

Chiro Corner

Teller County Chiropractic • 800 E. Hwy 24 suite D • Woodland Park • 719-687-1881

Volume 4 – Fall 2010

Tips for keeping your young athlete healthy & fit!

In today's age of health and fitness, more and more kids are involved in sporting activities. Although being part of a football, soccer or Little League team is an important rite of passage for many children, parents and their children could be overlooking the importance of proper nutrition and body-conditioning needed for preventing injuries on and off the playing field.

"The majority, if not all, sports are good, provided that the child prepares appropriately," says Dr. Carl Heigl, president of the American Chiropractic Association's Council on Sports Injuries and Physical Fitness. "Without proper preparation, playing any sport can turn into a bad experience. There are structural and physical developmental issues that need to be taken into consideration before children undertake certain sports."

Highly competitive sports such as football, gymnastics and wrestling follow rigorous training schedules that can be potentially dangerous to an adolescent or teenager. The best advice for parents who have young athletes in the



family is to help them prepare their bodies and to learn to protect themselves from sports-related injuries before they happen.

"Proper warm up, stretching and weight-lifting exercises are essential for kids involved in sports, but many kids learn improper stretching or weight-lifting techniques, making them more susceptible to injury," says Dr. Steve Horwitz, an ACA member from Silver Spring, Maryland, and former member of the U.S. Summer Olympic medical team.

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The Mirabellas and the Staff of Teller County Chiropractic wish you a Happy and Healthy Fall Season!

Want a better complexion? Look in your refrigerator



Your mother was right. What you eat really does affect your complexion. In her book *Smart Medicine for Your Skin*, dermatologist Jeanette Jacknin points which foods to eat to combat specific skin conditions. Eating yellow or orange fruits and vegetables helps prevent sun damage. These foods are packed with beta carotene and antioxidants, like Vitamins C and A. Combined they act like a natural sunscreen. Recent research has shown that drinking green tea can also prevent sun induced skin damage. Green tea contains polyphenols which reduce cell damage caused by ultraviolet radiation. (A word of caution: these foods should supplement not replace topical sun screens.) To combat wrinkles, include almonds, brown rice and olive oil in your diet. These foods contain high amounts of Vitamin E which can protect the cell membranes of the skin. In fact, a study conducted in Australia recently found that people who eat these foods have the least amount of wrinkles. To improve the skin's elasticity and prevent thin skin, eat whole grains, seafood and garlic. These foods are rich in selenium which can slow the signs of aging by preserving the suppleness of skin tissue. —Adapted from *Reader's Digest*

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"Parents need to work with their kids and make sure they receive the proper sports training." "Young athletes should begin with a slow jog to warm-up the legs and arms and stretch all the major muscle groups," says Dr. Horwitz. "Kids involved in football, baseball, gymnastics and swimming should develop a routine that includes strengthening exercises for the abdomen, the low-back muscles, arms and shoulders."

Proper nutrition and hydration are also extremely vital. "A student athlete may need to drink eight to ten 8-ounce glasses of water for proper absorption. Breakfast should be the most important meal of the day. Also, eating a healthy meal before and after practice or a game allows for proper replenishment and refuels the body," adds Dr. Horwitz. Young athletes today often think they are invincible. The following tips can help ensure your child does not miss a step when it comes to proper fitness, stretching, training and rest that the body needs to engage in sporting activities. Encourage your child to:

*Wear the proper equipment. Certain contact sports, such as football and hockey, can be dangerous if the equipment is not properly fitted. Make sure all equipment; including helmets, pads, and shoes, fit your child or adolescent. Talk to your child's coach or trainer if the equipment is damaged.

*Eat healthy meals. Make sure your young athlete is eating a well-balanced diet and does not skip meals. Avoid high-fat foods, such as candy bars and fast food. At home, provide fruit rather than cookies, and vegetables rather than potato chips.

*Maintain a healthy weight. Certain sports, such as gymnastics, wrestling and figure skating, require your young athlete to follow strict dietary rules. Be sure your child does not feel pressured into being too thin and that he/she understands proper nutrition and caloric intake is needed for optimal performance and endurance.

*Drink water. Hydration is a key element to optimal fitness. Teenage athletes should drink at least eight 8-ounce glasses of water a day. Younger athletes should drink five to eight 8-ounce glasses of water.

