

Health Solutions Chiropractic Wellness Center

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Summer 2010

Newsletter

Newsletter Features

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We Wish Everyone A Safe And Happy Independence Day

HAPPY 4th Of July !

We will always remember. We will always be proud. We will always be prepared, so we will always be free.

- **Ronald Wilson Reagan**

Health Paradigms

Life Expectancy...will it rise or fall?

When I looked up the life expectancy at www.census.gov, I found that life expectancy rose steadily from 47.3 years in 1900, 70.8 years in 1970, and 77.7 years in 2006. Projections show an increase to 78.3 years of age in 2010 and 79.5 years of age in 2020. The main reason for this increase over the last century is better hygiene practices and advances in healthcare including the advent of antibiotics that prevented infant and childhood mortality from infectious diseases like pneumonia. With infant and childhood mortality rates dropping significantly, life expectancy will no doubt increase. In more recent years, advances in science and medicine have also helped increase life expectancy especially with those suffering from chronic disease such as diabetes and heart disease.

As I have observed people, it is apparent to me that while life expectancy has demonstrated a steady increase, the total numbers (including and especially children and young adults) suffering with chronic disease is increasing at an alarming rate! While I sincerely hope that I am wrong, I believe that with chronic disease on the rise in our younger generations, life expectancy may remain unchanged or even begin a decline. This fact I am certain of however...the quality of health and therefore one's life will be negatively affected with chronic disease on the rise.

Born September 26, 1914, at 95 years of age, Jack LeLanne is a Chiropractic Physician and one of the most well known health educators today. From 1951-1985, he hosted a television show called "The Jack LaLanne Show" which is still to this day the longest running health and fitness show.

Continue article on next page

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!

Over the years I have been to numerous orthopedic surgeons and always received the answer, "I can't help you." The pain became more intense and I was prescribed more pain medication. After a couple of years, the pain became unbearable and I was put on twice as much pain medication plus arthritis medication. Finally in April of 2007 I said "this is no longer acceptable." Once again I was referred to yet another spinal clinic where they recommended surgery for my scoliosis. They related to me that results may not be successful. A friend of mine told me about Dr. Souther so I decided to go to get some relief until I could schedule the surgery. Dr. Souther was cautiously optimistic that he could help after his exam and x-rays and after two months of treatment, the pain is now at an acceptable level and surgery is no longer necessary.

Thank You, J. Klatt

F.Y.I.

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

5th Annual Open House Event Coming Soon !

We have begun planning for our 5th annual open house event! Each year we benefit an organization in our community by providing new patient exams, x-rays and a report of findings at no charge with a canned food or cash donation.

Last years event was a great success! Thanks to everyone's gracious donations, we were able to donate food and cash to the Operation Compassion Food Bank in Plant City that provides food and other items to those in need.

The event will be on a Saturday in October, so stay tuned for more information as we are looking forward to have a fun filled day for EVERYONE. In addition, this year we plan to combine this event with our Grand Opening of our new office where we plan to have vendors, product samples and giveaways. Stay tuned!

Moving...

The build out to our new office is in the last 3-4 weeks of completion and we are anticipating welcoming our patients to the new facility Monday, August 2nd.

The new office will be located within the same plaza of our current office (The Oaks Plaza). Our suite # will become 106 which is located in the other building next to Crescent Jewelers.



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!

Continue: Health Paradigm, Life Expectancy Article from page 1.

Jack LaLanne is now a spokesperson for Stay Fit Seniors where he provides chiropractic care, exercise and health education for seniors. His message has always been a simple one...no matter how old you are, you can improve your health by living a lifestyle that incorporates chiropractic, exercise and good nutrition that includes eating whole foods, fruits, vegetables and juicing.

