

Krsko Chiropractic Clinic

Spinal Column

414-525-9500

Winter 2006



Christine M. Krsko, D.C.

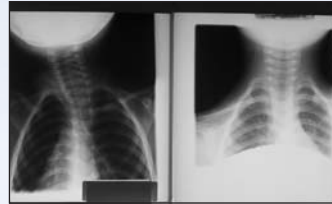
Losing our minds over food

It's no secret that the modern Western diet of processed and fast foods is bad for our hearts and our waistlines. But poor nutrition, says a new study, may also be making people insane. In the past half-century, there's been a sharp increase in the incidence of several mental disorders, including depression, schizophrenia, Alzheimer's disease, and attention-deficit disorders. One of the reasons for the growing problem, says the British Mental Health Foundation, is that our brains simply aren't getting the nutrients they need to function properly. "We are only just beginning to understand how the brain as an organ is influenced by the nutrients it derives from the goods we eat," Dr. Andrew McCulloch tells BBC News. Various studies have linked common mental disorders to a lack of fish and vegetables - we eat 34 percent less vegetables and 66 percent less fish than people did in 1955. Those foods are the main source of omega-3 fatty acids, which are known to affect mood and brain health. And it's not just the type of food we eat that affects nutrient intake. Mass production, McCulloch says, has reduced the quality of our food, adding saturated fats and removing fiber, phyto-chemicals and other natural products.

THIS WEEK - Feb. 3, 2006

I hope that 2006 is starting out well for all of you. We hope to continue to help you to achieve your health goals. I have included an interesting article on the potential health hazard of the fast food diet. To combat this trend, I've decided to host a class on diet, vitamins and wellness.

I am excited to share the improvement of my young patient Ryan, who is 4 years old. He was in a car accident where his x-ray revealed a severely torqued cervical spine from birth trauma. His Father shared with me that Ryan was very irritable and very difficult to get close to. I felt that his spinal condition was affecting his disposition.



He was treated one time per week over a five-month period. The real boy appeared and he became more smiley and happy. The result of the re-x-ray brought a tear to my eyes because I knew his life would be forever changed. I'm so grateful that I am a chiropractor and that I could help him.

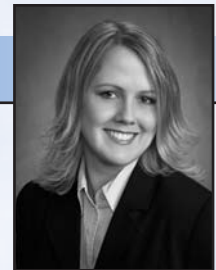
As always, it's a pleasure to serve you and help you achieve your health goals.

In Good Health,

Dr. Christine Krsko

Dr. Christine M. Krsko

Dr. Mandy Wolf



As some of you may know, Dr. Mandy Wolf joined Krsko Chiropractic after her graduation from Palmer College of Chiropractic in October.

Dr. Wolf has introduced an exciting new program to Krsko Chiropractic. With a new technology called Myovision, Dr. Wolf has been going to various health fairs and facilities in the community to offer complimentary spinal health screenings. The Myovision is a computerized machine that uses Surface Electromyography (sEMG), which measures the amount of electrical activity your muscles release when they are contracting, more commonly known as muscle tension. Muscles tend to spasm in response to spinal misalignments known as subluxations, which create nerve interference affecting muscles, blood vessels, and internal organs. The sEMG shows the muscular component of the subluxation by measuring the muscle tension on each side of the spine. The scan is merely a sensor and does not cause any pain or irritation to the skin. It is safe for children, pregnant women, and seniors and it only takes a couple minutes to perform.

In today's society people are searching for ways to improve their health and are looking for alternative solutions to health and wellness. Krsko Chiropractic is dedicated to educating our community about health issues and the role chiropractic care plays.

We want to be available to anyone interested in having this type of service at their facility for their employees and/or clients. If you know of someone who would be interested in this program please feel free to contact us or give our information to someone you know.

This is a great way for organizations to show their valued customers and employees their appreciation and that their organization is health conscious. Whether it be over a lunch hour or for a business health fair, we are available to come to any facility or organization.

Spinal Health Care Class

Join us in a 20 to 30 minute informative presentation about chiropractic, nutrition, and exercise. Learn about different things that you can do personally to improve your spinal health. Bring a family member or a friend who may be interested in learning what chiropractic is and how it may even be able to help them. Learn how to age healthier with our *Living Well For Life* program in which we coach people in areas of exercise and nutrition.

When:

Every other Wednesday night at 6:00pm
One Thursday per month at 2:00pm

**See our new information board in the office for specific dates and sign up

Upcoming Events

Feb. 18	Dr. Krsko lectures on nutrition, diet, vitamins, and wellness	12:00pm
	*A special gift will be given to those who attend!	
Feb. 23	Myovision screening at Kiwanis Club meeting	
Feb. 27	Myovision screening at Southridge Athletic Club	
Mar. 1	Spinal Healthcare Class at Krsko Chiropractic	6:00pm
Mar. 9	Krsko Chiropractic will be participating in the Franklin-Oak Creek joint school district Career Day	
Mar. 15	Spinal Healthcare Class at Krsko Chiropractic	6:00pm
Mar. 25	The staff will be attending a Chiropractic seminar in Chicago	

Upcoming Conditions of the Month: Stop in for more information!

