

# Health Solutions Chiropractic & Wellness Center

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March/April 2010 Newsletter  
HAPPY EASTER

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## We Welcome New Members To The Health Solutions Team!

We would like to welcome and introduce Ms. Lora Weaver, L.M.T. and Mrs. Jenny Pryor to the office as new members to the team!

Ms. Lora Weaver is an accomplished and experienced massage therapist that I and my wife Kelley have used as our massage therapist for several years. She has extraordinary technique and skill that is both therapeutic and relaxing. Just like me, she utilizes different techniques in her treatments specific for the needs of each individual.

**Massage appointments are now available!** To schedule your time with Lora, talk with the front desk for available times. **Also look for the introductory offer within this newsletter to present at your first massage.**

Some of you may remember Jenny...about 5 years ago Jenny worked with me when I was seeing patients at Souther's Natural Foods. Jenny, along with her husband and son Jacob moved to Nevada for a few years and returned back "home" late last year. She started with us this past January and has become a great asset to our office.

She will be helping us coordinate our much anticipated move into our and your new office that will provide us the opportunity to better serve our patients with extraordinary healthcare!

**Be sure to say hello and welcome the new gals!**

## WE ARE MOVING!

We are excited to announce that we will be moving our office location. Don't worry...we aren't moving far! In fact, we are staying within the same plaza but will be moving to the other adjacent building into a suite almost double our current size. The move is planned for this April/May.

We will be moving into a completely renovated office suite with our every need built into the design and detail so we can continue to grow, exceed the needs of our patients and provide extraordinary healthcare. **We look forward to seeing you there!**

## HEALTH SUCCESS STORY

We are always excited to hear success stories because we know how powerful an experience like this can be for someone suffering with pain or illness. If you are interested in writing one of your own, you can...just bring your success story in with you to the office!

For three years I have lived with chronic pain. I have been scoped, scanned, injected, monitored, drugged, ect ... I've spent literally thousands of dollars on medicinal testing and got no relief or answers. I have achieved miraculous results from Dr. Souther.

- Alicia

### NEW OFFICE HOURS

**Mon & Thurs: 8:30-1 3-6**  
**Tuesday: 12:00-4:00**  
**Wednesday: 8:30-1 3-5**  
**Friday: 8:30-11:00**

The change with our office hours comes on Tuesdays as we open one hour earlier at 12:00

### Check Us Out On The Web !

**Southerchiropractic.com**

Find & download previous newsletters and forms, links and other info. about us and our services.

**Urinary Incontinence** is a very common problem effecting about 30% of American women ages 25-44 who leak urine at least once a week, according to a report from HealthyWomen. Most all of these women have one thing in common: their incontinence began after childbirth as a result of damaging (during childbirth) important muscles that support the bladder and the urethra. This results in the condition called stress incontinence in which leaks occur with actions that put pressure on the bladder such as laughing and exercising. There is one other type called urge incontinence that is more common in women over 60 years characterized by a very strong urge to urinate with the feeling that you won't reach the bathroom in time. In this article we will discuss stress incontinence.

Most all cases of stress incontinence can be helped or cured without the use of drugs since this is more of a neuromuscular/mechanical problem. During pregnancy the muscles of the pelvic floor are under a lot of stress and strain supporting the weight of the uterus. In labor, there is even more pressure on these muscles which results in stretching and tearing of the muscles and surrounding connective tissue. There is even nerve damage in some cases. It then becomes difficult to use these muscles because of the nerve damage that is also incurred. This is why Kegel exercises take lots of practice to perform correctly because in many cases you actually have to rebuild the brain body connection (from the nerve damage) so you can contract all your pelvic floor muscles correctly as your brain is telling them to do so!

Fortunately for some women, stress incontinence goes away after 2-3 months from delivery once the muscles and nerves have had time to heal. For many others however, the problem continues past 3 months and it takes a lot of work to fix the problem!

I recommend Kegel exercises for every women even before childbirth. Kegel exercises (done correctly) are the best way to help stress incontinence! You must contract the right muscles...these are the same muscles one would use to stop urine flow midstream. I don't recommend only performing Kegels during urination as this can cause other bladder problems but done once in awhile during urination will allow you to feel the proper way to do your Kegels. It is best to perform 10 Kegels at a time 3-5 times per day, 4-6 days per week while seated or lying down. It is best to hold each squeeze for 10 seconds and to relax slowly. It may take a little time to work up to this recommendation but stick with it...it works but takes time!

