

# 2017: Just for the Health of It

## THE POWER OF POSTURE

By Dr. Krista Blomdahl

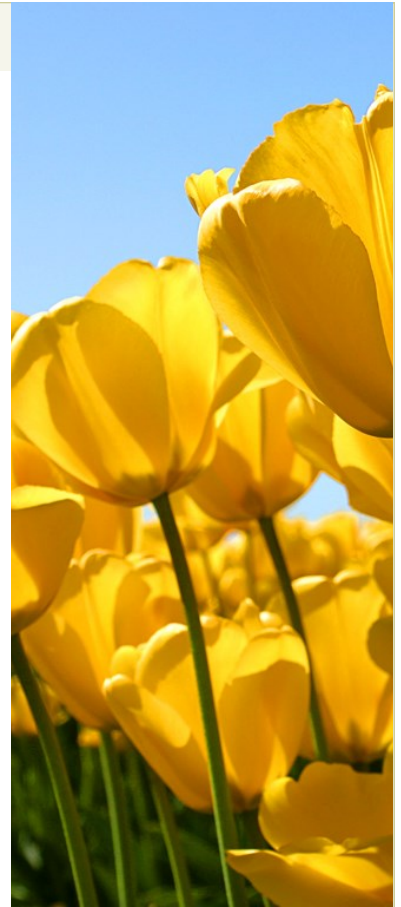
The spine and brain make up your central nervous system, which is the power house that controls every process in the human body. To maintain proper nerve flow throughout the spine and the rest of the body, proper spinal posture is an essential component to overall health. Posture is what holds up your body while standing, sitting, and lying down to maintain healthy bones, muscles, nerves, tendons, and ligaments.

When segments of the spine are chronically in mal-position, the musculature of the body adapts to this position and progresses the issue. This causes chronic pressure to be put on spinal nerve roots, which leads to nerve inflammation. When this occurs, the body turns on its “check engine light,” and notifies the body that a deeper issue is present, in which it’s time for a chiropractic adjustment. When this reoccurs over time, our body adapts to the issue, and chronic stress leads to other health issues. For example, the average adult human head weighs about ten pounds. For every inch our head sits in a forward position due to adaptation of computer work, driving, reading, or cell phone use, another ten pounds of pressure is added to the spine. That means if our head is tilted forward three inches while looking at our cell phone, that’s thirty pounds of pressure being put on the spinal cord through the neck and upper back. That type of chronic inflammation can cause degeneration of bones and soft tissue over time.

When people are visibly seen sitting or standing in a “slouched” position, pressure is also put on internal organs which puts them in a state of inflammation. When parts of the body such as lungs, stomach, or liver aren’t able to receive proper nerve flow, they are unable to function optimally and the body is put in a state of dis-ease.

To improve your posture, stretching and strengthening of stabilizing muscles is necessary, which we can do here at our clinic! These postural muscles surround the spinal cord and developed strength takes pressure off these joints and nerves. By developing good tendencies at a young age, the body can avoid damage and degeneration.

Chiropractic can help align the spine to promote good posture and relieve pain that is caused by poor posture. Talk to your chiropractor about good posture habits and learn which exercises you can do at home to strengthen your muscles and live a long life of spinal health.



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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
- Sports Physicals

#### Quote of the Month:

“Unless some misfortune has made it impossible, everyone can have good posture.”

~Loretta Young

## SUPPLEMENT OF THE MONTH: 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
- Very well tolerated– does not produce gas like calcium carbonate
- Along with regular exercise and a healthy diet, calcium can play a significant role in reducing the rate of bone loss or bone thinning and in protecting bone strength
- A well rounded formula featuring Vitamin D for enhanced bone health

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

## FEATURED ESSENTIAL OIL – ROSEMARY

~Works excellent in massage when used for relaxing tight, overworked muscles

~It is an oil for remembrance. It strengthens the mind and increases creativity

~Aids meditation, keeping the mind clean and alert

~Psychologically, it's stimulating, purifying and protecting

~Overall, it is reviving, refreshing and strengthening

\*Avoid this oil during pregnancy and do not use if you suffer from epilepsy

Add any essential oil to your next massage for only \$5.00!

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

## PEANUT BUTTER FRUIT DIP

### Ingredients

- 2 (5.3 oz) containers Vanilla Greek Yogurt
- 1/3 cup creamy peanut butter
- 1 Tbsp honey, or to taste

### Directions

Add all ingredients to a bowl and whisk to blend until smooth. Serve with fruit (recommended bananas, apples, raspberries or strawberries). Store in refrigerator in an airtight container.



