



In Touch

TO EDUCATE YOU ABOUT YOUR HEALTH

DO I HAVE TO GO TO THE CHIROPRACTOR FOREVER?

Have you heard the rap about Chiropractic? Once you go to the chiropractor, you have to keep going forever. Is that really True?

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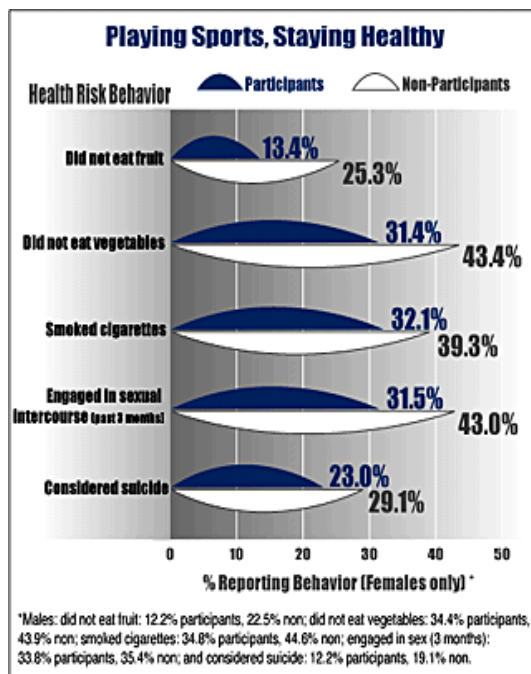
Several years ago a Chiropractor was invited to lecture to a group of insurance adjusters. These are the people who determine which insurance claims should be paid. He knew that they would be skeptical about what a Chiropractor would have to say so he decided to loosen them up by telling them the only Chiropractic joke he knew. "How many Chiropractors does it take to change a light bulb? One, but it takes 30 visits." they all thought it was funny because it played directly into their belief system that Chiropractors over-treat their patients. But do Chiropractors really over-treat?

The answer to that question depends on your own belief system about health. **Do you believe you should do things to stay healthy or do you believe you should do nothing about your health until you get sick?** When you compare Chiropractic to traditional medicine, you also see two extremes. Chiropractic focuses on wellness while traditional medicine focuses on disease. Due to the influence of traditional medicine on the insurance industry, most people don't realize that if they have insurance, it is not health insurance. It is sickness insurance. However, doesn't it make more sense to stay well than to get well?

Some people have sheepishly told me that they wonder if the Chiropractor does something to their spine that makes it necessary for them to have a Chiropractic adjustment or "their spine will fall apart". Nothing could be further from the truth. The reason that the Chiropractic adjustment is given is to restore proper position and motion to the spine and remove the interference to the nerves that can cause malfunction to the organs and spine. If the Chiropractor were doing things to make your spine unstable, you would feel more discomfort.

Periodically, patients ask me how long they will need Chiropractic care. I will respond by saying "how long will you need to brush your teeth? You never have to brush them again. But what happens if you don't?" The concept is the same. It's in your best interest to take care of the body you have.

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Sports participation is common among U.S. high school students and is associated with numerous positive health benefits and few negative health behaviors.



Performance Chiropractic

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CHIROPRACTIC FOREVER? (CONTINUED FROM PAGE 1)

The reason that the Chiropractic adjustment is given is to restore proper position and motion to the spine and remove the interference to the nerves that can cause malfunction to the organs and spine.

So we get back to the original question: “Do I have to go to the Chiropractor forever?” No. The question you have to ask yourself is do you want to have optimum health or do you just want a quick fix when you are in pain. Optimum health comes from a healthy lifestyle of proper nutrition, exercise, a positive mental attitude, and a GOOD Chiropractic health program.

One of the most exciting things for me is to meet people who are really interested in their health. Let’s face it; those people look healthy. They are active and they take care of themselves. What’s also interesting to me is that the healthiest looking people I meet understand that it’s not about getting well. It’s about staying healthy. So ask yourself do you want to stay healthy or do you want to wait until you get sick and then get well. If you want to be healthy, take an action step today and do something to improve your health. If you don't know what to do or how to get started, give me a call - I'll be happy to start you on a path to better health.

Joshua J. Bletzinger DC, ATC, CSCS

NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDs)

What Are NSAIDs?

- NSAIDs - non-steroidal anti-inflammatory medications - are products containing ibuprofen, naproxen, and ketoprofen (also known as Advil, Aleve, and Orudis), aspirin (Bayer and Excedrin), common cold and flu medications (Advil Cold and Sinus, Dimatapp Sinus, Motrin IB Sinus) and others. Acetaminophen (Tylenol) is not an NSAID.

- Newer NSAID’s include meloxicam (Mobic) and COX-2 specific inhibitors, such as celecoxib (Celebrex) valdecoxib (Bextra) and rofecoxib (Vioxx)

Effects and Side Effects

- NSAIDs reduce pain and swelling at the site of injury. They do not promote soft tissue healing and may even inhibit bone healing or worsen degenerative changes in joints
- NSAIDs can cause a range of problems - from mild stomach

upset to stomach bleeding and ulcers - by interfering with stomach protection in the body. At the same time, NSAIDs prevent the body’s ability to stop bleeding.