February:	Fibromyalgia
March:	Osteoporosis
April:	Carpal Tunnel Syndrome
May:	Scoliosis

Krsko Chiropractic is currently supporting an effort for the Make a Wish Foundation. We are collecting business cards from people to help a 14 year old boy from Mexico, named Ulysses, who's wish is to get into the Guinness Book of World Records with the largest personal collection of legitimate business cards in the world. Ulysses has been diagnosed with an acute form of leukemia. His is such an innocent, simple wish that we would appreciate your help in making it come true.

Special Office Promotion!

We are holding a drawing for our patients to have a chance to win a total wellness package with very valuable prizes! To see the prizes, stop in the office and see the display. The drawing will go through the entire month of February and the winner will be announced in the beginning of March. Patients are given coupons based on the following:

- 1 coupon for getting an adjustment each visit
- 3 coupons for attending a Health Care Class/Special Lecture in the office
- 10 coupons for referring another patient to our office

star Chiropractic Patient

Ted hurt his back in 2003. He was in so much pain that his friend had to drive him to our office. He stood in the waiting room because he couldn't stand or sit any longer than he had to. The progress was steady and he was able to return to work in 5 weeks.

What makes him a star patient is that he let this back injury be a wakeup call. He decided to change his life. He started working out in a swimming pool at Southridge Athletic Club. Dr. Krsko then

showed him exercises to strengthen his back at SAC. After 3 years, he is

still committed to working out every day and he gets his regular chiropractic adjustments. He does this to maximize his well-being and to be the best he can be. Ted is constantly letting other people know how much chiropractic helped him.

Our Star Chiropractic Patient will receive a therapeutic cervical pillow valued at \$60 compliments of Krsko Chiropractic.



Ted K.

The Truth About Ear Infections

Reoccurring ear infections account for over 35% of all pediatrician visits in the United States. Sometimes these infections are due to bacteria and sometimes these are due to a virus, which cannot be helped by antibiotics. ⁽¹⁾

The most common cause of an earache is plugged Eustachian tubes. These tubes go from the back of the throat to your middle ear. When the Eustachian tube gets blocked, fluid gathers, causing pain. Things that make this happen include an infection of the middle ear, colds, sinus infections, and allergies. ⁽²⁾ The agency of Health Care Policy and Research concluded there was no benefit from Amoxicillin in preventing ear infections. ⁽³⁾ Antibiotics may also produce unwanted side effects such as nausea, diarrhea, and rashes. ⁽⁴⁾

How can Chiropractic help?

Chiropractors check the vertebrae in the spine for subluxations, which can be causing nerve interference. If the nerves are not able to communicate with the body correctly, then the body may not be able to fight off these ear infections. A leading German authority, Dr. Gutmann, found ...Blocked nerve impulses in the upper neck area can lower resistance and leave the child vulnerable to ear, nose and throat infections.

Structural changes cause muscle spasms and blockage of the tubes draining the middle ear. A chiropractic evaluation is of "decisive importance" and Chiropractic care can often bring about amazingly successful results. ⁽⁵⁾

Correct The Cause:

Have your child checked for subluxations by a chiropractor to determine if there is nerve interference and what affect it is having on their health. In addition, make sure the chiropractor checks for muscle spasms impinging on lymphatics as well as blocked atlantal nerve syndrome. Only 10% of your nervous system registers pain, the other 90% controls thinking, smelling, hearing, seeing, breathing, digesting, and movement. Studies have revealed that chiropractic kids had less need for antibiotics, fewer ear infections, fewer allergies, and tonsillitis. ⁽⁶⁾

- (1) Ladies Home Journal, October 1998 "Chiropractic Adjustments for Chronic Ear Infections."
- (2) American Institute of Preventive Medicine (Excerpted from From Fatigued to Fantastic! A Proven Program to Regain Vibrant Health).
- (3) March 1994-NEWSWEEK
- (4) Source: Journal of the American Medical Association November, 1997
- (5) "Atlantal Nerve Syndrome in Babies and Infants," Gutmann, G. 1987, 25:5-10
- (6) van Breda WM; van Breda JM. A comparative study of the health status of children raised under the health care models of chiropractic and allopathic medicine. J Chiro Res 1989; 5:101-3/Mantis ID: 10048

Pain From Auto Accident, Work & Sports Injuries Can Linger For Years

Almost all Americans will be involved in at least one motor vehicle, work, or sports accident at some time in their life. Often we are able to walk away free of injury...or so we may think.