I will frequently tell my patients: "next to keeping your spine and nerve system in alignment and functioning properly, what you choose to put in your mouth is the most important factor for good health that **you** can control." We spend less or no time actually preparing our own meals and instead we eat something processed that comes out of box or from a fast food restaurant. Processed foods, junk foods, fast foods, or any other adjective for food (other than healthy whole foods) are void of nutrients, contains preservatives, dyes, and other toxins that takes energy from your body to process and introduces toxic chemicals that over time will lead to chronic disease in our body.

In other words, you literally are what you eat. There are people who are more concerned about what fuel and oil go into their car and what Fido eats than they are about themselves. What we eat each day really does make a difference. You wouldn't put kerosene in your car just as you wouldn't see an F-16 jet being fueled with 87 octane gasoline at the local gas station.

Start with these simple steps:

1. Cut out all or most all sugar and foods containing a lot sugar from your diet. Eat fruits such as blueberries, pears, strawberries when you crave sweets.
2. Increase the amount of vegetables, salads and other fibers in your diet (preferably organic). Decrease amount of meats and simple carbohydrates (potato, white pasta, sweets, etc)
3. 90 plus percent of what you drink needs to be purified water...at least 8 glasses a day.
4. Take the time to prepare your meals and reduce intake of processed foods and start reading and researching the ingredients on products you buy.
5. Eat smaller portions with your meals. You can also increase to 5 small meals throughout the day. Keep healthy snacks with you such as raw almonds, pecans, blueberries, etc.
6. Remember, don't get overwhelmed! This is a lifestyle not a diet...a marathon not a sprint!
Choose to live healthy and Live Well !

North Face Backpacks endorsed by the American Chiropractic Association

The American Chiropractic Association (ACA) recently endorsed nine backpacks and daypacks from The North Face. After consulting with Dr. Bautch, D.C., The North Face redesigned specific packs, making improvements to features such as shoulder straps, back panels and hip belts.

The ACA supports these improvements made and endorses the use of these backpacks for our children as more are suffering from back pain earlier than previous generations; however, the use of ergonomically correct backpacks can help wearers maintain an active lifestyle without pain.

From The American Chiropractor. June 2010

Use Good Posture Even While Sleeping

Poor sleep posture can cause muscle tension, vertebral subluxations. Sleep posture is just as important as having correct sitting & standing posture. Here are a few tips:

1. Make sure you have a good pillow with the right height. Example: a pillow too thick for a back sleeper will contribute to excessive forward head posture, stretch and shorten the muscles in the back and front of the neck respectively.
2. Make sure your mattress supports you. Mattresses that are too soft or overused will sink and allow your spine to move too deeply into a curve. Medium to firm mattresses will provide your spine better support & buy from a store with a good return policy.
3. Sleep in positions that help maintain the natural curves in your spine (such as on your back with a pillow under your knees or side lying with a pillow between your slightly bent knees. It is actually good to change positions throughout the night as this helps with morning stiffness. Source: Dynamic Chiropractic, Practice Insights, July 2010

Proper Pre and Post Warm Ups For Runners and Other Exercise: Utilizing proper stretching techniques is important not only maximize your workout but to help you avoid injury. Here a few warm-up secrets that takes about 10 minutes that can prepare you for your run or other exercise. **Warning...the worst thing to do before your run or workout routine is to perform static stretching (holding a stretch longer than 2-3 seconds)!** Static stretching engages the "stretch reflex" which is normal neurological reflex response when a muscle tightens in anticipation of being injured. An example of this is when the doctor hits the bottom of your knee cap with a reflex hammer...there is a sudden quick stretch on the tendon when the hammer strikes followed quickly by muscle contraction resulting in your leg extending or "kicking" out. Contracting or shortening of the muscles occurs with this type of stretch that will hinder performance and increase your chances of injury. Static stretch and hold stretches should be performed only after running or exercise.

Foam Rolling is using a foam tube much like a noodle used in the pool to perform a self massage that acts as a form of acupressure to increase blood flow to the muscles. This is best done before stretching. Typical time is about 30 seconds per muscle group. Runners should focus on the hip, buttocks, front and back thighs and back of the legs. Foam rollers can be found online or sporting goods stores.

