

# Health Hints, Quick Tips & Fun Facts

*Upper Cervical Health News From Your Doctor (With Some Fun Stuff Mixed In)*

December 2014

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## 6 Chronic Pain Triggers That Might Surprise You

If you're suffering from chronic pain that has no obvious cause, take a look through the list of triggers that follow. Oftentimes, physical pain may be the result of an underlying condition, lifestyle factor, or emotional trauma that you haven't taken into account.

### 1. Emotional Trauma

Few people want to be told that their pain is psychological or emotional in origin, but there's quite a bit of evidence that backs this up. One theory is that emotional trauma (along with physical injury and environmental toxins) may stimulate molecules in your central nervous system called microglia which release inflammatory chemicals when stressed, resulting in chronic pain and psychological disorders like anxiety and depression.

### 2. Painkillers

Ironically, the very drugs that most physicians prescribe to treat pain may end up making your pain worse after just a few months of use.



As you might guess, this creates a situation where the person starts to take more and more pills.

### 3. Poor Sleep

Poor sleep can actually impact virtually every aspect of your health, and the reason for this is because your circadian rhythm (sleep-wake cycle) actually "drives" the rhythms of biological activity at the cellular level.

### 4. Leaky Gut

Dietary changes are crucial for managing pain, and this is, in part, due to the way they influence your gut health. Substances in grains, for instance, may increase intestinal permeability (i.e. leaky gut syn-

drome), allowing undigested food particles, bacteria, and other toxicants to "leak" into your bloodstream. Leaky gut can cause digestive symptoms such as bloating, gas, and abdominal cramps, as well as cause or contribute to many others symptoms, including inflammation and chronic pain.

### 5. Magnesium Deficiency

Among magnesium's many roles is blocking your brain's receptors of glutamate, a neurotransmitter that may cause your neurons to become hypersensitive to pain.

### 6. Lyme Disease

Some of the first symptoms of Lyme disease may include a flu-like condition with fever, chills, headache, stiff neck, aches, and fatigue. However, it often lingers chronically, in some people for more than a decade, causing muscle and joint pain.

Photo: <https://www.flickr.com/photos/tude-dude/4326739234/>

Source: <http://articles.mercola.com/sites/articles/archive/2014/12/13/6-chronic-pain-triggers.aspx>

## DID YOU KNOW?

- Right-handed people live, on average, nine years longer than left-handed people.
- It's a common practice in southern India for a man to marry his elder sister's daughter.
- Take your height and divide by eight. That's how "tall" your head is.
- 50% of U.S. pizzas are sold with pepperoni on them.



Photo Credit: <https://www.flickr.com/photos/s4xton/2416322985/>

## Surprising Facts About Fluoridated Water

Fluoride is a toxic endocrine-disrupting drug that can adversely affect your bones, brain, thyroid gland, pineal gland, and much more.



More than 67 percent of Americans receive fluoridated water.

With few exceptions, most other countries do not fluoridate their drinking water due to health concerns.

source: mercola.com

Photo Credit: <https://www.flickr.com/photos/newnowknowhow/3267218959/>

## Silly Quotes

"I don't know all the certain words to word it."

*Vanilla Ice, Rap Star, on why he hired a ghostwriter for his autobiography*

"They are not jackbooted Nazi thugs. They are merely German policemen in spiffy uniforms here to help us."

*Vichy government (1941 - 1945)*

"We all get heavier as we get older because there's a lot more information in our heads."

*Vlade Divac, NBA basketball player*

"You can't just let nature run wild."

*Wally Hickel, former Alaska governor*

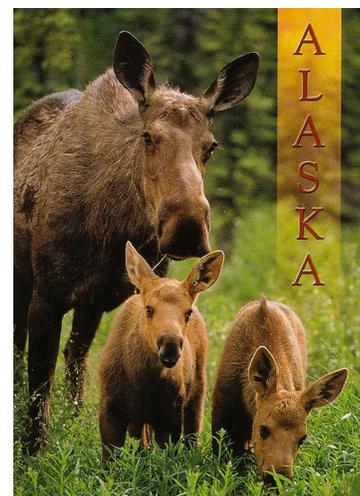


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## THIS MONTHS NEW PATIENTS

Nathan J. from Huntington Beach, referred by Phil S.  
 Connie R. from Huntington Beach, referred by Google  
 Kim H. from Costa Mesa, referred by Rick H.  
 Noel M. from Long Beach, referred by Dave M.  
 Megan C. from Torrance, referred by Dottie S.  
 Tani H. from Westminster, referred by WWW.RogerSmithDC.com  
 Jodi C. from Los Alamitos, referred by Vivienne W.  
 Eric A. from Mill Valley, referred by Patient  
 Amy P. from Los Alamitos, referred by Jodi C.  
 Louise S. from Buena Park, referred by Sharon S.  
 Jerry B. from Huntington Beach, referred by Jodi C.

**We love recognizing our new patients and those that referred them in. There is no greater compliment than when one of our patients trusts us enough to refer their friends and family.**

## Running Shoes & Injury Prevention

Age, gender, fitness level, experience, weight, prior injuries, and your unique running stride can all influence your risk of a running-related injury, making it difficult to quantify the benefits or risks of footwear.

Some research suggests modern running shoes, with their heavily cushioned, elevated heels, may actually encourage runners to strike the ground with their heel first—a move that generates a greater collision force with the ground, leading to an increased potential for injury.

Running-related chronic injuries to bone and connective tissue in the legs are rare in developing coun-

tries, where most people are habitually barefooted.

New research also revealed no significant differences in injury rates among runners with varying pronation wearing a neutral shoe, which suggests the widely held role of pronation in injury may be a myth.

*Source: mercola.com*

## Helpful Hints

- To gently and effectively clean your cast iron skillets after most uses, wipe out excess food with a dry paper towel, then sprinkle salt inside the pan. Wipe clean with a clean, dry paper towel. The salt acts as an abrasive to scratch off any stuck-on particles of food without using soap and water, which can remove your seasoning. For stubborn stuck-on food, use a putty knife to scrape it off. You may, however, need to reseason the pan after doing this.
- To remove wax from carpeting or other fabric, first scrape away any excess. Then, place a brown paper bag over the wax and run a warm iron over the bag. The wax will melt right into the bag! Continue moving the bag around as you pick up the wax so you are always using a clean section. If a little grease stain remains on carpet, sprinkle with baking soda and allow to sit overnight before vacuuming, which will remove the grease residue. If colored wax leaves a stain on carpet, blot with spot remover or carpet cleaner, following label directions.

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### Can't Sleep? Maybe This is Why

Insomnia is the most common of all sleep disorders.

It can effect up to 40 percent of the general population yearly and is a significant cause of ill health.

If you aren't getting enough sleep, your body does not have the time that it needs to repair all the damage you've done during the day while you were awake.

When you suffer from insomnia, you may also notice sleepiness, irritability, and feelings of misery.

Depending on the individual, insomnia

**"... insomnia can affect up to 40% of the general population yearly..."**

can mean difficulty falling asleep, waking up-often with difficulty falling back to sleep, waking too early in the morning, or poor-quality sleep.

Insomnia can be caused by pain that keeps you awake, or it can be from a neurological problem.

Those suffering from insomnia have been known to respond very well to having their atlas bone properly aligned.

Many have even fallen asleep right on the table while resting after the initial adjustment.

Call the office today to see if your atlas is in its proper alignment.