



Patients for Life

Secrets behind the science of Chiropractic...
and methods for successful living! - A newsletter by Dr. Collard D.C.

Dr. Collard D.C.

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★ Ask the Doctor "I've heard chiropractic can help with my child's earaches. Is this true?"

Answer: Let's start with defining the most common type of earache - otitis media. It is a middle ear inflammation, usually caused by an infection that blocks the Eustachian tube. *Have you ever found your child tugging at his ear, wincing in pain?* Otitis media is probably the reason!

How common is Earache? Otitis media is extremely common! Did you know that a third of all children will have 6 or more cases of earache before starting school?

Earaches are possibly being treated in an ineffective way:

Every year about 30% of children under age three receive antibiotics for their earache. Treating earaches is the most common reason for outpatient use of antibiotics. But... scientific studies have shown little evidence that antibiotics work better to stop or reduce earache vs. children who did not receive the medication. According to various health organizations, antibiotics are over-prescribed in nearly 50% of the cases. How Chiropractic Can Help: Chiropractic care has been used frequently to provide relief in children. Gentle adjustments can help clear the Eustachian tube blockage that is causing the earache. The chiropractic approach is an alternative to traditional medical treatments that may be less effective and involve serious side effects.

What to do next: If you are reading this and your child has ear aches and/or frequently gets diagnosed for this problem, consider looking into chiropractic to see if it can reduce the problems. Plus it has the benefits of being all natural. **We're only a phone call away. 801-569-1141**

A recent news program reported about childhood obesity...

"America's Children Are Growing Up Obese"

According to a recent news report, the research proves that America's children are growing up obese. Further research shows that children "learn what they live." This is true when it comes to meal portion sizes we're serving in our homes. Recently I came across a research study that showed that **letting kids dish out their own portions results in better eating**—that is, more reasonable size portions!

What We Learned About Mac & Cheese:

The results were reported in *The Washington Post* from a study published in the *May American Journal of Clinical Nutrition* which found that children ate 25% more macaroni and cheese when they were served more. Even more interesting was how the children consumed more. When the participants were served the double portion, they "increased the size of their bites, but not the number of bites." However, the kids didn't eat more or less of the other foods served at the meal. "They just ate more macaroni and cheese," explained Jennifer Fisher, assistant professor of pediatrics at Baylor and lead author of the study.

Some interesting conclusions are being drawn from this study

Researchers now think that when left to their own devices, *kids will eat until full*. They do not tend to overeat. Second, it is believed that the amount of food on the plate serves as a powerful **visual clue** in determining how much food is to be eaten. Allowing kids to serve themselves may set a precedent early in life and reduce the likelihood that they'll come to expect or pig out on super-size junk food meals and snacks. Hopefully, good habits start young. If you have concerns or questions regarding proper nutrition, please feel free to raise them at your next visit. Chiropractic and wellness go hand in hand.

Consider an all natural approach that keeps the body drug free, happy, and healthy. Your body will thank you for the kind treatment!

TIP!

Fast Facts for Life!

A study by the American Chemical Society reports that organically grown fruits and vegetables show significantly higher levels of cancer-fighting antioxidants than conventionally grown foods. The research suggests that pesticides and herbicides inhibit the production of phenolics, chemicals that act as a plant's natural defense.

Wow!

Successful Living Breakthroughs!

Do today's kids seem to have more to do every day than kids of a generation ago? It's no surprise given the wide array of activities offered today that simply weren't available years ago. Nevertheless, taking the time to slow down, do less and schedule more "down time" for families is crucial in today's pressure-cooker society.

Breakthroughs/Fast Facts for Life

Tips to healthy living...

Beware “backyard backache”. You were having fun in the back yard when all of a sudden... the back gave out. Ouch!