Active Isolated Stretching (AIS): a special form of stretching developed by physical therapist Aaron Mattes. This requires the use of a rope used to stretch the muscle a little more beyond what a person can naturally do. A light (2 pound) amount of pull on the rope for up to 2 seconds with 10 repetitions is proper method for this stretch. For runners with knee pain, rope abduction and adduction stretches will help address underlying hip muscle imbalances. This form of stretching can viewed at: <http://www.youtube.com/watch?v=YWwu5x8jeKg&feature=related> Youtube also has other good videos demonstrating AIS on various muscle groups of the body.

Dynamic Stretching: this is movement based stretching of muscle groups that prepares the body for full-body movement patterns. Again, youtube has some good visual demonstrations of dynamic stretching including the following link: <http://www.youtube.com/watch?v=KgLnl8nUIS4>

Some other good tips to consider to maximize your performance and reduce risk of injury:

- Pay attention to your shoes. Most shoes will wear out after about 300-500 miles. For runners, I recommend visiting a running specialty store. Ask your chiropractor (me) for suggestions.
- Run on different surfaces. Asphalt, gravel, trail, grass, track, treadmill and the beach will all stress your leg muscles differently and will help prevent overuse injuries. If possible avoid or limit running on concrete.
- Take some time off. Your body needs time off to recover and repair. Performance can and will begin to suffer if you don't get adequate rest. You shouldn't run everyday of every week. Taking a few days off or even weeks off is okay as long as you perform other cardiovascular activities.
- Alternate your pace, speed and rest periods during a running session. You should keep a steady pace for a while followed by a short sprint runs for about 30 seconds repeating several cycles.
- Don't overdue! Start slow and take your time increasing your run times/distances to allow your body to keep up with the physical demands you place on it. Chiropractic adjustments will also insure your joints and spine are biomechanically sound during physical exercise.

Source: toyourhealth.com April 2010

~ 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.

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GIFT CERTIFICATES

GIVE THE GIFT OF HEALTH WITH A GIFT CERTIFICATE FROM HEALTH SOLUTIONS WELLNESS CENTER

Gift certificates are available and good for any amount and all services including chiropractic, massage therapy, spinal disc decompression, pillows, orthotics, Biofreeze, Cryoderm and other supplies. Gift certificates can also be used for someone you know who may be in need of care but doesn't know where to get started.

Gift certificates are available at the front desk.

RECIPE CORNER

Newsletter Recipe Sunflower Seed Pate'

3 cups sunflower seeds, soaked 8-12 hours, drained and air-dried 2-4 hours.

1 cup fresh lemon juice.

1/4 cup raw almond butter.

3 garlic cloves, peeled.

1/2 cup green onions, chopped.

1 teaspoon Celtic sea salt.

1/2 cup red onion.

1 cup fresh parsley, chopped.

1/2 tsp. cayenne pepper or less if you don't want it too hot.

1-2 Tablespoons fresh ginger, minced.

1 teaspoon red bell pepper, seeded and chopped.

1 cup kale, chopped. (I have used broccoli instead.)

Blend together in the food processor with an S blade the sunflower seeds, lemon juice, and almond butter until smooth. Start to add the veggies, pulsing into the pate'. Add all of the ingredients until they are all mixed into the seed pate'. There should be little pieces and color of all of the veggies but not big chunks. This is great with crackers or with cut up fresh veggies or to use as a sandwich spread.

New Office Hours

Mon 8:30-1, 3-6

Tue 12-4

Wed 8-1,3-5 (Wednesdays are now
open earlier at 8:00)

Thu 8:30-1, 3-6

Fri 8-11

The office will be closed:
Friday August 6th

Dr. Souther will be out of the office on Thur. August 5th and Fri. Aug 20th. The office will be open for those needing massage therapy and other therapies.