or who have a specific fitness goal in mind. Maybe 2017 is the year you run that marathon or complete that obstacle 5K. Maybe you just want those tone arms you've been working on, but are struggling to get on your own. Katie has the knowledge to customize a program specifically for you.

To learn more about these two programs or any of the programs offered in our exercise department, please talk to Katie or one of our chiropractors today.

Remember, nothing changes if nothing changes. Now is the time to be the person you have always wanted to be.



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.

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Minser Chiropractic Clinic

SHOVELING SNOW CORRECTLY

Shoveling snow can wreak havoc on the musculoskeletal system. The American Chiropractic Association suggests the following tips to correctly shovel snow in order to prevent any back pain:

- ◆ If you must shovel snow, be careful. Listen to weather forecasts so you can rise early and have time to shovel before work.
- ◆ Layer clothing to keep your muscles warm and flexible.
- ◆ Shoveling can strain "de-conditioned" muscles between your shoulders, in your upper back, lower back, buttocks and legs. So, do some warm-up stretching before you grab that shovel.
- ◆ When you do shovel, push the snow straight ahead. Don't try to throw it. Walk it to the snow bank. Avoid sudden twisting and turning motions.
- ◆ Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.
- ◆ Take frequent breaks to take the strain off your muscles. A fatigued body asks for injury.
- ◆ Stop if you feel chest pain, get really tired or have shortness of breath. You may need immediate professional help.

Afterwards, if you are sore, apply an ice bag to the affected area for 20 minutes, then take it off for a couple of hours. Repeat a couple of times each day over the next day or two. If you continue to feel soreness, pain or stiffness after following these tips, it may be time to visit your chiropractor.

UPCOMING SEMINARS

Eat Well, Move Well, Live Well, Be Well – Jan. 18th @ 7pm

Dr. Katherine Leither will discuss areas in your life to help you feel better and to help create a path to cleaner living. Find out how small changes with simple solutions can help you achieve your health goals. Included is how to move better, the types of foods you should be eating, the foods you should be avoiding, de-stressing, and better sleeping. This seminar will help teach you ways to Eat Well, Move Well, Live Well, and Be Well. This event is open to the public and is FREE!

Stretch Out Strap Demonstration – Jan. 24th @ 6– 6:30pm

Join our exercise specialist, Katie, for a demonstration of the Stretch Out Strap! The Stretch Out Strap is great for stretching all the muscle groups without a partner! The multiple loops along the strap are designed for easy, safe stretching for all flexibility levels. Purchasing a Stretch Out Strap is necessary to attend. (If you already have one, you may bring it instead) Katie will focus on stretching major muscle groups, but can address specific muscles if you have questions.

Space is limited for these seminars, call the clinic to reserve your spot! 320-253-5650