Here are the facts: Back pain can come back due to our habitual physical movements, the way we bend and reach, and the like. Keeping back pain at bay can seem like a monumental effort, because bad habits die hard! In fact I read that 85% of the American public will suffer back pain at some point, and 7% of our population are suffering back pain right now that will last two weeks (or more)! **Now do you see how bad those habits are?** This article is about the “little things” that can make a big difference to how you’re feeling.

Example - Mowing the lawn.

This summer staple is hardly something you would think would bring people to their knees. But consider for a moment the body movements involved with lawn mowing. First, most mowers require the user to do what I call the “herk and jerk” movement. That is, yanking a tightly wound coil to start the engine. (And when’s the last time the mower ever started on the first pull?!) Next, you’re off and mowing but chances are you are leaning forward in an unnatural position, i.e. arching your back. Ever notice how those mower handles never seem to adjust to your height? Well, this incorrect position creates stress on the low back.

Ouch.

Then, you have to round those bends which means you have to push down on the mower to pivot on the rear wheels and turn the corner—another unnatural bend for the body. Meanwhile you are pushing a heavy machine forward and pulling it backward frequently.

See, it’s all the little things that are causing the big problems! The little things all add up. Knowing what aggravates your back is the first step in keeping back pain at bay. Do you remember those stretches we advised you to do at home between adjustments? Stretching can help. Also simply being aware of your own bad habits can be self-corrective. Finally, maintaining spinal health through what we call “maintenance” is perhaps the best route to correcting the “little things” that always come up in our daily lives! **For more info, help, questions, etc., about this topic please feel FREE to call us any time and we’ll walk you through the process.**

**Don’t be a stranger,
we’re here to help!**

Quick facts about staying healthy...

Can Taking Vitamin’s Be Too Much of a Good Thing?

It’s hard to imagine vitamin supplements as being bad for your health, but too much can prove hazardous to your health. Vitamin supplements have proven effective **only** when taken in the recommended or suggested doses. Too often, patients hear or see extraordinary health claims and immediately begin taking doses that are too large – under the “more must be better” theory – and this can be extremely detrimental in certain circumstances. That’s why it is important to discuss your nutrition and diet needs with someone who’s been trained in the field before beginning a regimen heavy in one particular supplement. Consider these facts on vitamin toxicity:

- **Vitamin B1.** It’s hard to get into trouble with a good multi-purpose vitamin like B, but too much B1 may cause anxiety, sweating and/or fluid retention.
- **Vitamin B3 (niacin, nicotinic acid, nicotinamide).** Because of its vasodilating action, transient tingling or flushing sensations can occur at normal doses. Other symptoms can include nausea, diarrhea, abnormal liver function and jaundice.
- **Vitamin D.** If taken to excess, vitamin D can cause excessive calcification of bones.
- **Vitamin E (tocopherol).** Doses higher than 1600 mg daily may cause fatigue, dermatitis and allergy. In addition, vitamin E may interfere with vitamin K activity, acting as an anti-coagulant.
- **Choline.** Too much choline can lead to nausea, diarrhea, dizziness, excess salivation, anxiety and body odor.
- **Vitamin K.** Large doses have been associated with thrombosis and vomiting.

As these examples illustrate proper vitamin nutrition is important, and improper use of “healthy supplements” is a growing problem. Walk into any drug store and the walls are lined with product, but any fool can pop a pill. Get answers before starting a serious health plan. Your body will love you for it!

Here’s a Solid Recipe for Health Success!

Combine good health with chiropractic, and the sky is the limit for you in 2009! If you haven’t visited a chiropractor for 90 days or more, now would be a great time to continue your great health progress. We don’t bite, I swear. **We’ll see you soon!**

Fascinating Facts!

Taking your anxieties to bed with you isn’t good. A recent survey of workers found that more than one-third could relate to this scenario. Supposedly **37 percent of us lose sleep thinking about work**, according to a national survey of 250 people, most of whom were office workers. **40 percent said they believe they spend too much time at work**—gee, what a shock. As the lines between work and personal life blur finding balance becomes a challenge. Striking the perfect balance takes collaboration - a shared responsibility between yourself and your career!

