

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Paul Milone

“We all have strength enough to endure the misfortunes of others.” - *Francois de La Rochefoucauld*

## New Research: Cutting Carbs Better Than Low-Fat?

- ✓ Study shows *this* type of woman lost more weight after 3 months on low-carbohydrate diet than traditional low-fat diet with same number of calories.
- ✓ Not all people have the same response to diets.
- ✓ The hormone that may be responsible for your weight loss – or lack of weight loss.
- ✓ Why ignoring this hormone (and eating the wrong foods) can lead to not only weight problems – but early death.
- ✓ Single? First date dinner and a movie? NO WAY! Find out why this is the biggest mistake you can ever make!
- ✓ Can DARK CHOCOLATE lower blood pressure? Find out what the results of 15 studies show.
- ✓ Meet Ray and his candy store – the ultimate American dream!



**M**arblehead – Eating fat is bad. No... wait... it's carbohydrates that are evil. One expert says one thing and then, another Doctor says something else. Back and forth... back and forth. Maybe that new infomercial selling the latest miracle weight loss product is the way to go?

Who knows? In the meantime, you're confused and not losing any weight. Well, get ready for some possible answers... and a few more questions...

### First, The Results Of A New Study

The June 19<sup>th</sup>, 2010 edition of *The Endocrine Society* reports, “[According to a new study.] Obese women with insulin resistance lose more weight after three months on a lower-carbohydrate diet than on a traditional low-fat diet with the same number of calories...” The study's lead author, Raymond Plodkowski, MD, Chief of Endocrinology, Nutrition and Metabolism at the University of Nevada School of Medicine, Reno wrote, “*The typical diet that physicians recommend for weight loss is a low-fat diet... However, as this study shows, not all people have the same response to diets.*”

According to the researchers, for this group of women, the lower carbohydrate diet is more effective, at least in the short term. The study lasted 12 weeks and was funded by

Jenny Craig. It found the insulin resistant women on the lowest-carb diet lost 3.4 pounds more than those on the low-fat diet. Total calories for all groups were the same. The low-fat diet included 60% of its calories from carbs, 20% from fat, and 20% from protein. The low-carb diet included 45% of its calories from carbs, 35% from primary unsaturated fats, and 20% from protein.

Both diets included a minimum of 2 fruits and 3 vegetable servings a day. The use of prepared meals made the structured diets easier and more palatable for the dieter. “*These data have potential widespread applications for clinicians when counseling people with insulin resistance to help improve weight loss as part of a calorie-restricted diet,*” Plodkowski said. “*They should at least initially lower their carbohydrate intake.*”

### What Is Insulin Resistance?

Since the women in the above-mentioned study were all *insulin resistant* – you might be wondering,

“what is *insulin resistance*?” *Insulin resistance* is a condition where the body produces insulin but does not use it properly. Insulin is a hormone made by the pancreas to break down glucose in the blood so it can be used for energy.

### Dark Chocolate Lowers Blood Pressure?

If you love chocolate, you don't need a reason to eat it. On the contrary – you need a pretty darn good reason not to! For years, chocolate was considered a delightful sin... a little guilty pleasure.

Well, the results of 15 studies may change all that. Here is why... According to a recent press release, “For people with hypertension, eating dark chocolate can significantly reduce blood pressure. Researchers writing in the open access journal *BMC Medicine* combined the results of 15 studies into the effects of flavanols, the compounds in chocolate which cause dilation of blood vessels, on blood pressure.”

According to the press release, the reduction seen for people with hypertension is comparable to the known effects of 30 minutes of daily exercise and might theoretically reduce the risk of a cardiovascular event by around 20%.

Glucose is a form of sugar and is the body's #1 source of energy. After your digestive system breaks food down into glucose, glucose is then transported to different parts of your body via the bloodstream. Glucose in the blood stream is called "blood glucose" or "blood sugar." After you eat, blood glucose levels rise and your pancreas secretes insulin to allow cells to absorb and use the glucose.