*Drink milk. Make sure your child has enough calcium included in his/her diet. ACA recommends 1 percent or skim milk -- for children over two years old -- rather than whole milk because of the fat content. Milk is essential for healthy bones and reduces the risk of joint and muscle-related injuries.

*Avoid sugar-loaded, caffeinated and carbonated drinks. Sports drinks are a good source of replenishment for those kids engaged in long duration sports, such as track and field.

*Follow a warm-up routine. Be sure your child or his/her coach includes a warm-up and stretching session before every practice, game or meet. A slow jog, jumping rope and/or lifting small weights reduces the risk of torn or ripped muscles. Flexibility becomes a preventive key when pushing to score that extra goal or make that critical play.

*Take vitamins daily. A multi-vitamin and Vitamin C are good choices for the young athlete. Vitamin B and amino acids may help reduce the pain from contact sports. Thiamine can help promote healing. Also consider Vitamin A to strengthen scar tissue.

*Avoid trendy supplements. Kids under the age of 18 should avoid the use of performance-enhanced supplements, such as creatine. Instead, they should ask their coach or trainer to include weekly weight training and body-conditioning sessions in their workout.

*Get plenty of rest. Eight hours of sleep is ideal for the young athlete. Lack of sleep and rest can catch up with the athlete and decrease performance. Sluggishness, irritability and loss of interest could indicate that your child is fatigued.

Chiropractic Care Can Help. . .

Dr. Mirabella has years of experience treating athletes and is trained and licensed to treat the entire neuromusculoskeletal system. He can provide advice on sports training, nutrition and injury prevention to young athletes.

Influence others by telling your story

Whether you're a line employee or a CEO, you are presented every day with opportunities to lead and inspire people. But how can you inspire others to do their best? Tell stories to foster trust such as:

& Stories that teach. When you want to teach people a way to do something or a new skill, there's only so much information they'll retain. You can tell a new colleague which buttons to push to work the phone system, but the person will learn much more when you tell her about Joe, who could simultaneously calm a customer, locate a file you needed and smile at the cleaning lady.

& Stories that show your values in action. You can tell someone you believe in working hard every day. Or, you can tell him the time you landed a deal with a client who had stopped in the office bearing gifts just before the holidays. As others were opening the goodies, you had talked to the client about his latest endeavors.

& Stories that empathize. Few stories gain trust and respect as those that show you understand another's predicament. So don't tell a colleague what they should do, tell them instead how you were faced with a similar situation, what you felt and how you dealt with it.

—adapted from *Context* magazine

Good News Travels Fast . . .

Please tell a friend about Chiropractic

Each new day about 10,000 Americans try chiropractic care for the first time. Some have only minor complaints. Some suffer from the pain and misery of serious health problems, injuries, and maladies. Some turn to chiropractic as a last resort.

Still, despite this groundswell-demand for modern chiropractic, *many persons in need of chiropractic care more than anything else in the world*, put off trying this safe, painless, drugless health care method because they aren't sure what chiropractic is and how it works.

How regrettable! It's bad enough to be ill or in pain, but to also be unfamiliar with the very method that might help . . . well, that's tragic . . . especially when chiropractic is so close at hand.

***Thanks for referring your
Friends to Chiropractic!***



Do You Drink Enough Water OR Are You Addicted to "Coke"?

Let's Get The Facts Straight . . .

Let me share with you the benefits and risks involved to drinking water and Coke . . .

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration slows down your metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of us.
- Lack of water is the primary trigger of daytime fatigue.
- Researches show that 8-10 glasses of water a day significantly eases back and joint pain.
- A 2% drop in body water can trigger fuzzy short-term memory and difficulty focusing.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, slashes the risk of breast cancer by 79%, and reduces the incidence of bladder cancer by 50%.

Are you drinking enough water everyday?

