



Optimum Health

A Newsletter from JANZEN & JANZEN CHIROPRACTIC (408) 379-0133 September 2008

“About the time we think we can make ends meet, somebody moves the ends.” - Herbert Hoover

“Bigger, Faster, Stronger... More, More, More!!”

These statements somewhat epitomize the American culture. Actually, before we let Americans take all the credit, it's more *human nature* than anything else. We're really born with this sort of attitude. Ask any 3 year old. We just have to learn to control and moderate those attitudes. This doesn't have to be a selfish slogan, like a 3 year old would use it. Using this formula the right way can mean rapid growth and advancement.

I'm sure all of you have heard the saying, “Don't re-invent the wheel...make it better, bigger, stronger, faster, etc.” Find something that works and 'go big'. Going 'big' can mean more production, faster production, more reliable or all of the above.

This concept can apply to just about anything in life. From business, to school, to sport to family, we want everything to not just go well, but easier, faster, better than ever before. When we find those 'secrets to success' ...go big with it.

Now, here's how that principle works for your back problem, shoulder problem, headaches, tennis elbow, etc. Take what works and 'go big'.

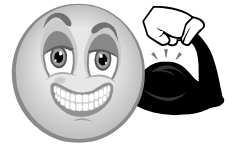
When you have an injury, *don't just do the bare minimum* to get it better,

Do Everything You Can

We have patients who sometimes sound like Shaquille O'Neal who say essentially this, “I shoot 1 or 2 free throws a day, how come I'm not getting better at free throws?” Translated: “I come in for treatments...once in a while, don't exercise, don't take supplements, don't eat right, don't get massages, don't manage my stress, don't get much sleep...how come I'm not getting better?”

Here's a no-brainer...research has shown that all of the above works.

Chiropractic treatment works!
However, chiropractic works better if coupled with exercise (JMPT Sept. 2004).



(Chiropractic + exercise) work even better if coupled with nutritional supplements.

(Chiropractic + exercise + supplements) work even double better (I know the grammar's wrong, I'm just trying to get a point across ☺) if coupled with massage.

(Chiropractic + exercise + supplements + massage) work even triple and quadruple better if coupled with sleep, stress management, etc.

I think you're getting the point. They all work together to give you the fastest, most consistent, fantastic results possible...which is really what we want, right?

What's even better, is these kind of treatments won't lead us down the path of shots, drugs, surgery, and side-effects.

If you want bigger, better, stronger, faster results, 'go big' with what already works.

Follow These Steps!

Here are just a few simple steps you can do at home that won't cost you a thing and will help you get these results:

Get to bed 30-60 minutes earlier. People who get more sleep tend to get sick less, heal faster, and are more productive at work / school, etc.

Drink more water. Water is the most common product we're made of. It flushes toxins and waste products, lubricates and protects our joints and organs, and allows our cells to function properly.

Have some **quiet time** when you get home from work to just relax, kick the shoes off and get your mind off of the cares of life. Allowing your body some time to unwind is vital to managing stress. For example, read a book or go for a walk, (avoid the news), etc.

Join a social network (outside of work). People who are involved in sports leagues, clubs, church, etc. tend to have less stress, more hope and more fun.

Here are some more ideas that could speed your healing process up. You just have to take advantage of it:

Strengthen & stabilize injured areas: This one's pretty obvious. Core training / rehab improves recovery time and prevents flare-ups. Strengthen your back so it quits 'going out' on you. Stabilize your shoulders so they stop hurting after you play tennis...or shed the pounds you've been talking about losing the last few years. We have a fully functional training facility and certified trainers in-office to help you with this.

Get a massage: Get rid of that stress and pamper yourself a little with a massage once in a while. Massages not only relax the tissue, but reduce stress, increase healing time and prevent future injuries. Try a massage here at the office before your chiropractic treatment or just work it in as maintenance for your body.

Vitamins / Supplements: Start giving your body the vitamins, minerals, and supplements it needs to heal faster and feel better. Take a look at our Joint Care and Anti-Inflammatory supplements, as well as, one of the highest rated multi-vitamins out there...yes, there is a difference.

Spinal decompression: If your back pain isn't healing as fast as you'd like, try all of the above and maybe decompression treatments that are geared specifically for disc injuries and arthritic conditions. They are safe, effective and best of all...speed up the healing process and are great for maintaining disc and arthritic conditions.

We want to provide you, the patient, with as many options as we possibly can so you can get exactly what you need **all in one place**. We're not saying you have to do all of these treatments to get better, but we want you to know that **better results can happen if you just take advantage of things we already know to work**. Don't be a Shaquille O'Neal...do what it takes to get better

As always, if you ever have any questions for us, please feel free to call or email us here at the office.

Welcome New Patients!

**By the way, since so many of our patients achieve full recovery, we always have room for more referrals.
Thank You!!!**