When people are *insulin resistant*, they do not respond properly to insulin. In other words, even though the pancreas secretes insulin, it is not effective in getting the glucose from the blood into the cells. More insulin is needed so the pancreas works harder and secretes more. Eventually, the pancreas cannot keep up with the increased demand and glucose builds up in the blood. This is the beginning of diabetes. It is common for diabetics to have high levels of both glucose and insulin circulating in the bloodstream. *Insulin resistance* not only sets the stage for developing Type 2 Diabetes, it increases the odds of the number one killer in America: heart disease.

**According to the American Diabetes Association:**  
*"People with diabetes have a higher-than-average risk of having a heart attack or stroke. These strike people with diabetes more than twice as often as people without diabetes."*

#### **What Causes *Insulin Resistance*?**

Very good question. There seem to be several contributing factors. The first factor may be genetic. Some scientists think specific genes make certain people more susceptible to *insulin resistance*. But, genes aren't everything. Weight and lack of physical activity also seem to play a major role. Then, there are the types of food you eat... The more junk sugars (ice cream, candy bars, etc.) you eat, the more your little pancreas has to work to keep up with all the sugar that has been dumped into the bloodstream. Just like everything else, there is only so much work your pancreas can do. If the pace is too high for too long, it will basically burn out and quit. It is important to stop this process before it gets too far. Exercise, weight loss and proper diet can reverse many cases of insulin resistance and pre-diabetes.

According to the National Diabetes Information Clearinghouse, *"The Diabetes Prevention Program (DPP) and other large studies have shown that people with pre-diabetes can often prevent or delay diabetes if they lose a modest amount of weight by cutting fat and calorie intake and increasing physical activity; for example, walking 30 minutes a day 5 days a week. Losing just 5 to 7 percent of body weight prevents or delays diabetes by nearly 60 percent. In the DPP, people aged 60 or older who made lifestyle changes lowered their chances of developing diabetes by 70 percent."*

With all of this information, the most important message to take away is this: Lifestyle has a major impact on your health. Different people react to different foods and diets in

different ways, and it is important to pay attention to what you eat and figure out what is best for you. But no matter what, regular exercise and staying away from junk food loaded with bad fats and sugar is a very good idea. Research may not have all the answers yet, but to our knowledge, there is no study that says sitting on the couch stuffing your face with candy bars and ice cream is good for your health.

### **World's Oldest Person**

#### **Alive At 130?**

#### **Do you take good enough care of your body for it to last that long?**

*"If I knew I was going to live this long, I would've taken better care of myself."* Those words by Eubie Blake couldn't possibly have any more meaning than they do for Antisa Khvichava. Authorities from the former Soviet Republic of Georgia claim this remote villager recently turned 130, making her the oldest person on earth. She retired from picking tea and corn in 1965, when she was 85. She said she has always been healthy and worked her whole life. It is difficult to verify her age due to wars and the collapse of the Russian empire, but she has two soviet-era documents that attest to her age. For all accounts, her mind is as sharp as ever, but her body has all but quit on her. Her fingers are so deformed she can no longer knit, and she struggles to walk. But, she refuses any help to get around when she has to. While her mind-set and determination are admirable – but also realize how important it is to take care of the one body you are given. You never know how long you will need it. One has to wonder if she ate low-carbs or low-fat? ☺

**And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.**

### **Reminders**

- 1) *We are preferred providers for most HMO's & PPO's*
- 2) *We handle Motor vehicle accident claims*
- 3) *We handle Workers Comp claims*
- 4) *Our goal is to improve and maintain your health naturally*

*Our Email is [MheadChiro@verizon.net](mailto:MheadChiro@verizon.net)  
Please send us your email if we don't have it  
To receive important information*

**Referrals are the best compliment**

***Check Your Spam Filter for Our Emails***

**Inspirational Story Of The Month –**  
(Names And Details Have Been Changed To Protect Privacy)

## **The Ultimate American Dream**

### **The Incredible True Story About Ray, His Candy Store, And Community Kindness That Makes America Great!**

It was 36 years ago. That's when Ray immigrated to the United States... he had \$10 in his pocket, a tremendous work ethic and a desire for the American Dream.

