

# In Touch

TO EDUCATE YOU ABOUT YOUR HEALTH

## DO YOU HAVE THE ABILITY TO FIGHT OFF DISEASE, ILLNESS AND CANCER?

### *Genes versus the environment... What controls?*

Since the breaking of the genetic code in the early 1950's, cell biologists have favored the concept of *genetic determinism*, the belief that genes control our biological processes. With this said, what determines if we get sicknesses, diseases or even cancer all lies in our genes. So this means that our DNA influences and regulates biological behavior.

But it is now recognized that the environment, and more specifically, our perception (interpretation) of the environment, directly controls the activity of our genes. A gene cannot turn itself on or off, it is dependent on a signal from its environment to control its expression.

It is our ability as humans are to adapt to the physical, chemical and mental stresses that make up the environment around us. When we are adapting properly to our environment, our body is preoccupied with growth and maintenance. When we lose the ability to adapt to the stresses in our environment, our body switches to a defensive 'protection' posture and growth processes are restricted.

While our body can handle periods of brief stress, prolonged or chronic stress requires far greater energy demands. This interferes with proper growth and maintenance, and as a consequence, leads to dysfunction and disease. 90% of our body processes work without us having to think or know about them. When the failure to adapt becomes too great, it will finally reach our physical and conscious level because our survival is threatened. At this point vital life processes have failed and, in some cases, are too late to fix.

So to answer this question... we have the ability to fight illness, disease and cancer. We have the ability to change our programming and perceptions of the environment. We must give ourselves every opportunity to adapt to physical, chemical and mental stresses. Our outside environment is becoming more unfavorable so we must do everything to defend our internal environment and give it the ability to adapt.

It is a chiropractic premise that you have the ability to fight off stress and to fight off dis-ease which is the cause of illness. Through chiropractic care, proper nutrition and diet, and healthy lifestyle practices you can become a master of your fate rather than a victim of your program.

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#### CLOSE TO HOME



"I need to have you just relax and trust me on this, Mrs. Hostrander."

## WHAT YOU MAY NOT KNOW ABOUT LOW SPEED AUTO ACCIDENTS

Studies have shown that there are high correlations of spinal injury, ligament injury, and even disability with low speed crashes.

The manufacturing of vehicles has become very good at protecting the occupant in high speed crashes and protecting the vehicle in low speed crashes. Vehicles are designed with crush zones, safer seatbacks, air bags, and improved belt restraints. This creates a ‘plastic’ crash which reduces forces and creates a less risk for injury. In a low speed crash there is minimal risk for death therefore occupant safety has not been an issue. Even though the legal requirements for manufacturers are stated as public safety needs they are only designed to protect the vehicle. Insurance carriers don’t want to fix millions of vehicles involved in low speed crashes every year. Cars are designed to be ‘elastic’ for low speed crashes.

Science and statistics say that long term whiplash injuries occur more often in low speed crashes. Most, if not all people, walk away from low speed crashes with no signs of injury or pain at the time of the accident. But studies have shown that there are high correlations of spinal injury, ligament injury and even disability with low speed crashes. Bailey et al commented that “in a rear end impact, many vehicles will be undamaged at crash severities that are above the range where human volunteers have reported neck and back symptoms.” Walz and Muser concluded that “the greater the vehicle damage, the less the biomechanical loading, and the inverse.”

However, due to the elastic nature of low impact collisions there are no consistent findings between vehicle damage and injury. But minor injuries at the time of a crash can lead to major spinal problems in the months to years after. Remember when Dale Earnhardt was killed in a race? If you saw, it looked like his car hardly touched the wall. That crash cracked a bone in his neck... this is the point exactly.

### HIGH SPEED CRASHES

#### High Risk For

Fractures  
Abdominal & Chest injury  
Death

#### Low Risk For

vertebral disc injury  
spinal ligament injuries  
vestibular injury

### LOW SPEED CRASHES

#### High Risk For

Spine injury  
Ligament Injury  
Disability

#### Low Risk For

fracture  
abdominal injury  
death  
Vehicle damage

## RISK FACTORS FOR HEADACHES IN TEENAGRES

Headache prevalence in elementary children is on the rise, raising concerns about excessive stress, disproportionate absences, and poor concentration in school children.

In a study investigating the occurrence of headaches in teenagers 13 to 16 years old, 22% suffered from headaches, with girls 1.6 times more likely to suffer than boys.