Emil Lambrache of Campbell
Robert "Bob" Goldberg of Saratoga
Alfred Wegner of San Jose (Ref By: Betty Wegner)
Marlys Yoshimura of Campbell
Kam Yuen of San Jose (Ref By: Chris Paje)
Mark Grote of Redwood City (Ref By: Ben Taaffe)
Calvin Walker of Campbell
Diana Hill of San Jose (Ref By: Adam Morrella)
Gauri Chavarria of San Jose (Ref By: Chanda Yadavalli)
Carlos Salcido of San Jose
Danny Blitz of San Jose
Lorraine Priscaro of San Jose
Teverly Nukram of Campbell
Wendy Vanni of Los Gatos (Ref By: Jack Little)
Jerry Kleinberg of Saratoga (Ref By: Joan Young)
Steven Erickson of Campbell (Ref By: Stacey Wilson)
Kenneth Farestveit of Campbell (Ref By: Nancy Farestveit)
Paul Yang of San Jose
Diane Hendrickson of Sunnyvale (Ref By: Kay Yonemoto)
John Brancato of San Jose (Ref By: Laurie Rosenzweig)
Heather Hagedorn of San Francisco (Ref By: Pia Moore)
Mary Hassett of San Jose
Denise Walker of San Jose
Kris Gascoyne of San Jose
Christina Ward of (Ref By: Gretchen Janzen)
Aaftab Munshi of Los Gatos
Greg Walters of Monte Sereno (Ref By: Karen Cusella)
Robert Rozbicki of San Francisco (Ref By: Doug Hayden)
Isabel Espejo of Morgan Hill (Ref By: Anabelle Espejo)
David Baumgardner of Sunnyvale
Erica Atondo of San Jose
Andrea Aldrich of (Ref By: Dr. Matt Janzen)
Carmen O'Harra of San Jose (Ref By: Jeff O'Harra)
Andrew Amaya of San Jose (Ref By: Suzanne Jeler)
Jason Krings of Los Gatos
Joanna Mead of San Jose)
Jane Ventura of Santa Clara (Ref By: Antonio Ventura)
Merel Heggelund of Pleasanton (Ref By: Grant Pon)
Sarah (Ellie) Munshi of Los Gatos (Ref By: Karen Munshi)
Theresa Timmons of El Dorado Hills
Mathew Dunstan of Boulder Creek (Ref By: Brian Hughes)

Did You Know?

- Close to 90% of visits to primary care physicians are for stress-related problems.
- On an average workday, about one million employees are absent due to stress-related problems, costing businesses more than \$200 billion annually in absenteeism, worker's comp claims, health insurance costs and lowered productivity.
- 40% of employee turnover is stress-related.
- Recent studies show stress weakens our immune system, increases our risk of heart disease and cancer, impairs our mood and performance, disturbs our sleep, contributes to sexual dysfunction, destroys relationships, and generally makes us miserable.
- 75% of CEO's of Fortune 500 companies maintain regular exercise programs.
- According to the Federal Centers for Disease Control and Prevention in Atlanta: In 1970, about 6% of children aged 6 to 17 were considered overweight. In 2000, nearly 15% of children 6 to 11 are overweight, and so are 12% of children 12 to 17. More than 84% of high school students eat too much fat and more than 91% eat too much saturated fat. Only one in five high school students eats the recommended five daily servings of fruits and vegetables. About half of students in grades kindergarten through 12 eat less than one serving a day of fruit, and 29% eat less than one serving a day of vegetables that are not fried. According to the U.S. Surgeon General's office, American youngsters are increasingly sedentary.

Tip Of The Month: Is there a way to eat organic food that doesn't cost so much?



The Environmental Working Group (EWG) has listed the 12 fruits and veggies that it calls the "Dirty Dozen." It also has a list called the "Cleanest 12."

EWG determined that you can reduce your pesticide exposure by almost 90% simply by avoiding the Dirty Dozen list. The 12 dirtiest foods include: peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, pears, imported grapes, spinach, lettuce, and potatoes. If you want to cut your organic bill down, focus your "organic dollars" (the money you spend on organics) on these fruits and vegetables.

The rest of your fruit and vegetables don't have to be organic. For instance, the list of the 12 cleanest include onions, avocados, sweet corn (frozen), pineapples, mangos, asparagus, sweet peas (frozen), kiwi, bananas, cabbage, broccoli, and papayas. Feel free to buy these at the lowest possible price – organic or not. And when you're eating out, order foods that aren't on the dirty list. (Taken by Dr. Robert Jay Rowen's SECOND OPINION, Vol. XVIII No. 4)

August Quiz Question

The winner from August's quiz is Ted Hahs. Here is the question and answer.

Q: Does wearing a hat cause hair loss?

A: Unless you wear your hat so tight that it cuts off circulation to your hair follicles, wearing a hat will not cause your hair to fall out. According to snopes.com, the idea that hat wearing causes baldness originated in the 1920s "when hat-wearing was the rage for men, and people mistakenly concluded one caused the other. The contradictory evidence that plenty of hat-wearing men retained full heads of hair well into advanced age was, of course, ignored."

September Quiz Question

Q: What are Flavonoids?

Remember, the winner of the patient quiz will receive an AMC gift card.

Please e-mail quiz responses to: jjaccounts@sbcglobal.net

BOMI'S MASSAGE CORNER



Lets talk this month about Headaches and Massage Therapy. In the recent past, I have been working with several of my clients to reduce severe tension headache/ migraine pain symptoms. And between the Chiropractic treatments and my massage therapy treatments, we have had good success stories, which is always very gratifying.

In the United States, more than 60% of the 45 million Americans who suffer from chronic headaches suffer from migraines. The disorder can be very debilitating and typically results from high stress levels and/or lack of sleep. It also can result from very specific musculo-skeletal imbalance in the cervical areas Some examples are: Degeneration and /or herniation of disks, chronic tightened upper/mid traps, rhomboids and sub -occipital muscles etc.

Massage is great for treating migraines and tension related headaches. The very BEST way is the PROACTIVE way. In a proactive role, massage treatments are performed on a regular basis to help the body maintain an optimal level of relaxation and stress-relief. This approach reduces the chances of migraine attacks and tension headaches greatly, by relaxing muscle spasms and trigger points. By using specific MET's (Muscle Energy techniques) from the Orthopedic Massage modality on specific muscle groups, we can greatly reduce the headache/ migraine pain symptoms.

So folks, there is ALWAYS hope for relieving and/or reducing the headache/migraine symptoms through MassageTherapy and Chiropractic care.

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Win AMC Gift Card
- **Special Offer:**
Buy 2 Microcurrent Sessions, get 3rd FREE!

Optimum Health Newsletter

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