Risk Factors and Precautions

- About 80% of people who have a serious stomach problem caused by NSAIDs have no warning symptoms. Significant GI Bleeding occurs frequently without any symptoms.

- Everyone who takes NSAIDs can be at some risk for developing a stomach problem. The following factors increase the risk:

- ◇ Age of 60 and older
- ◇ A history of ulcers
- ◇ Taking steroid medications (such as prednisone) or blood thinners (such as warfarin or Coumadin)
- ◇ Regular alcohol consumption
- ◇ Taking NSAIDs in higher doses than recommended

- ◇ Taking several different medications that contain NSAIDs

- ◇ Prolonged use of NSAIDs

- Patients with arthritis conditions are especially vulnerable. More than 14 million such patients consume NSAIDs regularly. Up to 60% will have gastrointestinal side effects and more than 10% will cease recommended medications because of symptoms.

Reducing the Risk

- Problems can occur even within one week of taking NSAIDs. See your doctor immediately if you have:

- ◇ Stomach pain
- ◇ Dark black, tarry or bloody stools
- ◇ Vomiting of blood or materials that look like coffee grounds
- To reduce your risk for developing a serious stomach problem:
- ◇ Talk to a doctor before taking any medication. Also, ask

questions and tell your doctor if you have any side effects.

- ◇ Talk with your doctor before taking any pain reliever for more than 10 days. Ask about alternative ways to reduce pain and inflammation.

- ◇ Take a medication only as directed and know its side effects.

- ◇ Never use prescription and over-the-counter pain relievers at the same time.

- ◇ Write down all medications and dietary supplements that you are taking. Be sure to include all vitamin, mineral and herbal supplements. Share the list with your doctor to avoid drug interactions or ingredient duplications.

- ◇ Avoid or limit use of alcohol when taking pain medications

- ◇ Talk to a pharmacist if you are unsure if a drug contains an NSAID.

For more information on NSAIDs, go to www.2reduce.org.

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WHAT WE DON'T CONSIDER IN THE HEALING PROCESS

The beauty of hands-on chiropractic treatment is that it gives our body the 100% ability to function correctly as it has been created to do. We do this by restoring proper motion and function to the body ultimately removing nervous system interference.

But how can we expect bones, joints, muscles and ligaments to do their job when we are not giving our body the proper and optimal nutrients?

You cannot build a solid

building without the proper screws and bolts to hold the beams and walls together. The same goes for bones, muscles and ligaments that hold our bodies together. Nutrients such as vitamins, minerals, antioxidants and amino acids are the very building blocks to all cells and tissue function.

If you do not provide your body the proper nutrition, how can you expect your body to work right? You can't replace it like a car.

As each injury goes through

the repair process, it utilizes the nutrients we put into our body. Poor nutrients will never allow the tissues to heal correctly ultimately forming weak scar tissue. Weak tissues and body structure cannot support a lifestyle that includes strenuous activity, long hours, mental fatigue and toxic chemicals.

If we give our body every chance to heal and function correctly through chiropractic care and optimal nutrition we minimize our chances of acquiring injury, illness and disease.

Incorporate a great nutritional foundation

- Limit breads, grains, refined sugars and processed foods
- Avoid eating trans fats (margarine, fried foods) and foods loaded with preservatives
- Supplement with a complete pharmaceutical grade vitamin & mineral and fish oil (omega 3)
- Eat foods high in protein
- Eat foods with natural fats (olive oil, coconut oil, real butter)
- Drink at least 8 glasses of water per day
- Eat high amounts of fruits and vegetables
- Eat 5 small meals per day

PATIENT OF THE MONTH

Allison K. is a 14 year old high school swimmer who came to us in October 2005 with low back pain, rib pain and difficulty breathing because of this pain. These problems were a result of a flip turn in swim practice. Allison had been dealing with this problem for about a year that limited her swimming performance. Allison was not getting results from medications before she was referred to our clinic.

Allison started an intensive chiropractic care program to correct the problem and help her body work at its optimal capabilities. As this correction process was taking place Allison started swimming very well, breaking her personal best times in her swimming events.

Seven months has passed and Allison has no more pain in her back and ribs. Allison does not have pain while she breaths. Allison also says she has more energy.

Allison is currently maintaining periodic chiropractic adjustments, doing post rehabilitative strength and conditioning exercise at Johnson's Core Fitness and supplementing with USANA's Body Rox to maintain optimal cellular health and accelerated recovery.

We want to thank Allison and her family for their confidence and trust. We feel very honored to be a part of Allison's road to full recovery to help her swim and compete without limitations. We wish her the best of luck in her upcoming season.

Check out our new website coming soon!!
www.performancechiropracticpc.com

NEW HEALTH CLASS

Stretching & Core Techniques

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

Every other Tuesday 6:15-7:15pm

Beginning May 9th

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



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