

Health Hints, Quick Tips & Fun Facts

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

July 2014

Volume 4 Issue 7

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6 Natural Options for Pain Relief

If you're looking for natural forms of pain relief, capsaicin cream is only one option. Five other options that have equal promise include:

1. **Boswellia:** Also known as boswellin or "Indian frankincense," this herb contains anti-inflammatory compounds.
2. **Astaxanthin:** Astaxanthin has been shown to be very useful against joint pain caused by inflammation. Studies have demonstrated astaxanthin reduces nuclear factor kappa beta; the master switch for the inflammatory response. It also reduces tumor necrosis factor and other pro-inflammatory cytokines that cause inflammation and pain.
3. **Medical cannabis** has a long history as a natural analgesic. At present, 20 U.S. states have legalized cannabis for medical purposes. Its

medicinal qualities are due to high amounts (about 10-20 percent) of cannabidiol (CBD), medicinal terpenes, and flavonoids. Varieties of cannabis exist that are very low in tetrahydrocannabinol (THC)—the psychoactive component of marijuana that makes you feel "stoned"—and high in medicinal CBD. The Journal of Pain, a publication by the American Pain Society, has a long list of studies on the pain-relieving effects of cannabis.

4. **Devil's Claw.** A South African herb found to be particularly effective against pain caused by inflammation, including arthritis, and muscle pain.
5. **K-Laser Class 4 Laser Therapy:** If you suffer pain from an injury, arthritis, or other inflammation-based pain, try out K-Laser therapy. It can be an excellent choice for many painful conditions, including acute injuries. K-Laser is a class 4 infrared laser therapy

treatment that helps reduce pain, reduce inflammation, and enhance tissue healing—both in hard and soft tissues, including muscles, ligaments, or even bones. These benefits are believed to be the result of enhanced microcirculation, as the treatment stimulates red blood cell flow in the treatment area. Venous and lymphatic return is also enhanced, as is oxygenation of those tissues.

6. **Chiropractic Adjustments.** Of course you knew I couldn't not include chiropractic care as a natural option for pain relief. The nervous system controls and coordinates the human body via the nerves and every nerve in the body passes through the atlas bone. Chiropractic might be missing from your life.

Source: Visit <http://articles.mercola.com/sites/articles/archive/2014/07/14/chili-peppers-pain-relief.aspx>

DID YOU KNOW?

- Some toothpastes and deodorants contain the same chemicals found in anti-freeze.
- The best time for a person to buy shoes is in the afternoon. This is because the foot tends to swell a bit around this time.
- The first toilet being flushed in a motion picture was in the movie Psycho.
- There are 11 towns in the U.S. named Moscow!



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<https://www.flickr.com/photos/brandoncripps/8522253852/>

Prevent Sunburn

While it's true that excessive sun exposure resulting in sunburn may increase your risk of skin cancer, it's a fallacy to believe that sun exposure should be avoided altogether.



When UVB strikes the surface of your skin, your skin converts a cholesterol derivative into vitamin D3, which is critical for overall health and disease prevention.

As a general rule of thumb, to optimize your vitamin D levels, you need to expose large portions of your skin to the sun – including your legs, back, arms, and chest, but avoid your face to reduce photoaging wrinkling.

The key is knowing when to cover back up. You only want your skin to turn the lightest shade of pink. Once that occurs—which can happen in as little as 10-20 minutes—cover up or get out of the sun.

Sources:

source: mercola.com

Photo Credit:
<https://www.flickr.com/photos/rbbaire/4727455366/>

Silly Quotes

"MIDNIGHT BOWLING SATURDAY AT 9 P.M."

Sign outside bowling alley in Lakewood, CO

"SAFETY FIRST: Please put on your seat belt - prepare for accident."

Sign on backseat of Taxi

"We can repair anything. (Please knock hard on the door - the bell doesn't work.)"

Sign on door of repair shop

"This Is The Gate Of Heaven, Enter Ye All By This Door. (This door is kept locked because of the draft. Please use side entrance.)"

Sign on church door



Photo Credit:
<https://www.flickr.com/photos/loungerie/8662755140/>

THIS MONTHS NEW PATIENTS

Dale M. from Newport Beach referred by Roger L.

Sonnhild K. from Long Beach referred by Whole Foods

Rosa R. from Anaheim referred by www.RogerSmithDC.com

Elizabeth O. from Torrance referred by Jae Y.A.

Jennie E. from Canyon Lake referred by Jordan E.

Denis C. from Seal Beach referred by Tina C.

Daniel Q. from Rowland Heights referred by Javier C.

Shawn T. from Huntington Beach referred by The Lawyers Group

Darryl P. from Gardina referred by Tricia D.

Jae S. from Huntington Beach referred by Relax The Back

Yi C. from Aliso Viejo referred by Jobe C.

Judith W. from Anaheim referred by Nicole H.

Steve R. from Long Beach referred by Amy N.

Paul B. from Long Beach referred by Amy N.

Anita B. from Irvine referred by Seok K.

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.

Cellphones Damaging to Sperm

Exposure to electromagnetic radiation from cell phones lowered sperm motility by 8 percent and sperm viability by 9 percent.

Previous studies have also found that cell phone radiation can affect men's sperm count, and the quality and motility of their sperm.

Prenatal animal studies have shown exposure to radiation from cell phones alters DNA and brain metabolism, compromises spinal cords, and affects learning abilities.

US and international cell-phone safety standards are based only on the notion that low-frequency electromagnetic radiation and microwave radiation induce harm by heating.

At least 23 studies have shown that microwave and other low-frequency EMFs act by activating voltage-gated calcium channels (VGCCs) that cause adverse non-thermal biological changes.

Source: mercola.com

Helpful Hints

- **Fish or Spoiled Food Odor?** Place a bowl of white vinegar on the counter for a few hours. The odor will disappear for good.
- **Freshen Laundry Basket?** Place a fabric softener sheet in the bottom of your laundry basket (remember to change it weekly.) You can also simply sprinkle some baking soda in the bottom of your basket and that will help absorb the odors as well.
- **To Clean George Foreman Grills:** After removing the cooked food from the grill, place a paper towel soaked in water on each of the 2 cooking surfaces. Unplug the appliance, allow it to sit for 5-30 minutes (while you eat), then use the paper towels to effortlessly wipe out the grease and food particles.

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Is there relief for fibromyalgia sufferers?

If you pay attention to drug ads on TV, you've no doubt seen ads for drugs that help fibromyalgia.

Fibromyalgia is characterized by the presence of chronic widespread pain and sensitivity. The disorder is not directly life-threatening.

The degree of symptoms may vary greatly from day to day with periods of flares (severe worsening of symptoms) or remission; however, it is generally thought to be non-progressive.

The problem with taking drugs for fibromyalgia, is the drugs only cover up the

symptoms that your feeling. They don't actually treat, or correct what's causing

...the general symptoms of fibromyalgia are caused by nerve interference.

the symptoms.

Many times the general symptoms of fibromyalgia are caused by nerve interfer-

ence in the spine at the level of C1 (Atlas) and C2 (Axis).

When your atlas bone is misaligned, it can create nerve interference with your entire nervous system.

If you or someone you know is suffering from fibromyalgia pain, you should make an appointment to let us check to see if a misaligned atlas bone is contributing to the problem. If it is, correcting it is a very gentle procedure, and not only can correcting it help with your fibromyalgia pain, but it also has a positive effect on the health of your entire body.