Several factors that increased the probability of headaches in girls are listed, with the corresponding increase in odds:

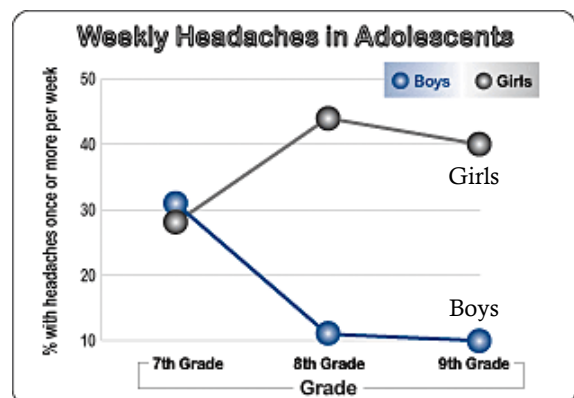
- Smoking (6.6 times)
- Going to bed past 11pm (4.4 times)
- Few sports activities (3.0 times) or sports participation over six instances per week (2.9 times)

- Parental headaches (2.0 times)

The researchers found that girls were also much more likely to have

headaches in ninth grade than in seventh grade, while boys had slightly reduced odds when older.

*Scandinavian Journal of Primary Health Care 2001:19(2)*



## DO YOU KNOW YOUR NUMBERS?

If you don't know your **Health Age**, **Wellness Score**, and **Number of Risk Factors**, you are missing out on an important opportunity to understand your current health status and what you need to do to add life to your years and years to your life!

Your health is important!! Based upon the growing interest of personal wellness, anti-aging, weight loss, etc., a health coach assists in building a foundation of personal change in your lifestyle challenges.

### Benefits of a Health Coach:

- ◇ Identify your health age and risk factors
- ◇ Set health & lifestyle goals
- ◇ Implement steps of change
- ◇ Make changes based on goals not outcomes
- ◇ Keep track of your health & lifestyle goals
- ◇ Be effective at making small changes
- ◇ Stay focused and motivated
- ◇ SMART
  - Specific
  - Measurable
  - Attainable
  - Realistic
  - Timely

- ◆ Lose weight
- ◆ Eat better
- ◆ Quit smoking
- ◆ Exercise more
- ◆ Increase energy
- ◆ Stay motivated
- ◆ Live better
- ◆ Break habits
- ◆ Be Successful

For more information on how you and your family can benefit from Health Coaching contact Dr. Josh

[dr.josh@performancechiropracticpc.com](mailto:dr.josh@performancechiropracticpc.com)

### Patient Spotlight

Before coming to Performance Chiropractic I was experiencing pain in my right elbow and wrist. Sometimes my hand would become weak from the pain and I was having difficulty at my job and just everyday movement in my right arm. I found it difficult to grasp anything with my right hand. I went to my orthopedic doctor and he did run some tests. He suggested physical therapy which I did for about 6 weeks. It helped, but the pain returned. I also went to a chiropractor and had some acupuncture. That definitely was just a band-aid. I had several treatments with the same results. It felt great when I left the office, but the pain and discomfort returned within a few days. I was really frightened because there were so many things I was having trouble doing. Simple chores around the house and typing at the computer for my job were very difficult. I did wear a brace which the orthopedic doctor gave me, but that did not give me any lasting results. My workout sessions with my trainer suffered and we really started just concentrating on lower body because I was not able to lift weights with my right hand. I decided to see Dr. Josh and called his office. He saw me that day. We did some testing and within a few weeks my problem seemed to be subsiding. More tests after 6 weeks of treatments and my ability to use my right hand improved greatly. Dr. Josh concentrated on ridding me of my pain instead of the band-aid treatment I was receiving from the other doctors. I believe I was relating my issues to all the doctors I saw, but it was Performance Chiropractic that put me back in business with the use of my right hand and arm. Now, I have little to no discomfort and my treatments are for maintenance only. I have referred friends and family to Dr. Josh because I think he dedicates himself to helping people.

Jeanine B.

### Stretching & Core Techniques

- Learn how to stretch and why
- Strengthen core muscles (Abs & Low Back)
- Learn theraball and theraband exercises
  - Educate on preventative wellness

**Dates: 7/11, 7/25, 8/8, 8/22, 9/5, 9/19**

**Fox Valley Fitness Center (2nd floor of our facility)**

This class is available to all our patients, their guests and fitness center members **at no cost**.

Call or see Allison for a Health Class Pass and join us!

### Office Hours

Monday & Wednesday 8:30-11:00am - 3:00-7:00pm

Tuesday & Thursday 2:00-7:00pm  
Chiropractic & Massage Therapy

Friday 11:00am-5:00pm

Saturday 8:30-11:00am

**Check out our new website!!**

[www.performancechiropracticpc.com](http://www.performancechiropracticpc.com)



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