

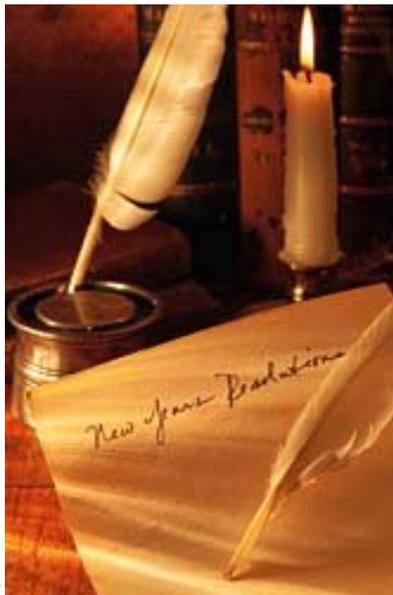
# Yours In Health

Volume 3 Issue 4  
January 2016

Colner Family Chiropractic

## Health Promoting Resolutions

- 1. Don't smoke:** Avoid smoking, the leading preventable cause of death, as well as exposure to secondhand smoke.
- 2. Eat your fruits and vegetables:** Eat about two cups of fruit and two to three cups of vegetables daily to reduce your risk of developing heart disease, cancer, stroke, and high blood pressure.
- 3. Cut back on salt:** Limit salt intake to one teaspoon per day. If you are > 50 years of age, limit salt to half a teaspoon per day. This will help lower blood pressure and decrease your chances of getting heart disease or having a stroke.
- 4. Limit fat in your diet:** Eat a diet low in fat, saturated fat, and trans fats to reduce cholesterol levels and the risk of developing heart disease.
- 5. Check cholesterol:** Have your blood cholesterol checked regularly by your doctor. Keep your cholesterol level under 200 mg/dl to reduce your risk of developing heart disease.
- 6. Reduce amount of soda you drink:** Limit your consumption of regular soda pop and other sugar-



- sweetened drinks to help you avoid weight gain and obesity and to also decrease tooth decay.
- 7. Check blood pressure:** Have your

- blood pressure checked regularly by your doctor to help reduce your chances of heart attack or stroke. If you have high blood pressure, make sure that you keep your blood pressure under 140/90.
- 8. Get a colonoscopy:** People over 50 years of age should check with your doctor about getting a colonoscopy to screen for colon cancer and improve your chances of early detection.
  - 9. Get a mammogram:** Woman over 40 years should get a mammogram every one to two years to help detect breast cancer early and if diagnosed, improve your chances for survival.
  - 10. Protect your skin from the sun:** Use sun block with an SPF of at least 30, protective clothing when you're in sunlight for a prolonged period or limit sun exposure during the peak times of the day 10:00 a.m. to 2:00 p.m. Those who get frequent sunburns should have their doctor check their skin regularly to detect for early signs of skin cancer.

American Medical Association.

## Baby Steps to Healthier Eating in 2016

Eat right. Get organized. Rein in the kids. Sounds good on paper, but too vague of New Year's resolutions won't happen. Instead, listen to ageless wisdom: To make changes, take baby steps. When eating habits need an overhaul, baby steps work best. Making minor changes in your lifestyle is doable for most people. If you want to get more calcium, vegetables, and fish in

your diet, here's how to work it into your daily schedule:

Drink one glass of low-fat milk at breakfast or lunch. Bring baby carrots or grape tomatoes to work for lunch every day.

Eat one vegetable (something green) at your evening meal.

Designate two "fish days" every week. Decide your meal in ad-

vance, whether it's a tuna sandwich or broiled salmon. Suggestion: Buy fresh fish on your shopping day, and enjoy it that night.

On paper, track your progress every day. Note whether or not you've met your goals that day. Also, note your weight and/or body measurements.



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## Nix the Nightcap for Better Sleep

Simply put, alcohol makes it hard for you to stay asleep and sleep well. Still, the nightcap has quite a following: Up to 15% of people use alcohol to seduce the sandman, large-scale surveys show, even though research suggests that it loses any benefit as a sleep aid within just a few days. After a few nights of regular imbibing, your body builds up a tolerance to alcohol's effects.

A larger dose than usual will put you out like a light, of course. However, this type of slumber steals from the sleep you would normally get early on in your nightly cycle (called dream sleep). Hours later, when your body has mostly metabolized the alcohol, your sleep becomes fragmented, and you're prone to frequent wakings (often to hit the bathroom).

You may also struggle with snoring, night sweats, nightmares, headaches, and insomnia.

And if you suffer from obstructive sleep apnea, be extremely careful when mixing sleep with alcohol. Because alcohol is a muscle relaxant, the muscles at the back of your throat ease even more than usual, causing extra-severe symptoms and even (though rarely) potential death. Research from the University of Wisconsin-Madison shows that men, especially, have longer episodes of sleep-disordered- breathing after drinking alcohol.

Then, there's the morning after. If you've indulged a bit too much the night before, don't be surprised if you wake up dehydrated and sleep-deprived. And if you've stayed up later than usual, you'll likely feel even worse.

If you do want to savor a little wine with your dinner, here's how to make sure alcohol won't hamper your shut-eye that night:



**Follow the three-hour rule.** Finish drinking at least three hours before bedtime.

**Take it easy.** Don't overdo your imbibing -- stick with one or two drinks per day.

**Retire early.** Try not to stay up too much past your usual bedtime -- this only increases alcohol's sleep-depriving effects.

**Hydrate.** Follow the one-for-one rule: Drink one glass of water for every glass of alcohol to help prevent dehydration. And down a few extra glasses of water the next morning, too.

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## Chiropractic Care May Reduce Surgeries

The study comes from American Specialty Health Plans Inc. of San Diego. The company provides employers with health insurance coverage for complementary medicine, including chiropractic care and acupuncture.