Ray worked hard for years. Then, he worked some more. Instead of going into debt, Ray saved his money. When he had amassed \$30,000, he bought a candy store. Ray didn't slow down. He continued to work hard, and built a wonderful little family business in the East Village of New York City. Everyone knew his candy store. It wasn't just a store, it was part of the neighborhood – part of the East Village family.

That's what 36 years of working hard and doing the right thing for your customers and neighbors will create. But, times changed. The United States entered its biggest recession/depression since the Great Depression.

Ray's profits dwindled... and dwindled.

He cut back and tried to make ends meet. Before he knew it, he could not pay his monthly rent. Things were getting worse and worse, and he thought he was going to have to...

#### **Close His Doors For Good!**

Ray had come to America with \$10 and a dream and he lived that dream for 36 years. Now, it was all going to end in the blink of an eye.

When word got out that Ray and his store were in deep trouble, the neighborhood who loved him responded. It began when a customer asked Ray this strange question...

"Did you pay your rent?"

"No, I'm a little short."

The man, without hesitation, reached into his pocket and handed Ray \$200. Then he said, "Go pay your rent."

That was just the beginning. Soon after that, two students, Arianna Gil and Emily Allan, decided they were going to make a difference in not only Ray's life, but the world.

Arianna and Emily decided they were going to work for Ray. They were going to work around the store and do deliveries...

#### **For FREE!**

That's right. While all their friends were out having fun on a Saturday night, they were on their bikes or skateboards making deliveries for Ray, simply out of the kindness of their hearts.

Their pay was seeing Ray keep his store and the life he had worked so hard for.

Arianna and Emily took it a step further... They went on Facebook and Twitter and got other kids to volunteer.

Then, other people in the neighborhood held a fundraiser and raised \$3,000 for Ray.

At this time, Ray is still in business – although he is facing a \$25,000 bill for a new ventilation system demanded by the New York City environmental police. A betting man would lay odds on Ray and the people who love him doing whatever it takes to get that bill paid.

But no matter what, Ray's story shows what's really special about America... How people can come together, work hard and live out their dreams.

America is truly the land of opportunity. You just have to put in the time and effort to get it done.

Ray's Candy store is located at 113 Ave A, New York, NY 10009, and the phone number is (212) 505-7609. Just in case you are in the mood for something sweet!

**We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!**

**Did You Know?...** A human can live without food for almost a month but survive no longer than a week without water. The UN estimates a person needs a minimum of 50 liters of water a day for drinking, washing, cooking and sanitation. However, over a billion people do not have access to this minimum amount. According to UNESCO, the world's population is appropriating 54% of all the accessible freshwater contained in rivers, lakes and underground aquifers. If per capita consumption of water resources continues to rise at its current rate, humankind could be using over 90% of all available freshwater within 25 years, leaving just 10% for all other living beings. Freshwater lakes and swamps account for a mere 0.29% of the earth's freshwater. 20% of all surface freshwater is in one lake, Lake Baikal in Asia. Another 20% is stored in the Great Lakes. Rivers hold only about 0.006% of total freshwater reserves. Mankind uses only a drop in the bucket of the total available water supply. So where is all the water? Antarctica is thought to hold about 75% of the world's fresh water (and 90% of the world's ice). In fact, almost 10 percent of the world's land mass is currently covered with glaciers, mostly in Antarctica and Greenland. But it will take more than a Zippo lighter to melt it for daily use. For the United States, one crucial source is the huge underground reservoir which stretches from Texas to South Dakota, the 800-mile Ogallala aquifer. It provides an estimated third of all US irrigation water. In fact, 95% of the United States' fresh water is underground. In Libya, the Great Man Made River Project, as it's called, is pumping some 6 million cubic meters of water a day from aquifers in the desert, providing irrigation for 150,000 hectares of land. Many countries have turned to aquifers to quench peoples' thirst. Aquifers form over thousands of years, but many had been cut off from their original natural sources and are being steadily depleted. In some areas, like Mexico City, aquifer levels dropped by 3 – 5 feet a year, essentially sinking whole areas.

