

# 2018: Back to the Basics

Neck Pain and Chiropractic By Dr. Mary Beth Minser

Our neck, known as our cervical spine, has 7 small vertebrae that help hold up our head that is on average about 12 pounds. Not only is the focus on the neck to hold this weight, it also can move your head in almost any direction. The flexibility of the neck makes it easily susceptible to injury and pain. They are many causes of neck pain:

Sprain and strains from repetitive motions, sports injuries and auto accidents where the neck is forced forward and back at a high force (whiplash).

Degenerative changes or arthritis from untreated injuries or the aging process. Osteoarthritis which is a common joint disorder that causes progressive break down of the cartilage. This breakdown causes abnormal alterations of the range of motion of the joint which in turn causes stiffness and pain.

Degenerative disc or disc herniations can cause a decrease in disc height which can cause impingement of the nerve root. This causes tingling, numbness and pain that runs into the upper back and arm.

Poor posture: Sitting at a computer all day, using cell-phones prolonged (“tech neck”) and weak spinal muscles all disrupt the balance of the neck’s biomechanics. This disruption can cause the neck to bend forward to compensate. The muscles of the neck are stressed and tighten. A tight muscle is now in a weakened state and can cause increase pain and stiffness.

Obesity and lower back pain can increase neck pain. The curves of the neck and lower back mirror each other. The curves should be between 30-45 degrees. Alter these curves and the support of the spinal joints is compromised. Stiffness, loss of motion and inflammation of spinal joints can be a result of this negatively altered joint. Neck pain is also linked to the cause of headaches and vice versa.

Cervical spine adjustments work to improve the mobility of the spine to restore normal motion, decrease pain and inflammation, reduce pain, soreness and stiffness. Getting adjusted can make those headaches a thing of the past. Scientific studies show that patients with chronic neck pain showed significant improvement with chiropractic adjustments. At Minser Chiropractic, we have seen the same results. If you or someone you know suffer from neck pain or headaches, a chiropractic adjustment might be the plan to a pain free life.



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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: VITAMIN D

Cold and Flu season is upon us!

- Boosts Immunity and Prevents Colds and Flus
- Studies have shown, Vitamin D stimulates immune cells to produce anti-microbial substance that fight and help control the replication of viruses in the body.
- 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
- 2,000 IU recommended daily for adults and 1,000 IU recommended for children daily

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

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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, November 28th, get 15 % off all nutritional reorders!

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## FEATURED ESSENTIAL OIL – ORANGE

Known as the “smiley oil” and is joyful and warming

- \* It is gentle enough to use on children, who enjoy the fruity fragrance
  - \*Used in a diffuser to help reduce fear of the unknown and relieves self-doubt, helping you find an inner radiance and optimism
  - \*Very good in massage for settling digestive upsets, cramps, constipation, diarrhea and flatulence
  - \*Overall, orange is cheering, uplifting, soothing and refreshing
- Talk to our certified massage therapists if you have any questions.

## THERAPEUTIC CUPPING

Cupping therapy is a form of alternative medicine in which a local suction is created on the skin.

Cupping is known for leaving a cupping mark on the skin. The cupping mark is not a bruise, but is called ecchymosis. It is a discoloration due to the toxins and blood being brought to the surface. As treatments continue, the marks will occur less and less as a result of toxins being released from the body. The marks can last anywhere from a few hours to a few weeks, but are not tender to touch.

### **Benefits of cupping:**

- Helps Reduce Pain in the muscles without medication
- Promotes relaxation
- Boosts skin health
- Improves digestion
- Helps treat respiratory issues and colds

Cupping has the same contraindications as regular massage, but please discuss with your healthcare provider and the massage therapist any health concerns you may have. Some contraindications to cupping includes being on blood thinners, excessive body hair, heart disease, convulsions, renal failure, liver cirrhosis, 1st trimester pregnancy, bleeding disorders, fractures, disc herniation's fever, cancer, skin conditions, or thin/fragile skin.

Call the clinic to schedule your 60 or 90 minute cupping massage appointment today!

## TIME TO STAY MOTIVATED

We all know exercising and eating healthy is good for us, but why is it so hard to stick with? Try following some or all of the tips below to stay motivated in leading a healthy and active lifestyle.

1. Set goals—start with simple, small goals and progress to longer-range goals. Goals should be realistic and achievable.
2. Start slowly—it's best to start slowly and progress gradually. If you push yourself too hard too fast, you may find yourself in pain or with an injury.
3. Think variety—include a variety of exercises in your routine so you don't become too bored. Your routine should involve stretching, resistance training, and cardiovascular activity to increase the heart rate.

4. Make physical activity part of your daily routine—if you feel you don't have time to exercise everyday, schedule workouts like any other important appointment.

You can also fit physical activity in throughout the day; go for a walk over your lunch break, stretch during the news, or take the stairs instead of the elevator.

5. Keep an exercise/food journal—seeing the benefits of regular exercise on paper may help you stay motivated, and keeping track of your daily food intake may encourage you to eat healthier.
6. Seek support—invite a friend or family member to workout with you.

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.

## MAKE THANKSGIVING LAST ALL MONTH!

Most people will tell you that Thanksgiving is one of their favorite holidays. Families join together to give thanks for all their blessings over a delicious meal. It is a meal that is not rushed and conversation is the focus of activity. This meal helps us to reconnect with family, friends and neighbors. What if we strived to do this once a week for those busy families or one meal a day which is ideal? Some helpful tips are:

1. Mindful eating. When is the last time you asked your child what flavors is he/she picking up in the main dish? It is spicy, savory, sweet or salty? Can they taste the spices added?
2. Getting everyone to help make the meal, set the table and help with clean up.
3. Shut the TV off and make conversation the center of the meal. Inside of "How was your day?" ask "What are you grateful for today and what made the day unique?"
4. Make a meal and pretend you have a famous guest attending. Who would the guest be and what would you ask this guest?

These are just a few tips to help us realize how important slowing down in our lives can help us live healthier ones physically and emotionally. From all of us at Minser Chiropractic Clinic, we thank you for letting us be part of your health journey. We are truly blessed to have such wonderful and beautiful patients! Happy Thanksgiving!

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