

News from Around the Planet

April 2010 Edition

How to make Homemade Vegetable Wash

- 4 T Baking Soda
- 4 T Lemon Juice
- 2 C Water

Mix thoroughly and pour into spray bottle. Spray onto fruits and vegetables. Let sit for one minute. Rinse off completely.

Thanks to Chef Jen for this great tip! Wash fruits and vegetables with water first. This wash works great without any chemicals!!



Upcoming Events:

Shopping Night with Chef Jen 04/12

Spring Into Health!, Free Consultations/Exams 4/19-4/23

We're Back!! Q and A

with Dr. Dan Bucek

Q: I read that diabetes is on the rise. What can I do to reduce my risk?—Phil J., Palatine

A: You'll find a lot of tips and trends out there; but the cardinal rule is to reduce your body weight by five percent. This will help reduce your risk of cardiovascular complications. Also, there's no time like the present to adopt a lifestyle change. Let's face it: diets don't work, but lifestyle modifications do! Make a plan, stick to it, and reap the benefits!

Q: My son recently got a concussion. Any suggestions?—Mary H., Barrington

A: See the detail on the back page.

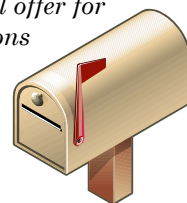
Q: What can I do to help

my posture? I'm told that posture is really important, but how important is it?—John T., Hoffman Estates

A: A couple of months ago, Oprah's medical guru, Dr. Oz, went to Central America to shed some light on a group of people that had the longest longevity in the world. After looking at many variables, he noticed one common trait: their posture and how they carried themselves. Good posture reduces pressure on your spinal cord and nerves, allowing for your organs to enjoy the benefits of healing properly. Because of their posture, he found 90+ year olds farming by hand and doing chores that would have most 30 year olds in our country cringing. There's some researchers that say bad posture is genetic, but I tend to think

that faulty postural habits are more "passed down" as we emulate our parents. Here's a quick tip: Stand up and look at yourself in the mirror and be honest. As you look at your self from the front, your ears should be level and your shouldn't see more of one ear than the other. Your shoulders should be flat. Look down at your hands; is one turned in more than the other? Doing a quick assessment from the side is a little tricky to do on yourself. But, from the side, your ear should be directly above your shoulder joint. If any of these are off, your posture is faulty. If they're right on, keep it up!

Email your questions to Dr. Dan at drdanielbucek@hotmail.com marked "Spread the Health" Special offer for those questions for ing



chosen upcom-newslet- ters.

Spring has Sprung!! Allergies Be Gone!!

Now's the time to get outside to get fresh air and exercise, but for most, the spring time is a horrible time for allergies. Allergic rhinitis (or hay fever) is a reaction to airborne allergens and affects between 1:6 and 1:10 Americans. Most cases occur before age 30 and

symptoms resemble those of viral rhinitis but persist and show more seasonal variation. Eliminating items in the house that hold dust and dander is helpful and there are many natural treatment options to reduce symptoms. Increasing water-soluble vitamins and vita-

min E can help with allergies as well as homeopathic remedies. There are also chiropractic treatments that can aid in sinus drainage. If allergies get really bad, there are some over the counter therapies available, but should be used with caution.— Dr. J. Linker



Concussions: Only Ringing the Bell?

Concussions are more prevalent than once thought and are seen in a variety of sports and activities.

What makes concussions so serious (thus the increase coverage in the news) is that concussions are cumulative in nature. This means that the more concussions one has, the damage to the brain is cumulative. When it comes to concussions, there are currently three grades in their classifications. Most concussions that occur are grade I and have relatively minor symptoms, including head/neck ache, dizziness, nausea, and confusion to name a few. If there is any loss of memory either before the injury or of the injury itself, the concussion is a grade II. If there is any loss of consciousness,

no matter how brief or long, a grade III concussion is diagnosed. The key question we hear as team doctors is: "When can they go back and play?" Depending upon the concussion, the "return to play" guidelines are different depending upon the sideline concussion assessment that the team trainer or doctor must perform, since most concussions are sport-related. This assessment is performed every five minutes to determine any deterioration. In a grade I concussion, for example, the athlete must remain asymptomatic for 20 minutes before returning to play. And there are different guidelines for grade II and grade III. All too often, athletes are put in the game too early and this can in-

crease the risk 40% of "second impact syndrome" which can lead to further brain injury or death.

Plaques occur in the brain tissue that gets damaged from the trauma and those areas begin to die away. It would be a good idea to ask your child's team doctor or trainer what guidelines they use for concussion assessment and evaluation. Some helpful websites are:

www.biausa.org (brain injury assoc.) www.thinkfirst.org, www.aan.com (am. acad. of neurology)

—Dr. Daniel Bucek

Am Fam Physician 2001; 64:1007-14.

Want to super-charge your immune system? Get outside!

New research done by Danish researchers found recently that vitamin D is essential for your immune system. The study found that if levels of vitamin D are low, we have a lowered immune response to foreign disease and infection. Certain components of our immune response require levels of vitamin D to be high. As long as these levels remain high our bodies remain strong.

So the big question is *how* do we get the vitamin D level higher in our bodies. Vitamin D is found in fish liver oil, eggs, and fatty fish such as salmon, herring and mackerel, or can be found in certain supplements. But in addition to these sources, the body manufactures vitamin D when exposed to sunlight. Imagine that, you have an intelli-

gence inside the body that knows how to make this much needed vitamin. So get outside! Go play in the sun! Can't get outside? There are artificial lights that can produce the same effect in the body. Either way you go, sunlight is important. Too much sun can be harmful, so in doubt, ask your doctor.

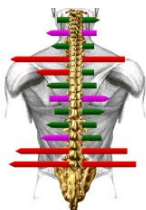
—Dr. Justin Linker

Reuters, Mar 8, 2010

While vitamin D is very important for your immune health, it is not the only thing to be considered when making the bodies immune response stronger.

Our Gift For You!

Simply cut out this coupon or bring the newsletter into our office for your COMPLIMENTARY CONSULTATION AND EXAM. Appointments are required by calling **847-705-7346**. (Most insurance plans are accepted and benefits will be verified for you. Sorry, Medicare and Medicaid are not eligible for this offer.)



- Consultation and Health History with one of the doctors
- Spinal and Nervous System Screening and Analysis
- Computerized Measurements to Detect Possible Nerve Problems
- Report of Findings and Recommendations (at a separate office visit)

Free!

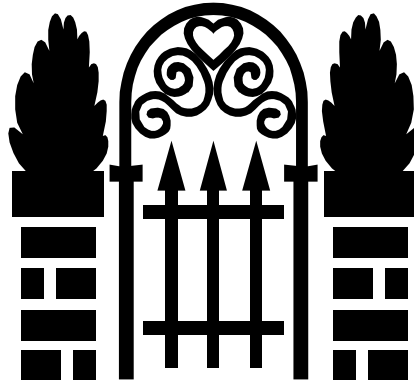
These services valued at \$305 are our gift to you. Appointments are limited to 5 respondents each month, so act quickly to reserve your appointment! **847-705-7346**.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful



Caption describing picture or graphic.

to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of

topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated

every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture



Caption describing picture or graphic.

supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you

can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

**PLANET CHIROPRACTIC OF HOFFMAN
ESTATES**

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: xyz@microsoft.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Your business tag line here.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to

list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.