### **Tip Of The Month - Going On A Date? The Biggest Mistake Most People Make On The First Date**



Going on a date can be nerve racking. Everyone knows you only get one chance to make a great first impression. Not only that, many people in the dating world say they know if things have a possibility to move forward into a relationship... Within The First Few Minutes Of The Date!!! You've probably heard this. "I'm looking for that spark, fireworks, butterflies in my stomach, chemistry, and I know instantly when it's there." Clearly, many people these days are looking for things that don't exist. They see an internet dating commercial where two people describe a fairytale encounter and think that's what they should have too. Problem is – that's a commercial. Know this: Fairytales are make-believe. Expecting to go on an internet site (or anywhere else) and find your "perfect match" or Prince Charming that is going to sweep you off your feet and solve all your worldly problems is simply not living in the real world. It is also setting you up for a lifetime of bitter disappointment. Many people like to say, "I will not settle." But the real question is, won't settle for what? Bottom line is: everyone is human. Everyone has flaws, including the "perfect" person who "won't settle." We all must settle in our lives in certain ways. We all must do things we do not want to do. That also goes for building and maintaining a quality relationship – whether it be friendship or romance. Realizing everyone is human, has flaws, and is probably nervous – no matter how "cool" they seem is the first step in dating success and relationship building. Giving someone 3 minutes to impress you before you open or close your mind is unrealistic. Since perception is reality, it is always in your best interest to make the best first impression you can. A lot of that first impression has to do with where you go and what you do on your first date. Here is rule #1 about the first date and first impressions in general: Don't do what others do. Here's why: We all have a past. That past makes up how we perceive things in the present. We cannot escape our psychology. For example, if a woman or man has been on several bad first dates that all consisted of a dinner and a movie, would it make sense to do the same? Of course not. Doing something you have already had bad experiences with will only remind you of those bad experiences. It makes this first date just like all the other miserable ones right from the beginning. It instantly brings out the "Here we go again" reaction. Instead, the secret is: DO SOMETHING DIFFERENT! Even if you have no clue what to do – doing just about anything new will give you better odds of success than not doing what has already failed many, many times. What's that? You want some examples? That's what everyone always wants – they want to be told the perfect first date. In reality, there is no cookie-cutter first date. Why not? Because... it all depends on YOU. What kind of personality do you have? What things do you like to do? Your first date should expose your date to at least some of these things. Your date should see how wonderful your personality is and the fun things you like to do with your life. That is, if you have a great personality and do fun things! Think about how you meet new friends and grow those relationships. Do you talk on the phone once or twice and then put yourselves in an awkward position like dinner and a movie? No! You usually meet doing common interest activities and grow the relationship from there. Why is "dating" any different? Having realistic expectations, giving someone a chance and not doing the typical "dating thing" really can produce dramatic results.

**Remember, we're always here, using the miracle of Chiropractic  
to help your body heal and maintain the health you deserve.**

*This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call an appropriate health care provider or our office at 781-639-0808.*

## **Health Update:** Low Back Pain

### **Simple “On-The-GO” Low Back Exercise**

*“Doc, I try to do my exercises but I have to hit the ground running in the morning....to get the kids ready for the school bus....I have morning meetings....I’m not a morning person....I’m pulled in 100 directions during the day....I forget about them until I’m in bed....I exercise on my job and that’s enough....”*

I’m sure we’ve all rationalized our inability to keep up with exercises, especially after our episode of low back pain (LBP) subsides. In fact, only about 4% of LBP patients continue doing their exercises after their pain subsides. That means 96% of us with chronic, recurring low back pain DO NOT exercise even though we know we should. We feel bad, even guilty for not exercising. So, what can we do to “trick” ourselves into being more compliant with our low back exercises?

