

# 2018: Back to the Basics

Drug– Free Pain Management  
By Krista Blomdahl

As September is National Drug-Free Pain Management Awareness Month, I would like to shed light on our country's fight to end opioid abuse and advance utilization of drug-free chiropractic care as a safe, effective, first-line approach to manage pain.

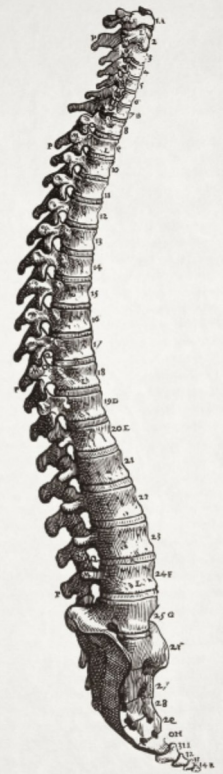
We've seen it in headlines of news articles. Prescription opioid use and abuse leading to addiction and catastrophic outcomes has become a national crisis. The leading cause of injury death in the United States is drug overdose, and a majority of deaths from drug overdose deaths involve an opioid. From 1999 to 2016, more than 350,000 people in the U.S. have died from prescription overdose.

Drugs like oxycodone, hydrocodone, Percocet, and methadone are a driving factor in the increase of these overdose deaths over the years. According to Marc Siegel, MD of NYU Langone Medical Center, "four out of five heroin abusers started with prescription pain killers." This increase of opioid abuse has estimated to cost employers \$18 billion in sick days, lost productivity and medical expenses.

As prescription opioids are often recommended for lower back, neck, and musculoskeletal pain management, we circle back to the fact that doctors of chiropractic are trained to effectively address spinal and neuromusculoskeletal pain with non-surgical, non-drug management. Chiropractic care is evidence-based and a primary option for pain management that yields improved clinical outcomes, reduced costs and high levels of patient satisfaction.

Not only does chiropractic help adults, but also children! Children, even infants, can be treated for various aches and pains that comes along with growing up. Teaching children healthy habits at a young age can affect their adult life and the choices they make.

Together in our fight to end the opioid crisis, let's support September 2018 as National Drug-Free Pain Management Awareness Month. We want to raise public awareness to chiropractic care as non-pharmacologic approach to safely and effectively relieve acute, subacute, and chronic pain!



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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: ADRESET

For those who are stressed and tired.

-Helps reduce negative effects of stress and supports overall health and well-being

-Designed for those feeling weak and fatigued due to stress

\*Provides support for those who are mentally exhausted or physically fatigued, helping them feel more energetic and vitalized

- Features herbs that support a healthy balanced response to stress

\*Provide overall stress protection

\*Increased energy

\*Helps with more restful sleep

\*Enhances mental clarity and perception

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, September 26th, get 15 % off all nutritional reorders!

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## FEATURED ESSENTIAL OIL – CLOVE PENNYROYAL

~Its strong antiseptic properties makes it good at preventing colds and flu

~In small amounts blended into a base oil can help relieve stiff, achy muscles and rheumatic joint pain

~Helps relieve flatulence, stimulate digestion and restore appetite

~It is restorative and stimulating in both mentally and emotionally

\*Do not use if you have sensitive skin

\*Use in small quantities

Have any questions about essential oils?

Talk to our certified massage therapists.

## INTRODUCING: CUPPING TO THE MASSAGE PROGRAM

Cupping therapy is a form of alternative medicine in which a local suction is created on the skin. Cupping may help reduce tension and pain in the muscles without medication, promote relaxation, boost skin health, and also known to help speed up the process of colds/respiratory issues.

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 release from the body. The marks can last anywhere from a few hours to a few weeks, but are not tender to touch.

Our massage therapist Jessica Berg attended training at Northwestern Health Sciences University for Cupping Therapy and is excited to be able to share her knowledge and experience with you.

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!

## EXERCISE FOR THE BUSY PARENT

September is back to school time, which means your average day turns into a mad rush to get the kids ready for school, get to work, pick the kids up from school, make dinner, get everyone ready for bed and do a million things in between. When do you find the time to workout?

Fortunately, there are a variety of easy exercise solutions that can keep you in shape and motivated regardless of your hectic schedule.

**Make the time.** If it means waking up an hour earlier than usual to jog or taking more walks around the office, do what it takes to get your body moving on a regular basis. Is exercise important to you? Then make it a priority.

**Don't limit yourself.** If you think you don't have the time (or money) to go to a gym, devel-

op an exercise routine at home. These days, all it takes is a mat, an exercise ball and a few light weights (at the most) to tone and shape your body.

**Find a support system.** For many people, self-motivation is a big issue when it comes to starting and sticking to an exercise routine. Enlist a friend, neighbor or family member to exercise with you or at least hold you accountable.

**Get your kids involved.** While you're investing so much time and energy into your children, why not exercise with them? Ride bikes, spend a day at the pool-there are a variety of ways to keep the entire family in shape while teaching them the value of regular exercise. Remember, they learn from your example.

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**

## BACKPACK SAFETY TIPS!

School is here! As parents, we help our kids prep for the new year with new sports gear, notebooks, pencils, and of course, a new backpack. Backpacks are very important for school but can cause a lot of back and shoulder pain. Here are some tips for your child to avoid back pack related pain.

—Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

—The backpack should never hang more than 4 inches below the waistline. A low hanging backpack increases the weight on the shoulders, causing your child to lean forward when walking.

—Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry-and the heavier the backpack will be.

—Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.

—Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.

—The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

If your child experiences pain or discomfort anytime throughout the school year, set up a chiropractic appointment for them! Chiropractic is a great, safe treatment method for back, shoulder, and neck pain.