Important News about You!

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us then to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:


*Pam, West Jordan
Shelly, West Jordan
Kelly, West Jordan
Barbara, Pleasant Grove
Nicole, Salt Lake City
Emily, Sandy*

THANK YOU FOR THESE REFERRALS!

Making Chiropractic more affordable

Have you heard? A penny of prevention is worth a pound of cure.

We are now offering Family Discount Plans.

 *For the first 10 families to sign up they will receive an Annual Unlimited Chiropractic & Acupuncture Pass for one low price of **\$100 a month.***

Call for more information.
801-569-1141

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a health lifestyle! **We would like to proudly welcome the following new patients:**

*Connie Kristin Matt
David Aaron Garrison
Tom Jared
Nick Janice*

Thanks for allowing us the chance to serve you!

Family/Personal/Community News

Collard Chiropractic sponsored a team that ran the WASATCH BACK.

My wife Missy and I had the opportunity to run with this team. For any of you who are not familiar with this event let me sum it up for you. We started in Logan with a team of 12 runners in two vehicles. We ran in alternating shifts all the way to Park City a total of 188 miles.

It was a great experience and we are looking forward to doing it again next year. Thank you to the other team members for all their hard work and months of training.

Great Job!

Patient Success Story

I love my new orthotics!
After years of pain in my feet knees and hips, spending a fortune on shoes, and visits to the podiatrist, I still suffered from severe pain. Dr. Collard fit me with new orthotics. I wish that I would have done those years ago.

Barbara, Pleasant Grove

Welcome to our Team!

Many of you hopefully have had the opportunity to meet our newest team members,

***Emily -Massage Therapist
Julia -Office Staff***

They have been a great addition, we are happy that they are with us. If you have not met them stop by and give them a warm welcome.

Fitness & Successful Living Breakthroughs

Fitness Corner!

“Ok, I need to set the record straight...”

How much exercise is enough? It seems these days that there are multiple opinions on what comprises enough exercise. Dr. Paul Donahue, the noted columnist, offered some interesting perspective worth sharing. There are two schools of thought on this confusing subject. The first comes from the American College of Sports Medicine and the Surgeon General. They suggest people engage in 30 minutes a day of moderate intensity exercise on most, if not all, days of the week. The key is understanding what fits the bill for moderate intensity. Moderate intensity exercise is defined as exercise that permits people to carry on a conversation with a little bit of effort. That means the exercise doesn't leave the person gasping for air, but does present some challenge to talk. The National Academy of Sciences suggests an hour of daily exercise. Again, what constitutes an hour is the rub. According to Dr. Donahue, “Half of the hour should be exercise of moderate intensity... The other half-hour is designated as leisure activity—exercise done at a reduced clip.” This includes regular everyday tasks and activities like housework, stair climbing, gardening, etc. The full hour routine is intended primarily for people exercising to lose weight. One thing that isn't in dispute, is the link between good health and nutrition is inarguable. Are you leading a healthy lifestyle with proper nutrition for your body type?

Good health doesn't have to cost a lot!

Investing in good health is cheap compared to being sick and unwell. Just ask anyone in the hospital. You have the power to make it happen. Right now. If you'd like some help achieving vibrant health and energy, please call our offices. Quite bluntly, smart patients know the value of investing in themselves and by that I mean a WELLNESS APPROACH to care. Now is the perfect time to begin! If not now, then when??



If you'd like to learn more about proper nutrition, please call us!



Win A FREE GIFT by Answering this simple question! Give it a try... why not?

Would you like the chance to win a special **FREE GIFT**? Each month the free gift changes. It might be a **FREE** tube of **BioFreeze**. Or a **free cervical pillow**, which is excellent for use at your place of work or in your favorite chair. This month we are giving away **two free Movie Tickets!** Unlike other contests, the odds of you winning this contest are *really good*. Why not give it a try? To win you need only read this newsletter to find the answer to the Health Question posed below. If you think you know the answer or want to guess, pick up the phone and call us! The best answer (in our opinion) will win a fun **free gift!** *Are you ready?*

The contest question for this month is...