- In many states, the highway patrol carries 2 gallons of Coke in their trunk to remove blood from the highway after an accident.
- You can put a T-bone steak in a bowl of Coke and it will totally dissolve in 2 days.
- To clean a toilet, pour a can of Coke into the bowl and let the "real thing" sit for an hour and then flush it clean.
- To remove rust spots from chrome car bumpers, just rub the bumper with a rumped up piece of Reynolds Wrap aluminum foil dipped in Coke.
- To clean corrosion from car battery terminals, pour a can of Coke over the terminals to bubble away the corrosion.
- To loosen and remove grease from clothes, empty a can of Coke into a load of greasy clothes, add detergent and run on a regular cycle.
- Coke will even clean road haze from your car windshield.
- The Active ingredient in Coke is phosphoric acid whose pH is 2.9. It will dissolve a nail in 4 days. Phosphoric acid also leaches calcium from bones and is a leading cause of osteoporosis.
- The distributors of Coke have been using it to clean the engines of their trucks for over 20 years.

**Are you drinking
too much Coke
everyday?
Would you prefer
a glass of water or
a can of Coke?**



Gracie Goat's Big Bike Race is one way to teach your kids about proper hydration.

Gracie Goat's Big Bike Race includes a non-fiction section All About Cycling, and a Fitness Fact about the importance of hydration.

In the story.....

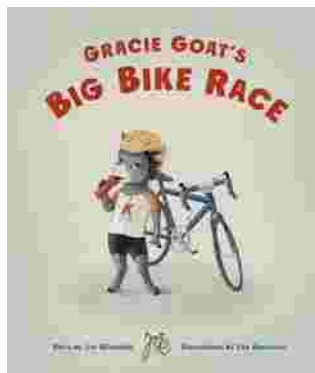
Gracie Goat doesn't know what to do. She told her friends that she would join them in a bike race, but there's a problem: she doesn't know how to ride a bike and she's afraid to learn.

With her grandmother's help, Gracie discovers that everyone is scared of something, even her grandma. Together, they overcome their fears and learn that they have everything to gain by trying.

Join Gracie and the rest of the Barnsville kids as they learn the values of teamwork and confidence.

Watch for other books in the Barnsville Sports Squad Series.

The Barnsville Sports Squad Series is for ages 5 and up. It's great for beginning readers! Autographed Copies available at Teller County Chiropractic. Shawn Sheep the Soccer Star is also available for purchase. Visit www.erinmirabella.com for more information



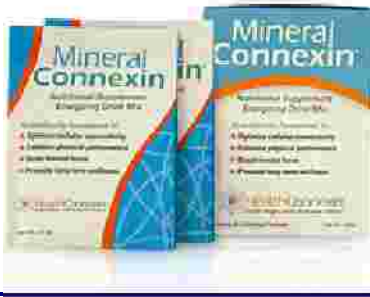
Don't forget to stop by and check out our AirPack Backpacks. The AirPack Backpack uses a patented ergonomic designed inflatable cushion to redistribute weight from the shoulders to the hips and lower back. The cushion helps to reduce stress on back up to 80% and lightens effective load up to 50%. Help prevent poor posture and back injuries with the AirPack Backpack!



Now Carrying MineralConnexin™

MineralConnexin™ promotes long-term health by:

- Improving bone health
- Reducing the risk of high blood pressure
- Supporting the immune system
- Balancing pH (measure of acidity/alkalinity)
- Enhancing mental acuity
- Enhancing connexin function



Now Carrying SportConnexin™

SportConnexin™ was scientifically formulated to:

- Help maintain proper hydration
- Improve endurance
- Speed muscle recovery
- Reduce cramping
- Boost energy



Each dose of SportConnexin™ was formulated to replenish the minerals and electrolytes one loses in one hour of rigorous exercise, SportConnexin helps athletes maintain proper pH balance throughout training sessions, endurance and team sport competitions resulting in reduced cramping, improved performance and faster recovery.



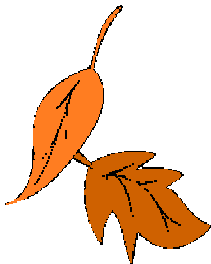
Follow us on Facebook!

10% off Coryza Forte
Helps strengthen Immune System.

Coupon has no cash value. Expires 11/15/2010

This Fall, refer a friend to our office and they will receive a free examination.
(Regularly a \$40.00)

Coupon has no cash value. Expires 11/30/2010



Do you have a question?
Email your questions to Dr. Mirabella
dr.m@tellercountychiropractic.com
Dr. M will answer your questions and they may appear in our next newsletter



Visit our website for more useful information.
www.tellercountychiropractic.com