## PREGNANCY MASSAGE

Research from the last five years shows that massage is one of the most popular alternative therapies for women during pregnancy. Research suggests that massage is effective in reducing pregnancy related leg pain, back pain, neck pain, and depression.

During pregnancy, many rapid changes are occurring in the body's shape, weight, and center of balance. These changes can lead to an increase in neck, back and hip discomfort during pregnancy.

Pregnancy is an excellent time to utilize massage therapy. During the massage treatment, specialized positioning will be used to allow the therapist to work all areas of the body. The massage therapist will tailor her techniques to the individual to help reduce tension and stress in the neck, back, shoulders, hips, arms and legs.

Massage helps improve circulation and decreases swelling in the lower extremities. Utilizing massage throughout pregnancy is a wonderful way for the expecting mother to relax and take some time for herself. If you have any questions on how massage can help you during your pregnancy, please ask one of our certified massage therapists! Call today to schedule your pregnancy massage!

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***Supplement Sale!** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, May 31st, get 15 % off all nutritional reorders!*

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## STRONG POSTURE PROGRAM

May is Posture month! Improve your posture with our Strong Posture Program!

Our Strong Posture program includes 7 one on one sessions with our exercise specialist to progressively develop a posture exercise routine for your body to train core muscle strength and control.

In the end you will come away with a routine that takes just 10 minutes a day to maintain. Sign up today for \$145 and includes a therapy ball. This program can make a difference not only in how you feel and move today, but also how well you'll move 20, 30 and even 40 years from now.

### **Strong Posture and core musculature improves...**

- Breathing and cardiovascular function
- Back pain and helps avoid back injury
- Headaches
- Increased confidence
- Athletic performance

- Appearance—younger and slimmer looking—tummy looks more toned and no hunching or shrinking posture
- Physical strength
- Equilibrium
- Stability for exercising and makes everything you do easier
- Balance and helps maintain physical independence in your senior years
- Digestive function (digestive organs are surrounded by your core muscles)
- Energy and stress levels
- Ease of labor and delivery for pregnant women

Make an appointment today with our Exercise Specialist, Katie, to get started on your better posture journey!



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.

## 7 STEPS FOR BETTER POSTURE AT WORK

Posture affects everything you do! How you walk, sit, move, breathe, and much more! Better posture at work means increased productivity, more focused, less back pain, and less headaches. Here are a few steps you can take to have better posture at work!

- 1. Align Your Head** - Rule of thumb for proper head posture is your ears should be in line with your shoulders. Forward head posture can result in tight muscles in the neck and possible headaches.
- 2. Stretch Your Shoulders** - Hunched desk posture leads to tightened chest muscles and restricted air ways.
- 3. Look up!** - Keep your monitor centered in front of your body. Adjust your chair or desk so you are not looking downward at your computer.
- 4. Don't Slouch** - Slouching tightens your chest muscles and can reduce strength in the upper back. Keeping your computer at eye level can help reduce slouching.
- 5. Exercise and Stretch** - Long hours sitting at a desk with little to no breaks can lead to shortened hip flexor muscles. Try to get exercise outside of work and stretch your hips at home. If you can, take short walking breaks throughout the day.
- 6. Keep Wrists Flat** - Maintain a flat keyboard surface and keep your wrists above the keyboard when typing. Occasionally roll out your wrists to reduce tightness.
- 7. Sit Upright & Move Your Feet** - Crossing your legs at your desk can lead to poor circulation and misalignments in your spine. Sit up straight with your feet flat on the floor and move your feet frequently to increase blood flow

Ask the doctors if you have more questions on how to improve your posture!

## MAY IS OSTEOPOROSIS PREVENTION MONTH!

### Would you like to know how your bone health is?

Risk factors of Osteoporosis include:

- \* Small, thin frame
- \* Female
- \* Family history of Osteoporosis
- \* Smoker
- \* Caucasian or Asian ancestry
- \* Avoidance of dairy foods
- \* Sedentary lifestyle
- \* Excessive caffeine or alcohol intake
- \* Low Vitamin D intake
- \* In early stages of Menopause
- \* Have Rheumatoid arthritis

### Are you at risk?

If so, be sure to have your bone density evaluated today! During the month of May we are offering Bone Density Tests for only \$35! (normally \$50)

Call the clinic today to schedule your Bone Density Test!  
320-253-5650

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