

# 2018: Back to the Basics

## FUNCTIONAL HEALTH TESTING

By Dr. Tammy Fimrite

Many people this time of year step back and take a look at their health wondering in what ways they could better improve their health in order to prevent injury, illness or chronic health problems. Would you like to know how your body could be functioning and feeling better? Are you still suffering from illness and symptoms after years of treatment? One great place to start could be Functional Health Testing which is offered at Minser Chiropractic Clinic. This testing utilizes biomarkers to assess the overall health of your body's systems. It first identifies factors responsible for possible body malfunctioning, then it deals with those factors in a way appropriate to your particular situation. Functional Medicine uses two scientifically grounded principles: 1) Add what's lacking in the body to nudge it back to a state of optimal functioning. 2) Remove anything that prevents the body from moving toward its optimal state of function. Urine and saliva testing performed and evaluated at our clinic is used to help identify an underlying dysfunction or imbalance of bodily systems and then reviewed with you by the doctor to determine what can be done to improve your body's health and performance. How is it different than the conventional approach and how can it help you? Functional Medicine involves:

- \*Understanding and finding the root cause of an illness
- \*Evaluating the whole person...not just a body part
- \*Using natural, effective, evidence-based therapies whenever possible
- \*Partnering with the patient

Functional Medicine plays an important role in health care and continues to gain in popularity. Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases such as diabetes, heart disease, cancer, mental illness and arthritis. This test is for anyone wanting to improve their health, athletic performance or find the underlying cause of their health problems and symptoms including fatigue, sleeping problems, digestive issues, or just want to be feeling better. We will work with you to develop a plan for health. Schedule your appointment today for your Chiropractic and Functional Health Assessments.

"The body is one integrated system, not a collection of organs divided up by medical specialties. The medicine of the future connects everything."



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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: PHYTOMULTI

- Phytomulti takes you beyond basic wellness support
- Blend of highly-concentrated, full spectrum of phytonutrients to protect your cells
- Phytonutrients impact cell signaling to communicate healthy messages throughout the body
- Essential vitamins and minerals for multidimensional health support

How does your multivitamin/mineral supplement compare?

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

## FEATURED ESSENTIAL OIL – CALMING BLEND

- \*Lavender- Helps to relax and treat muscle aches and pains
- \*Rose Geranium- Helps regulate hormones and your mood
- \* Lemongrass- Good for concentration and clear thinking,
- \* Cedar Wood- Helps to relieve muscle spasms

Note: Avoid during pregnancy

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

## WHY A MULTI-VITAMIN?

*~We do not get all of our essential vitamins and minerals from our diet alone*

*~ Short Term Benefits:*

*-Increased Energy      -Stress Reduction      -Enhanced Immune Function*

*~ Long Term Benefits:*

*-Increased Cardiovascular Health      -Improved Eye & Brain Health*

*-Encourages Healthy Aging      -Helps Improve Skin*

*~ Prevent vitamin deficiency diseases*

*~ Supports muscle and joint strength*

*~ Supports healthy metabolism*

*~ Protects cells from free radicals*

*~ Supports liver function for healthy detoxification*

## CARPAL TUNNEL SYNDROME

Do you often feel a numbness or tingling in your hands, especially in the evening, or when doing repetitive grasping with your fingers? Perhaps you experience a clumsiness in handling objects and sometimes you feel pain that goes up the arm as high as your neck. These may be symptoms of Carpal Tunnel Syndrome.

The problem could be as simple as the muscles in the forearm tightening up, thereby cutting off circulation to the median nerve and tendons, causing the tendons to swell. By using special techniques, (deep tissue, and trigger point release), the massage therapist is able to work towards releasing the muscles, which brings swelling and inflammation down. The muscles are lengthened and circulation is increased. Most people who suffer from Carpal Tunnel Syndrome, may also have tendinitis, which is caused by overworked muscles in the forearm. These same techniques are used to restore muscles, which can lead to increased flexibility.

If you are experiencing symptoms of Carpal Tunnel Syndrome, make an appointment for a massage today!

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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, March 28th, get 15 % off all nutritional reorders!*

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## OUTDOOR EXERCISE TIPS

Though most of us can't wait for the snow to melt, the transition from Winter into Spring can be a tricky one for outdoor fitness. Our exercise department put together some tips for your next outside workout.

~ Dress "dry", not just "warm."- the quickest way to lose body heat is by getting wet. Getting wet by sweat or puddles can leave you chilled and miserable.

~ Cotton isn't for workout wear- Cotton soaks up moisture and holds it in.

~ Protect your skin- Winter time means dry air. It's important to be hydrated inside and out. Drink plenty of water and moisturize your skin to prevent cracking.

~ Don't overdress- Overdressing can often lead to making you too hot and sweaty. It also puts you at risk for dehydration because of excess perspiration.

~ Protect your extremities- Blood flow is pushed to the core of your body, leaving less blood (and warmth) available to the hands and feet. Wear gloves or mittens; you can take them off if you get too hot. Put on some moisture-wicking socks for your feet.

Exercising is important to achieve overall health. Think of these tips next time you're getting ready to go on an outdoor run.

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**

## HEALTHY SPRING BREAK PLANNING

There's a week off of school, you're sick of the cold and have a warm place picked out for a great vacation. The planning and packing begins! What am I going to bring? What should I wear? The questions go on and on and on! Here are some tips to re-member when traveling for that fun family vacation.

- ☐ Protect yourself from the sun! Your skin is used to the tundra wind and the indoor warmth, not the harsh rays of the sun. Pack sunglasses, sunscreen, hats, or light scarves to reduce your chance of getting sun burned.
- ☐ Stay hydrated. Running around in the sand and the sun is really fun but make sure you take a break for some refreshing water. Alcoholic drinks are great by the pool; have a glass of water in between drinks to prevent dehydration and heat stroke.
- ☐ Be alert! When kids are swimming, make sure there's a trusted adult either swimming with them or watching closely. Tides can come in and easily take a person out to sea. Keep an eye on your belongings when out and about. Vacationers can be easy targets for pick pocketers and thieves.
- ☐ Pack good shoes. Those sandals are really cute but are they good for extensive walking? Make sure your shoes can comfortably support your feet if your trip calls for lots of walking.
- ☐ Know the ropes! Don't go in areas that are prohibited or dangerous. If you're going exploring, take a buddy along so you're not alone in case of an emergency.
- ☐ Have someone keep an eye on your house when you're gone. While on vacation, it's fun to post pictures and activities on social media, but this shows you're not home. Have a neighbor or friend check on your house occasionally to make sure there are no intruders.
- ☐ Know what you're eating and drinking. If you're buying fresh fruit from a non suspicious fruit stand, make sure you wash it off before eating. Keep an eye on your drinks and don't accept any from strangers. If you're traveling abroad, know if the tap water is safe to drink. Research prior to leaving if the country you're visiting has clean water. If not, buy bottled water and ask to hold the ice in your drinks at restaurants.

While keeping these tips in mind, make sure to have fun! Enjoy the time off to relax and spend quality time with family! We wish everyone safe travels and healthy returns home! Next time, can you take us with you?