

# 2019: Where Health Happens

The cervical spine. How important is your neck? By: Dr. Mary Beth Minser

The cervical spine is made up of 7 bones that are separated from one another by a disc. The neck is a long column that is very flexible. It is well engineered as it is supported by fascia/connective tissue, ligaments, tendons, and muscles. It protects your spine cord and has 8 nerves that exit the sides of the neck. These nerves travel down your arms, upper back and up the back of your head. It handles the heavy load of carrying the head which weighs on average between 10 and 13 pounds. The cervical spine maintains a 45 degree in curve to help provide strength and flexibility and allows our head to move in all directions.

What happens when the cervical spine is injured, irritated or dysfunctional? You can suffer with neck pain, headaches, arm pain, numbness or weakness in the arms and hands, muscle spasms, loss of muscle tone, loss of strength, and headaches to name a few. It can be related to such things as colic in babies.

Cervical spondylosis is the term used for arthritis of the neck. It is a degenerative process that affects the disc and bones to the point of dysfunction. The joints of the cervical spine become less mobile and it becomes hard to move the neck. Patients report a loss of range of motion and pain. As the loss of motion continues, pain increases and stenosis begins. Stenosis is the loss of space the spinal cord or the exiting nerve roots have to function. It can create pressure on the nerve which can cause pain into the arms. This narrowing if severe can lead to surgery. Cervical disc herniations are linked to degenerative changes.

Headaches are one of the most common complaints that can be related to a neck issue. The upper cervical spine helps supply nerves to the head. The greater occipital nerve is an example. It is a branch of the second cervical nerve that goes up the back of the head. Poor posture can cause neck pain and headaches.

Cervical injuries such as sprains and strains cause neck pain, and if left untreated, can lead to more serious issues. Poor neck biomechanics can impede your athletic ability. Concussions are almost always suffered along with a neck strain/sprain. Some shoulder pain is a result of the cervical spine not working correctly so the shoulder or shoulder blade tries to compensate for the neck. If you or a loved one suffer from any neck pain or any other spinal condition, we would love to help. Yours for health and a pain free life....naturally!



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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

- \* Studies have shown Vitamin D stimulates immune cells to produce anti-microbial substances that fight and help control the replication of viruses in the body
- \* Helps develop and maintain strong bones
- \* Helps to tone down the immune system's response to invading viruses in the respiratory tract and can prevent the overproduction of inflammatory substances that lead to fluid build-up and more severe symptoms
- \* 2,000 IU recommended for adults daily, and 1,000 IU recommended for children per day
- \* Don't worry about overdoes
  - \* During the winter months, the body does not make much Vitamin D on its own due to the lack of sunlight exposure
  - \* Vitamin D is fortified in milk but only in very small amounts—about 125 IU per glass of milk
  - \* A concern able level of Vitamin D comes only once you reach 10,000 IU

For more information about this supplement,  
ask Dr. Minser, Dr. Fimrite, Dr. Leither, or Dr. Hovey

## FEATURED ESSENTIAL OIL – SERENITY BLEND

- Lavender- Good for alleviating muscle aches and pains
- Lemon– It's good for lymphatic drainages and is detoxifying
- Ylang-Ylang– Helps reduce high blood pressure and helps with anxiety, anger, and fear
- Rosemary– Great for relaxing tight muscles
- Orange– Settles digestive upsets and has a normalizing effect that is beneficial for cramps, constipation, and diarrhea
- Lime– Helps to relieve fatigue, apathy, and depression

Note: Do NOT use before exposure to direct sunlight

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

## STRENGTH TRAINING FOR WOMEN

By: Gabriella Kroska, Exercise Specialist

Have you ever tried strength training?

Many women are hesitant to include weight lifting or strength training in their exercise regimen because they are concerned about looking bulky. For the same reason, a lot of women who do lift use very light weights and perform a lot of repetitions. This isn't necessarily the best way to go!

Moderate weight and repetitions are better for both strength training and 'toning'. Men have higher levels of testosterone, which helps the average man to build and define muscle much more easily than the average woman, even with a similar style workout routine! What about female bodybuilders? Aren't they evidence that weight lifting can make you look manly? Not really! Those women follow a very strict diet and intense training regimen over many months in order to achieve the look.

Strength training has a number of benefits:

- Increased muscle strength and function
- Increased bone strength and density, reducing the risk of osteoporosis!
- Slowed loss of strength and muscle mass with age
- Improved mood and confidence
- Increased metabolism

Lean muscle mass begins to decrease after age 30, and the average person loses 3-5% per decade. This loss in muscle mass contributes to a lower metabolism and energy. Including strength training in your routine can help you to maintain and even increase your energy and ability to perform the activities you want to. Strength training can also help older individuals maintain an active and independent lifestyle longer. Do you have questions about strength training, or are you ready to get started? Talk to your chiropractor about setting up a session with our exercise specialist!

**FOR THE FIFTH YEAR IN A ROW, THE CLINIC HAS BEEN AWARDED THE CLINIC OF EXCELLENCE BY CHIROCARE OF MINNESOTA. THIS AWARD IS A REFLECTION OF THE GREAT TEAMWORK OF THE STAFF AND DOCTORS IN DELIVERING QUALITY HEALTHCARE. YOUR HEALTH IS OUR PRIORITY!**

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

## DEEP TISSUE MASSAGE

Deep tissue massage is a type of massage that focuses on realigning deeper layers of muscle. It helps with chronic aches and pain such as stiff neck, upper back, lower back pain, tight leg muscles, sore shoulders, etc. In a deep tissue massage the strokes a massage therapists uses are similar to a Swedish massage. The difference is that they are slower and the pressure is deeper.

The pressure applied in a deep tissue massage is more concentrated on areas that have tension and pain in order to reach the sub-layer of muscle and fascia. Fascia is the connective tissue that surrounds the muscles in your body. It is not unusual to be a little sore in certain areas of the body after a deep tissue massage, but it is always important to communicate with the massage therapist during the massage to make sure the pressure is never painful.

Schedule your deep tissue massage with any of our certified massage therapists!

## THANK YOU!

November is a time to give thanks! There are health benefits to spend time everyday being thankful for people and experiences we share. So, here is (part) of our list.

We are thankful for our families, friends, homes, food on our tables, great health, pets, coworkers, and of course patients like you!

All of us at Minser Chiropractic Clinic, consider it a privilege to treat you, your family, and your friends. We are thankful that you entrust us with helping you and your family become healthier, naturally.

Thank You!