What negative effect occurs from taking large doses of Vitamin D?

Referrals Mean the World to Us!

I consider it a privilege to be trusted with the health care of my patients. In fact, there are some weeks we are so busy that we have to extend our hours or stay late just to see everyone! Why have we grown so fast? It's because of patients like you who refer friends, family and co-workers. I don't often have the chance to say thanks for all your support and friendship, but I really do appreciate it.

I consider it a pleasure to work with my patients. That's why I am always so interested in your feedback on this newsletter and any questions you may have about your health, nutrition and chiropractic. **Please feel free to call**—even if it's only to get an answer to a quick question. Remember that we are available when you need us, so call anytime! I look forward to seeing you.

Gift Certificate – For Friends or Family Who Need Help!

Often our patients tell us they know of someone in pain who could use our help. That's what this *special Gift Certificate* is to be used for! Do you know of a friend or family member who needs chiropractic care? Clip this coupon and give it to your friend. This entitles them to **One Free Chiropractic Consultation!** This special “Patient Appreciation” coupon expires soon. To schedule your free chiropractic examination, please call Collard Chiropractic & Acupuncture at 801-569-1141.



This coupon expires: **July 31st at 5 p.m.**



Bonus Supplement!

You MUST READ!



Do you or your kids play sports? Be a better athlete with chiropractic and why sports celebrities are turning to chiropractic like never before!

Dear Patient,

Welcome to this special *Bonus Supplement* included with our monthly newsletter. On the bonus insert I focus on little-known benefits of chiropractic. This month it's about... **how to be a better athlete with chiropractic.**

Why have Lance Armstrong, Tiger Woods, Joe Montana, and Emmitt Smith all turned to chiropractic care? Because it has been shown to increase athletic performance as much as 16.7%. Chiropractic has also been shown to reduce your chance for injury. Athletes today are in the most competitive environment we have ever seen. Even school age children are finding competitive sports to be taxing on their bodies like never before, with expanded practice and game schedules. Chiropractic care plays a vital role in musculoskeletal performance, prevention of injury, and recovery from injury. That's why so many pro athletes are turning to chiropractic care.

- Seven time Tour De France winner Lance Armstrong has been a long time advocate of chiropractic care. He has brought his personal chiropractor to **every single** Tour De France. After one of his victories, he said he could not have won without his chiropractor.
- Four time Super Bowl champion and all time leading rusher, Emmitt Smith, also attributes much of his success to chiropractic care. Being a running back during a 16 game season takes its wear and tear on the body. Emmitt Smith attributes much of his long healthy career to chiropractic care.
- A few years ago Scottie Pippen was playing in the NBA finals with the Chicago Bulls. Since the Bulls do not have a chiropractor on staff, he paid for his own. Care was administered to him at least once during the actual finals game.
- Golfers and pro tennis athletes have long known the benefits of chiropractic. A recent study reported that up to 85 percent of injuries on the PGA Tour and Senior Tour relate to the spine. Between 70 to 75 percent of these golfers receive chiropractic care regularly.
- The figures are similar for football, baseball, and other sports. And growing!

There's good reason these athletes are turning to chiropractic care. A study published in the journal of Chiropractic Research and Clinical Investigation, revealed that chiropractic care can increase athletic performance by as much as 16.7% over two weeks. Another study published in the Journal of Vertebral Subluxation Research in 1997 revealed that chiropractic care increases your capillary count, meaning increased blood flow. The benefits of increased blood flow are substantial for any athlete. **What do they know that you don't?** Chiropractic care offers exciting opportunities to be a better athlete and enjoy the sport you love!

Interested in learning more about how chiropractic can help you or your child be a better athlete? Call (801) 569-1141 today. We're here to help!