Some injuries are hidden so well they may be missed by emergency room technicians and can take weeks, months, and even years before actual symptoms show. Studies indicate that injuries can occur at impact speeds of **8 mph** where there is little or even no damage to the car. Today's cars absorb much of the impact in the bumper, but transmit this energy from impact to the person's head and neck in much the same fashion as when one pool ball hits another.

The **most common symptoms of a whiplash injury** are pain and stiffness in the neck and shoulder, recurring headaches, numbness in the arms and fingers, irritability, back pain, and dizziness. **Few people realize that an untreated neck or back injury from a car accident is likely to develop into arthritis in later years adding more pain and debilitation to the situation.**

Carpal Tunnel Syndrome

One of the most painful disorders experienced by women and men today is Carpal Tunnel Syndrome. This is the entrapment of the median nerve as it passes deep to the transverse carpal ligament of the wrist. Pinching on this nerve causes tingling or numbness or a painful, burning sensation in the thumb and first two fingers of the hand.

The medical approach to Carpal Tunnel Syndrome is frequently surgery along with fitting a patient with a splint that immobilizes the hand and wrist. Chiropractors, on the other hand, utilize gentle chiropractic adjustments and specific exercises that enable the patient to continue use of the wrist. Quite often the vertebrae of the neck are misaligned, creating unwanted pressure on the nerves in the neck, which travel down the arm to the wrist and fingers. This can cause similar symptoms of Carpal Tunnel Syndrome.

Dr. Krsko and Dr. Wolf are trained to determine if the problem originates with the vertebrae in the neck or the carpal bones in the wrist. They then adjust the cervical spine and or the wrist, thus relieving pressure on the inflamed nerve. Healing then takes place without the permanent changes to the wrist with surgery, which may or may not relieve the symptoms. Studies have shown that regular spinal checkups can lead to early detection of Carpal Tunnel resulting in as much as an 85% decrease in the disorder.

Eight out of ten Americans suffer from recurrent back pain. Fortunately, many can be helped to overcome their pain and live a more active life, without drugs or surgery.

Back pain accounts for more workers' compensation claims than any other single ailment, costing some \$20 billion each year. Researchers and sufferers both are finding a less costly, more effective way to treat back pain: Chiropractic.

Most back pain results from injury, neglect, or misuse. Your spinal column forms a protective canal around your body's primary line of communication, your spinal cord. Poor posture, lack of exercise, overexertion, and misuse can build up over time and force vertebrae or discs out of place putting pressure on the spinal nerves and causing pain and other related problems.

Our Chiropractors are specially trained in treating spinal misalignments. Their diagnostic capabilities enable them to pinpoint structural problems that cause nerve interference. Their safe and gentle adjusting methods offer patients relief from pain and restore mobility to the affected joints. Krsko Chiropractic then helps patients maintain a symptom-free lifestyle by educating them on proper care and exercise for a healthy back and nervous system.

Two independent government-funded studies found chiropractic care to be one of the most effective methods in treating low back pain. Surprisingly, they both cited back surgery, as well as bed rest, as ineffective methods in treating back pain. Take control of your health.

End Low Back & Neck Pain



What causes...

HEADACHES?

Research has shown that many chronic recurring or migraine headaches are caused by irritation of the nerves in the neck. Usually, this irritation can be traced to an injury. In many cases, the headache sufferer was not aware that the neck was injured. The neck is vulnerable to even slight jars, which can cause a misalignment of the vertebrae in the neck.

Since the nerves and blood vessels pass through small openings between these vertebrae, a misalignment can substantially decrease the amount of blood and nerve impulses going to the face and brain.

Of course, not all headaches are caused by neck problems. Some headaches are caused by disease and everyone has had occasional headaches resulting from abuse of the body through lack of sleep, anxiety, improper nutrition, or too many cocktails.

The fact remains that many headaches are caused by irritation of the nerves, usually in the neck. Chiropractors have had great successes in correcting the misalignments in the neck, not only relieving symptoms, but also allowing correct nerve communication with the body.

Hours:

Monday:
8 am to 6 pm

Tuesday:
8 am to noon

Wednesday:
8 am to 6 pm

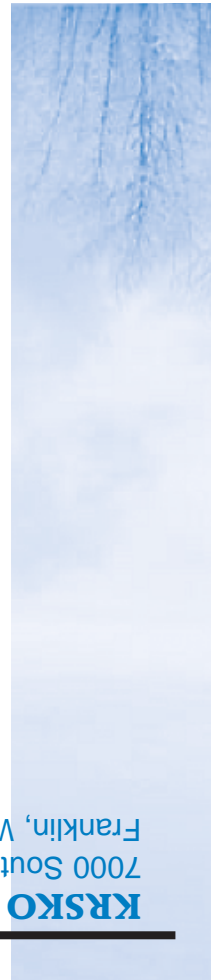
Thursday:
3 pm to 6 pm

Friday:
8 am to 1 pm

Saturday:
2 per month

414-525-9500

www.krskochiropractic.com



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