The company compared four years of back pain claims from two groups: 700,000 health plan members with chiropractic care coverage and 1 million members with the same health plan without chiropractic care coverage. It's the largest study yet of how chiropractic care affects the cost of health care, notes study co-leader Douglas Metz, DC, chief health services officer at American Specialty Health.

"No matter how we perform the analysis -- whether we look at total costs to the health plan, at lower back pain care, at musculoskeletal care -- in each data set, the population covered for chiropractic had a lower overall cost

to the health plan than the population without access to chiropractic benefits," Metz says. "We believe this study is the first to show that chiropractic [care] can be a cost-effective treatment option for back pain."

Compared with doctor-only health plans, the study found that:

Chiropractic care cut the cost of treating back pain by 28%.

Chiropractic care reduced hospitalizations among back pain patients by 41%.

Chiropractic care reduced back surgeries by 32%.

Chiropractic care reduced the cost of medical imaging, such as X-rays or MRIs, by 37%.

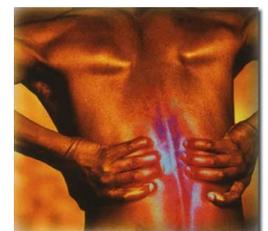
Although the researchers did not look at patient

satisfaction in this study, Metz says company studies show that 95% of chiropractic care patients are satisfied with the care they receive.

This may be the first study to offer concrete evidence that chiropractic care saves money.

The bottom line is that conservative management of back care is effectively performed by doctors of chiropractic. In cases where medical intervention is needed, chiropractors are schooled to make the appropriate referrals. It is a cost-effective option for back pain.

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## Chiropractic for Growing Bodies

Millions of adults visit chiropractors regularly—but what about children? Their developing spines and bodies cope with the bumps and bruises of learning to walk, playing sports and just being a kid. It begs the question: Have you taken your child to the chiropractor yet?

Chiropractic is a facet of pediatric health care that is more popular today than it has ever been. When adults get injured playing sports or have common ailments such as headaches, sore muscles, inflammation or other painful conditions, taking aspirin or popping some other kind of pill is often considered normal. However, when it comes to our kids, the thought process is different. I rarely meet a parent who wants their child to take over-the-counter or prescription medication unless it is absolutely necessary.



Chiropractic is a health discipline that offers an alternative to taking drugs and medications. They work with the body's inborn healing abilities and essentially allow the body to repair itself.

Stress can be placed on children in the same manner it can be placed on adults. It could be due to sports, sitting in a car seat for too long, falling down while they are playing, birth trauma or falling out of their bed or crib, to name a few. The important idea here is that children are not always good at letting you know they are in pain or having problems.

As children grow older and get more involved with athletic activities, it is a lot easier to detect injury or pain. Preventative chiropractic can give a child a solid foundation for the rest of their life.

The same treatments that work for adults are just as safe for children. Ailments that adults commonly come in with happen to children as well. Chiropractic techniques performed on children are modified so the procedures are gentler for the child's particular body type. Exercise, ice/heat and other home-care instructions make the parents a part of the care-giving process.

Chiropractors have long cared for children. Each day, thousands of children across the world are receiving adjustments from chiropractors. It's a great way to relieve pain, restore function and keep kids happy—the way children should be.

[toyourhealth.com](http://toyourhealth.com)

**“Why do millions of parents bring their children to doctors of chiropractic every year?”**

**Here's what the International Chiropractic Association has to say:**

**“When a chiropractor frees the nervous system from spinal stress, the healing power of the body is unleashed: the immune system works more efficiently, resistance to disease increases, and your child's body functions more efficiently. Your child can then respond to internal and external environmental stresses such as germs, changes in temperature, humidity, toxins, pollen and all other stresses he/she comes in contact with more efficiently.”**

## Benefits of Spinal Alignment

- Pain-Free Ranges of Motion
- Improved Flexibility
- Faster Healing
- Improved Focus
- Increased Strength and Stamina

- Improved Quality of Sleep
- Improved Balance

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**“When it flows above down, from inside out, naturally from the brain to the body, we are healthy and well.”**

**--B.J. Palmer, Founder of Chiropractic**

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*Comprehensive Care. Enhancing Lives.*



Colner Family Chiropractic offers comprehensive care for people of all ages and backgrounds. Families of patients are welcome to accompany them to our office. We have a child's corner complete with legos, puzzles, and books.

### Our hours are:

Monday and Wednesday 8am-1pm 3pm-6pm

Tuesdays and Thursdays 9am-3pm

Fridays 8am-1pm 3pm-5pm

Saturdays by appointment only.

Massage Therapy available. Please call for more information.

503-645-5810

## Men's Health

A recent survey conducted by the American Academy of Family Physicians questions whether men are as healthy as they think they are. Of the 2,282 men and women who participated in the survey, results indicated that men, in particular, put off doctor visits and don't take adequate health precautions.

According to the survey:

- More than half (55%) of the men hadn't had a physical exam within the past year.
- Four in 10 (42%) men had been diagnosed with at least one chronic condition, from high blood pressure (28%), heart disease (8%), and arthritis (13%) to cancer (8%) and diabetes (10%).

- Almost one in five men (18%) age 55 and up never received the recommended screening for colon cancer.
- More than one in four men (29%) said they wait "as long as possible" before visiting their doctor when they have health concerns, pain or illness.

Despite these facts, as well as reports that men spend an average of 19 hours a week watching television, almost 8 in 10 men (79%) described their health as "excellent", "very good", or "good." Given that just slightly more than one-third (38%) of men exercise on a regular basis and almost three out of four (71%) men are overweight, the message is clear: There's no time like the present. Make an appointment to see your doctor today!

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