First, let’s accept the fact that most of us cannot consistently “fit in” exercise into our busy schedules. With that said, the **TIMING** of when to do the exercise may be more important than even doing them at the same time every day. In other words, do a few exercises when you need them the most. For example, if you’re working at a computer for more than 1 hour, and you start to feel back pain from the prolonged sitting – especially if your work station set up is less than ideal – do one or two sitting exercises right at your work station, BEFORE your back pain gets any worse. If you wait too long, the exercises may not be of much benefit. Setting a timer next to your screen that beeps every hour is a good reminder to do one or two simple exercises and only takes a minute or two. Many inexpensive digital watches can be set to beep on the hour/every hour or, you can set a “timer” to beep after 60 minutes as a “gentle” reminder. Some cell phones also have a timer feature. Here are three sit down low back exercise options (try them all and decide which one(s) feel most productive/helpful):

1. **“Crossed Knee Stretch”**: Cross your legs; pull the crossed knee towards your opposite shoulder (feel the pull in your buttocks); arch your low back and at the same time, twist or rotate to the side of the crossed knee. Hold for 5-10 seconds and repeat up to 3 times. Repeat this on the opposite side.
2. **“Sit Twists”**: Reach across with your right hand and grasp your left leg at mid-thigh. Twist/rotate your back to the left and pull with your arm. Hold 5-10 seconds / repeat 3 times. Repeat this on the opposite side.
3. **“Sit Floor Touches”**: Bend over as if to touch the floor or tie a shoe. Hold 5-10 seconds.

If you do the math, it would take a minute for #1 and #2, 30 seconds for #3 (total 2.5 min.). If that’s too long, hold for 5 seconds. If that’s too long, do 1 rep, not 3. You get the idea....**MAKE IT WORK!** Modify the dose to fit your schedule or ability to stretch. If you do this **AT THE TIME** you start to feel tight or sore, you can **PREVENT** a LBP episode!

We realize you have a choice in where you choose your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

**YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR LOW BACK PAIN!**  
**FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808**

## Health Update: Neck Pain

### What is “Good Head Posture?”

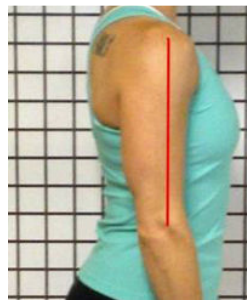
Have you ever noticed how many people have terrible posture? One of the most common faulty postures is called “forward head carriage” or “anterior based occiput.” Other terms are “hump back” or slouching. There are several reasons for this common postural fault. One is the weight of the head is, on average, approximately 10-13 pounds and if it’s positioned too far forwards, the muscles in the upper back and neck tighten up much more than normal, fatigue and become painful. Also, the muscles that attach to the skull have different degrees of strength. They also attach and pull at different angles, contributing to the common forward head carriage posture. The muscle of the chest are much stronger than those in the mid and upper back and tend to pull our shoulders forward. The following pictures offer a good view of both a faulty posture as well as a “good” posture. Notice the forward shift in the line in the pictures of poor posture and backwards shift in the good posture pictures.



Forward Head Carriage



Good Head Posture



Forward shoulders



Good Shoulders Posture

As you can see, the weight of the head is back over the shoulders and the shoulder posture is appropriately positioned back in the image titled “Good Head Posture.”