Other recommendations are to avoid caffeine, sip on water throughout the day instead of drinking large amounts at one time. Herbs such as Cornsilk, Dandelion, and Horsetail have been known to support the urinary bladder. Vitamins such as calcium and magnesium are also important. And of course, get your spine adjusted...remember the nerves innervating these muscles exit the L1, L2, L3 region of the spine and we want to make sure the brain body connection is not interfered by a vertebral subluxation. Also, [www.totalcontrolprogram.com](http://www.totalcontrolprogram.com) offers a workout DVD for 19.99 designed specifically for help with urinary incontinence by strengthening core muscles of the pelvic floor. I hope this helps and please don't be bashful to ask me any other questions you may have regarding this or to tell me how much this has helped!

-Dr. Souther

## Special Offer For Newsletter Readers!

Once again, my staff and I would like to do something special for our valued patients.

**10.00 dollars off your first massage  
with Lora Weaver, L.M.T.**

- Must mention or present offer at appointment.
- For first time appointments. Special offer not available for subsequent visits.
- Discount of 10.00 dollars applies for 60 or 90 minute sessions only.
- Offer must be redeemed by May 31<sup>st</sup>, 2010.

Schedule your massage with the front desk next time your in the office or by calling  
813 717.7553

## A Special Thanks

I would like to say thank you to everyone for your continued referrals of family, friends, and co-workers. Our growth and the opportunity to help others are possible because of each of you and we thank you for your trust and confidence.

As Always – a complimentary visit will be given for each new patient referral that you make to our office. – **Thank you!**

## Your Body's Intelligent Design

There are many terms to describe your body's inborn intelligence. Some call it your instinct, homeostasis, innate, universal or inborn intelligence.

These terms all describe your body's natural ability to always want to restore and maintain health. Your body's intelligent design works via your nervous system that is the link between your brain and your body. Nerves carry important messages from the brain down through the spine and out to the body.

Chiropractic adjustments that correct subluxations (spinal misalignments that result in nerve irritation) help restore the function of your nervous system allowing your body's intelligence design to work so long as the communication between the brain and body is uninterrupted. **Chiropractic care will help you restore and maintain better health.**

# SINUSIN

## A Safe & Effective Homeopathic Sinus Support Formula

**Indication:** For the temporary relief of nasal congestion, rhinitis, sinusitis, cold and flu nasal symptoms.

**Active Ingredients:** Each 20 ml contains: Luffa operculata 2X 0.2 ml, Pulsatilla 2X 0.2 ml, Euphorbium officinarum 4X 0.2 ml, Mercurius iodatus ruber 8X 0.2 ml, Mucosa nasalis suis 8X 0.2 ml, Argentum nitricum 10X 0.2 ml, Hepar sulphuris calcareum 10X 0.2 ml, Sinusitisinum 13X 0.2 ml

**Inactive Ingredients:** Benzalkonium chloride 0.01%, Disodium phosphate dihydrate, Sodium dihydrogen phosphate dihydrate, Isotonic saline solution

**Directions:** Unless otherwise directed by a physician, 1-2 sprays into each nostril 3-5 times daily. For children 6 up to 12 years, 1-2 spray 3-5 times daily. For children 2 up to 6 years, 1 spray into each nostril every 1/2 to 1 hour the first day up to 6 times, then follow standard dosage. Infants and children up to 2 years, not recommended.

**Dosage Form:** Nasal Spray

**Warnings:** As with any drug, if you are pregnant or nursing a baby, seek the advice of a health care professional before using this product. Keep this and all medications out of the reach of children. The use of this dispenser by more than one person may spread infection.

**Interactions:** None Known

**Side Effects:** None Known

**Net Contents:** 20 ml 0.65 fl oz.



Courtesy of  
[www.heelusa.com](http://www.heelusa.com)

### About The Company, Heel:

In 1936 Dr. Hans-Heinrich Reckeweg founded a company to produce his combinations of homeopathic medicines. He called the company Heel (an acronym of four Latin words: herba est ex luce or 'Plants come from light.')

I have personally used this product and recommend it frequently to patients as I and others have discovered that this product is a great fast acting homeopathic product. I recommend it for those suffering from sinus congestion and/or infection, cold and flu symptoms, and allergies effecting nasal passages (**especially now that it's oak pollen season!**) Also don't forget to avoid dairy and sugar during any type of sinus or respiratory infection.

## RECIPE CORNER

### GINGER SNAP TEA

To brew a calming tea, scrape ginger with edge of a spoon to peel or use a vegetable peeler, then slice. Simmer  $\frac{1}{2}$  cup of slices with 6 cups water and 2 cinnamon sticks in a saucepan for 20 minutes. Stir in 2 tablespoons honey; strain. You can save it in the refrigerator for 2-3 days.

