



2018: Back to the Basics

WEIGHTLOSS AND YOUR FOOD

By Dr. Krista Blomdahl

Most people, at some point in their lives have tried to lose weight. Everyone has been unhappy with the way they look, the way they feel, and perhaps concerned with their overall health. Maybe you've tried eating less, exercising more, and have tried every diet under the sun. With any of these approaches, by themselves or combined, you may lose some weight. But probably not as much weight as you would like, and you've probably had a hard time keeping it off. The body isn't simple, it's an extremely complex mass of cells, tissues, nerves, hormones, elements, etc. Therefore weight loss isn't as simple as eating less, and exercising more. We can't just look at the theory of balancing calories in vs. calories out, we need to approach the biology of the body. When doing so, there's one culprit that we can look at that has the ability to change how our body functions regarding its weight. That culprit is carbohydrates. We need to focus on the fact that overeating is not the cause of being overweight, it's WHAT we're eating.

Carbohydrates determine how much fat we accumulate in our body by altering our body biologically. Carb intake plays with two hormones that have the ability to completely change how our body responds to and stores fat. These two hormones are known as insulin and leptin.

Insulin begins to be secreted when all you do is think about eating carbohydrate rich foods. This level of insulin in the body tells the fat cells to stop releasing fatty acids and to take up more. This causes you to get hungrier, which causes you to eat, in which you then produce more insulin. These carbs are then digested and broke down into glucose, which causes your blood sugar to rise. This again, causes your body to produce more insulin. The fat that was consumed is stored as triglycerides, and some of the carbs are converted into fat in the liver. These fat cells all keep growing, causing the body to keep getting fatter. The body will continue in this cycle until insulin drops. Or until we think about carbohydrates again....

Leptin is a hormone that controls hunger and how full we feel. The more overweight a person is, the more leptin is present in the body. It is a hormone that is present when we overeat. We become leptin resistance where our bodies are already overweight, but we have no neuronal signaling of that feeling. The body is full and overweight, while the brain is starving. High carbohydrate consumption increases leptin. Our body then feels rewarded for eating more food (especially carbs), therefore we continue to do so.

It remains true that weight loss involves proper diet and exercise, BUT the key is how we diet and ensuring we're consuming proper energy sources in order to be able to exercise and receive its benefits. In order to do this, we need to not be scared of fat. It's ok to eat fat, even saturated animals fats! Fats are good and energy dense, and provide us with the sustenance we need for our body to function properly. It's carbohydrates that determine how much fat we accumulate by keeping insulin and blood glucose at high levels. Fructose is known as a the most lipogenic carbohydrate, meaning it turns to fat the most quickly. By cutting down carbohydrates and sugars, we can decrease insulin and glucose and allow the body to free fatty acids into the blood stream.



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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

SUPPLEMENT OF THE MONTH: IMMUCORE

Includes 3 core immune-supportive ingredients in one easy to use formula

-Ultra Potent-C:

-Developed for enhanced cellular uptake of Vitamin C

-Buffered to help prevent potential stomach upset associated with Vitamin C

-Zinc:

-Enhances healthy immune function and supports white blood cells

- Nourishing Mushrooms

-Protective support for a stressed immune system

For more information ask Dr. Minser, Dr. Fimrite,

Dr. Gerhardson, Dr. Leither, or Dr. Blomdahl

FEATURED ESSENTIAL OIL – WINTERGREEN

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

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

*It helps fight infection!

*Helps to remove toxins and excess water

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

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

THE WEIGHT OF A BOWLING BALL

That is how much your head weighs! Your head can weight up to 12-14lbs. It's not surprising the prevalence of neck pain, muscle tension, and nerve irritation now considering the extreme strain your neck goes through when you're bent over a computer screen or cell phone.

Every inch your head leans forward from its neutral position adds about 10lbs of pressure on your neck. For the average person glued to their mobile device, it's adding almost 40-50lbs of extra strain to your neck.

The solution? Do some good for you neck. Ditching the cell phone is an unrealistic request, but you can incorporate other things to you life. Regular chiropractic adjustments can help with headaches, massages can help with muscle tension, and practicing good posture can reduce neck pain. If you don't change something, the health of your neck could end up in the gutter.

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!

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

TAKE BACK YOUR BODY

As we being the new year, many of us are already thinking about the positive changes we would like to make whether it be with our finances, health, personal relationships, or within ourselves.

One of the most common resolutions is to start working out again but for many of us starting a new exercise routine or joining a gym can be daunting. We may get up the courage to sign up for the membership but going to use it is another thing.

For this reason, Minser Chiropractic Clinic offers the Take Back Your Body program. This is an individualized program that consists of six sessions with our personal trainer, Rachel.

Rachel will sit down with you, identify your personal exercise goals and develop a pro-

gram to help you meet those goals. This is a six week program where you will meet with Rachel once a week for 30 minutes.

She will have a new exercise routine for you to do together in your 30 minute session and make sure you are comfortable performing it for the remainder of the week. Depending on your goals your sessions may focus on strength building, cardio workouts or circuit training.

You have your resolutions in place, now we have the tools to help you stick to them and see the results you've been wanting.

Remember...nothing changes if nothing changes. Call to get started on your Take Back Your Body program today!

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

UPCOMING SEMINARS

Detoxification— Jan. 19th @ noon

Join Dr. Mary Beth Minser for an introduction to liver detoxification. Find out why you would want to detox and the steps involved in detoxing safely and effectively. This seminar is free and open to the public to bring a friend! Call to reserve your spot!

Health and Healing Through Food – Feb. 1st @ 7pm

Join Dr. Mary Beth Minser for insight on your health and healing through food. Discover the world of phytonutrients, how food can heal and prevent illness/disease. Learn a few tricks to make meals time easier and healthier. This seminar is free and open to the public to bring a friend! Call to reserve your spot!

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:

1. If you must shovel snow, be careful. Listen to weather forecasts so you can rise early and have time to shovel before work.
2. Layer clothing to keep your muscles warm and flexible.
3. 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.
4. 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.
5. Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.
6. Take frequent breaks to take the strain off your muscles. A fatigued body asks for injury.
7. 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