It is important to understand correcting Forward Head Carriage takes time – in fact, it takes a minimum of 3 month before this becomes an automatic new “habit.” Of course, it could take longer or, completely fail IF you are not VERY conscientious about CONSTANTLY reminding yourself to position your posture as shown above in the “Good Head Posture” image (above). An exercise based on this posture correction technique is performed by retracting your chin / head as far back as you can and holding that position for 5-10 seconds. Doing this multiple times a day, between the time you maintain a partial chin tuck (“Good Head Posture”) position will further facilitate the posture retraining process.

If you, a family member or a friend require care, we sincerely appreciate the trust and confidence shown by choosing our service. We are proud that chiropractic care has consistently scored the highest level of satisfaction when compared to other forms of health care provision and we look forward in serving you and your family presently and in the future.

**YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR NECK PAIN!**  
**FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808**

## **Health Update: Whiplash**

### **How to Improve Your Odds of Crash Survival**

You might ask, what does this headline have to do with chiropractic? It's often said case management or patient care is much more than just what we do to our patients (such as in chiropractic, applying a spinal adjustment). The patient education portion of our care plan can frequently make or break a successful outcome in a case. It is the goal of this Health Update to potentially save your life by empowering you with the knowledge needed when it's time to purchase your next car. This is about what specific automobile features contribute to crash survival – hence, saving lives!

Did you know the car you choose can improve the odds of crash survival by 400%? In the popular magazine Consumer Reports, they wrote, “Ultimately, safety is active and passive, balancing the ability to avoid an accident and to survive one.” Typically, the first thing we do as consumers when we consider safety in a particular car is to look at the crash-test results. While this is important, we must first consider the size and weight so we compare crash-test results between cars in the same weight class since statistics show there are two times as many occupant deaths annually in small vs. large cars. Keeping size and weight in the foreground, when evaluating crash-test results, the front and rear end “crumple zone” of the car should be designed to absorb crash forces by buckling and bending in a serious collision. If you've ever watched race cars crash, you usually see car parts bend and break off as they bounce off the guard rail or other cars, sometimes to the point where all that is left is the cage surrounding the driver. Amazingly, the race car driver often climbs out of the cage and walks away, seemingly unharmed.

The next important car feature to consider is a car with a structurally superior passenger compartment. Look for a high quality “restraint system” made up of 3 components: seat belts, airbags, and head restraints. These work together to keep us safe and in place during a crash while the outside of the car crumples, absorbing the energy of the crash.

So where do you look to get this information? There are several resources available:

1. The NHTSA (National Highway Traffic Safety Administration) tests front end impacts at 35 mph, and in 1997 added side impact tests at 38 mph. They also test for the rollover potential for SUVs and trucks and grade the results for each category from 1 to 5 stars representing the likelihood of suffering a life-threatening injury in a crash.
2. Since 1995, the IIHS (Insurance Institute for Highway Safety) has used a method reviewed by Consumer Reports as being more realistic by crashing only half of the vehicle at similar speeds into fixed barriers, since most crashes are not direct, whole car strikes.
3. Consumer Reports is a 3rd option. They integrate the data from both NHTSA and IIHS and gives us their “CR Safety Assessment,” and run 40 new cars each year through numerous individual tests.

Other important “accident avoiding” features often overlooked include: **Tires** - greatly impact braking and emergency handling so REPLACE them as needed; **Braking**-check for the distance required to stop the car at different speeds- the shorter, the better; **Emergency Handling**-data about accident avoidance and choosing a vehicle with electronic stability control (ESC), especially in SUVs is wise; **Acceleration**-the quicker a car can get to highway speeds, the better; **Driver position and visibility**-a good view of the surroundings, especially the “blind spots” is important. We realize you have a choice in where you go for your health care needs and we truly appreciate your consideration in allowing us to help you.

**YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR WHIPLASH!**  
**FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808**

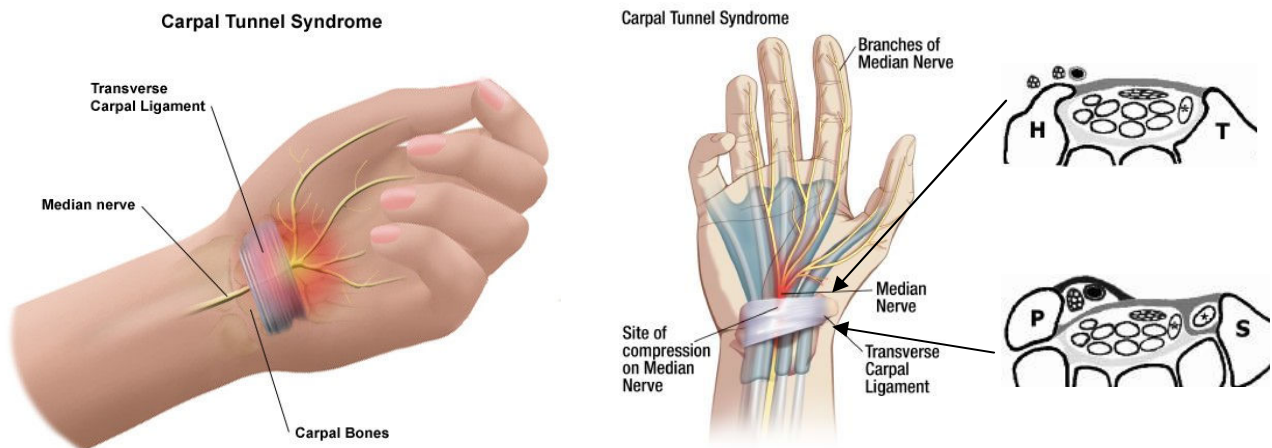
## Health Update: Carpal Tunnel

### **Carpal Tunnel Syndrome – Why is it so common?**

Carpal tunnel syndrome or, CTS, is a condition where a nerve (called the median nerve) is compressed in a relatively tight or restricted space (called the carpal tunnel), resulting in altered nerve function that includes numbness and weakness. In order to fully understand what CTS is, let's devote this Health Update to better understanding the anatomy of the carpal tunnel.

The carpal tunnel is made up from 8 bones (2 rows of 4 carpal bones that are stacked on top of each other) that are arranged in the shape of a horse shoe. The "roof" of the tunnel is a ligament (transverse carpal ligament) that stretches tightly across the two ends of the horseshoe completing the formation of a tunnel – actually, an upside down tunnel when looking at the palm side of the wrist). The contents of the tunnel include 9 tendons and their covering (sheath), blood vessels and on top of all that just under the roof is the median nerve – the culprit that creates most of the symptoms of CTS. The cause of CTS is simply anything that causes the contents inside the tunnel to swell, which then compresses the median nerve up into the roof or ligament, pinching the nerve. This can create numbness, tingling, the falling asleep sensation and weakness. It's important to point out that the median nerve starts out from the neck, passes through the shoulder, past the elbow, through the wrist's carpal tunnel and ends in the hand – specifically fingers 2,3, and 4. Therefore, the ENTIRE nerve must be looked at for all CTS cases as pinching can occur anywhere along its course from the neck to the hand.

It's said that pictures say a thousand words, so let's take a look!



Using the pictures here, familiarize yourself with the words and re-read the 2nd paragraph above, periodically looking at these pictures until you feel you understand where everything goes. Once you've accomplished that, you'll be able to better appreciate CTS, how the anatomy relates to the condition, and appreciate the need to reduce the swelling inside the tunnel when symptoms occur. The treatment is simple: "PRICE" – P protect R rest I ice C compress E elevate – accomplished by bracing (especially at night), ice cup massage (5 min. until numb 5x/day), rest (light duty work), and therapy (see your chiropractor!).

We realize that you have a choice in who you are considering for your health care provision and we sincerely appreciate your trust in choosing our service for those needs. If you, a friend or family member require care for CTS, we would be honored to render our services.

**YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR CARPAL TUNNEL SYNDROME! FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808**



## **Health Update: Fibromyalgia**

### **Fibromyalgia: Dietary Guide**

Fibromyalgia (FM) is a chronic condition affecting multiple body systems is not limited to any one aspect of health. Because of this, there is no ONE diet that works the same for all FM patients. Since most dietary guidelines that address FM are based on general healthy eating principles utilized for many conditions such as hypoglycemia, diabetes, food allergies, headaches, digestive disorders, and fatigue, let's review some of the most popular and successful dietary approaches that have been reported regarding FM.

#### **Basic Guidelines:**

1. **Carbohydrates:** AVOID all refined carbs (white flour products). Eat whole grain bread, oatmeal, granola, nuts. Avoid artificial sweeteners and limit sugar intake to a max. of 40g/2000 calories. Eat roughly 14 grams / 1000 calories consumed of soluble dietary fiber such as apples, oats, and legumes vs. insoluble fiber such as bran. Your total carb intake from all sources should be between 30-55% of your total calories.
2. **Fats:** AVOID saturated fats (these clog up circulation, lead to inflammation and pain). That means <10% of total calories consumed, so limit or eliminate foods such as cheese, beef, milk, oils, ice cream, cakes, cookies, mayonnaise, margarine, chips and chicken skin. Eat mono- and poly-unsaturated fats and include regular amounts of omega 3-fats. Eat < 300mg/day of cholesterol; Try to avoid ALL trans fats such as cakes, cookies, crackers, pies, bread, margarine, fried potatoes, chips, shortening. Take omega 3 fatty acids like alpha-linolenic acid (ALA) as these help make other omega 3 fats like EPA and DHA, and are very helpful for the brain. ALA is found in flaxseed, linseed oil, or cod liver oil. Limit total fat intake to 20-35% of calories consumed.
3. **Protein:** Go easy on red meat as they are high in saturated fat. Instead, eat more fish and vegetable protein (legumes and soybeans are great). When eating meat or poultry, remove all visible fat and skin before eating. Maintain protein at 20-40% of total caloric intake. AVOID: processed meats, especially salt-cured, smoked or nitrate-cured.
4. **Fruits & Vegetables:** Whole fruits are superior to juices. Include blackberries, strawberries, raspberries, kiwis, peaches, mango, cantaloupe melon and apples. Some FM sufferers cannot tolerate citrus fruits but if you can, fruits like oranges and grapefruits are great. Vegetables are crucial. Good choices include carrots, squash, sweet potato, spinach, kale, collard greens, broccoli, cabbage, and Brussels sprouts. These foods reduce the risk of developing chronic diseases (diabetes, heart disease, stroke and cancers).
5. **Dairy Products:** Choose reduced or fat-free varieties of cow or soy milk. This also applies to yogurt and cheese.
6. **Healthy drinks:** Drink 8 glasses of water a day or diluted fruit juices, or herbal teas. Drinking water helps flush out toxins. Avoid coffee, tea, and alcohol as these increase fatigue, increase muscle pain and interfere with normal sleeping patterns. Limit or eliminate alcohol.
7. **Healthy Snacks:** Chopped vegetables, unsalted nuts and/or seeds; AVOID ALL commercial snack foods (except salt-free air-popped popcorn) as these are high in trans fats & salt. Avoid chocolate and candy.
8. **Junk Food:** Regular consumption of this is BAD for FM patients due to the high levels of fat, sodium, calories and general lack of nutrition.
9. **Artificial Sweeteners:** AVOID them! Examples: aspartame, NutraSweet, & saccharine.
10. **MSG:** (monosodium glutamate (MSG) and Sodium (Salt) can aggravate FM!
11. **QUANTITY:** Eat smaller light meals, especially in the evenings.

We recognize the importance of including chiropractic in your treatment planning and realize you have a choice of providers. If you, a friend or family member requires care for FM, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

**YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR FIBROMYALGIA!**  
**FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808**