Ginger is known for its stomach soothing power. Ginger is commonly used in Asian cooking and lends a light spiciness and lemony tang. Fresh ginger root packs way more flavor than ground and will keep in the refrigerator-stored in a paper bag-for up to three weeks.

Family Circle Magazine Jan 2010

Ginger works well for nausea, tummy upset and even motion sickness. It is also available in capsule form by Natures Sunshine.

### F.Y.I.

You Can Receive Your Newsletter Via E-mail...There Is An E-Mail Sign Up Form At The Front Desk!

### AN IRISH BLESSING

These things, I warmly  
Wish for you-  
Someone to love,  
Some work to do,  
A bit of o' sun,  
A bit o' cheer.  
And a guardian angel  
Always near.



\$ 2.00 Off  
HEEL LABS

SINUSIN

Expires:  
04/30/2010

Must Present  
This Coupon To  
Receive Offer

Limit Three  
Per Customer

## **Chiropractic Facts ...** following is a list of amazing facts from studies and surveys on chiropractic therapies.

- Nearly 30% of the U.S. population, aged 18 and older, have been treated by a doctor of chiropractic. A 1991 Gallup Poll revealed that 90% of these patients felt that treatment was effective, 72% would seek chiropractic care again and 80% felt that fees were reasonable.
- A 1989 report in the Western Journal of Medicine found that patients of chiropractors were 3 times happier with their care than patients of family practice physicians.
- In 1987, a report in the medical journal Spine, found that half of the people with back pain go to orthopedic surgeons. The other half go to chiropractors.
- A 1993 Prevention Magazine reader survey ranked chiropractic spinal manipulation as the fourth most effective headache remedy. The 2nd, 5th, 6th, 7th and 8th ranked remedies were also techniques that a chiropractor would apply or recommend to headache patients.
- A 1993 Canadian study on back pain found that chiropractic manipulation is more effective, safer and cheaper than other treatments for low-back pain. This found chiropractic treatment helps back pain and chiropractors return patients to work in half the time and half the cost of medical treatment.
- Back pain is the second most common reason, after respiratory disorders, that patients use the health care system. (Spine 1987;12:264-8)
- "Chiropractic patients return to work on average ten times sooner after an injury, compensation costs were 10 times less for chiropractic claims". (The Journal of Occupational Medicine 1991.)
- "Chiropractic users tend to have substantially lower total health care costs" and "chiropractic care reduces the use of hospital care." (Journal of American Health Policy, 1992)

**In summary,** study after study show the benefits of chiropractic care as a safe and effective alternative to other more invasive treatments that pose much greater risks and side effects. More people will continue to discover the benefits of chiropractic as they search for an effective drug free solution.

### **~ Feature Businesses ~**

Do you own your own business or are you a part of a great company? If so, let us know! We are compiling info for a business directory of our patients and we will be featuring businesses in each newsletter. If you are interested, just give us your company and business information while at the office.

#### **MANESTREET HAIR SALON**

**Donna Davis**

**Master Stylist / Color Specialist**

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[ecastleberry@investorscapital.com](mailto:ecastleberry@investorscapital.com)

#### **Patient Appreciation Day**

We just celebrated our 4th annual Patient Appreciation Day and just as last year's event, it was a great success! It is a special day for us as it marks our four year anniversary of service in Plant City. But, even more importantly, it's was a day to celebrate and show our appreciation to our patients by providing complementary chiropractic adjustments to as many as we could see!

Thanks again for giving us the opportunity of serving your and your family's health needs. We appreciate you and wish you blessings and health.

- Dr. Souther and Staff

#### **What kind of mattress should I sleep on?**

I amazed how often I am asked this question! It is best for individuals who prefer to sleep on their back to use a medium to firm mattress & those who prefer to sleep on their side to use a medium to soft mattress. For couples with different likes, try the select comfort...two drawbacks though: there is a divider down the middle and it does not allow much storage underneath. Most memory foam mattresses tend to trap heat and take time to "remold" when you change positions. For most, I recommend to try both latex and memory foam styles before you buy. I recommend you avoid inner spring mattresses and always be sure the retailer you purchase from has a good exchange policy. Lastly, pain in the lower back upon waking up can often times be helped by a new mattress (and adjustments of course) if yours is over 10 yrs old and flipping it doesn't help or isn't an option. Also ask us how you can 7% on your next mattress purchase.