

News from Around the Planet

October 2009 Edition

Natural Ways to Strengthen Your Immune System

- Get enough restful sleep (8+ hrs)
- Exercise Moderately on a Regular Basis (3-4 x/ week)
- Wash Your Hands (avoid antibacterial soap—ask us why!)
- Reduce Your Stress
- Increase Antioxidants
- Clear Your Nervous System (your brain controls immunity)



Upcoming Events:

Foods that Fight Cancer Workshop, 6 PM (free) 10/6

Foods that Fight Cancer, Part 2, 6 PM (free) 10/13

Community Health Week, Open to Public 19th-23rd

Also coming up...

November Food for the Needy Food Drive

Movie Screening: Food, Inc., 6 PM (free) 11/17

More to Come!! Reserve your seats 847-705-7346

Spread the “H”ealth

with Dr. Dan Bucek

Q: *When is the best time I should be stretching? —Sandy M., Palatine*

A: Everybody’s a little different. But, the general rule of thumb is to remember the overall goal of stretching: to increase flexibility. A secondary effect from stretching is reducing the risk of injury. Ideally, you should stretch the muscle when it is relaxed or “warmed-up”. Stretching first thing in the morning (you don’t even have to get out of bed) ensures your haven’t increased outside force (i.e. gravity, body weight, etc.) on the muscle. Also, warming up the muscle beforehand (i.e. brisk walking, hot moist pack, etc.) allows more blood to flow to the muscle with nutrients. But, remem-

ber, only stretch within your limits and be sure to call you doctor or the office if you experience any pain or discomfort. Stretching should relax you; not frustrate you.

Q: *I have headaches periodically where it feels like my head’s in a vice. Any thoughts? —Julie M., Hoffman Estates*

A: Headaches aren’t supposed to be normal occurrences. In fact, *any* pain is a red flag that something’s not right. It sounds like you’re experiencing a tension headache. In my experience, most tension headaches are caused by pressure at the base of the skull that decreases blood flow and nerve activity to the structures in the head. When an area doesn’t receive enough blood or nerve flow, it begins to weaken or even atrophy in some chronic cases. If you’re interested, I welcome you to

make a complimentary appointment for a consultation and exam to determine what’s causing your headaches. No sense suffering any longer!

Q: *Are there any websites that I can go to to learn more about chiropractic? —Joseph S., Hoffman Estates*

A: Absolutely. Chiropractic has become more and more “mainstream” that there are a lot of wonderful sites full of research articles, current studies, data, etc. Our website has many great links that will take you to them: **www.planetchiropractic.com**

Email your questions to Dr. Dan at drdanielbucek@hotmail.com marked “Spread the Health” Special offer for those questions chosen for upcoming newsletters.



Cravings in the Afternoon? Try this!

All too often we get hungry on our commute home. We’ve worked a long day and feel that we need something to tide us over. But what is there to eat that we won’t feel guilty about, nutritious, and can fill us up until dinner-time? The answer: almonds. Almonds

contain healthy omega-3 fatty acids and protein that can help keep you full. A palm-full of almonds can help stave off those hunger pains until you get home and give you a great amount of omega-3 fats to help you not feel guilty.

Omega-3 fatty acids are recommended for people with inflammation, heart disease, or other chronic disorders due to its anti-inflammatory properties. Other sources of omega-3 fats come from certain fishes and oils.—Dr. Justin Linker

Source: *Medical Nutrition from Marz, 2nd ed.*

How Much is Too Much? Backpack Safety

Backpacks are designed to spread the weight of its contents across your child's back to help prevent injury to the spine and soft tissues (such as the muscles and ligaments). When used properly, the child sustains no injury. When used improperly, the backpack and its contents can potentially cause great harm. Backpack related injuries are responsible for more than 7,000 emergency room and doctor visits annually. Being proactive can help reduce the likelihood of injury. Some steps to take to be proactive are: encourage your child to tell you if they experience *any* pain or discomfort from the backpack, make sure that the child has access to a locker to keep books from other

classes out of the bag, or look into getting a second set of textbooks for at home (may be difficult due to budget problems at schools).

The American Academy of Pediatrics states that a child's backpack should have: wide, padded shoulder straps; both shoulder straps should be used; the back of the bag should be padded; a weight strap should be present for heavy loads; the bag itself should be lightweight; and a rolling backpack is safest of all to ensure no weight is carried on the child's back. The backpack should never weigh more than 20% of the child's total weight. For more information about backpack safety and statistics, go to the American Chiro-

practic Association's website. A direct link can be found below.—Dr. Justin Linker

—Sources

American Academy of Pediatrics

American Chiropractic Association

Backpack safety link:

http://www.acatoday.org/content_css.cfm?CID=65

www.aap.org

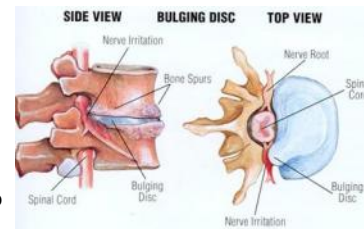
www.acatoday.org

www.icpa4kids.com

When Pain Shoots Down the Leg...

The term *sciatica* refers to "pain in the lower back and/or hip radiating down the back of the thigh into the leg". It is important to note: this is a general term, NOT a diagnosis. A piriformis muscle spasm can cause irritation along the sciatic nerve resulting in pain radiating down the leg. Or, more seriously, a bulging disc at L5 or S1 nerve root can be the culprit. If a bulging disc is the cause of the pain radiating down

the leg, it's time to go to the doctor. Chiropractic adjustments reduce pressure along the spinal nerve roots to allow the nerves to heal. Over time, the pain begins to centralize (go back up the leg) and can eventually go away without the risk of spinal surgery. With corrective



chiropractic care, the deterioration in the disc halts and the low

back stabilizes, reducing further injury.—Dr. Dan Bucek

More information? Call 847-705-7346.

Sciatica can be successfully treated using chiropractic treatments.

Our Offer to 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. 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!

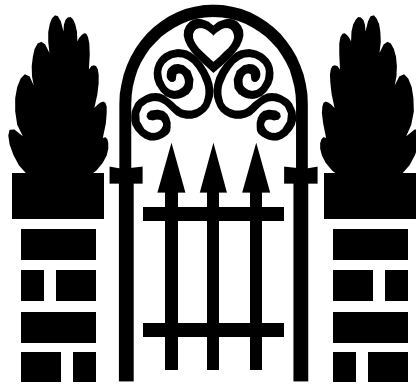
These services valued at \$305 are our gift to you. Appointments are limited to 5 respondents each month, so act quickly to reserve your appointment! **847-705-7346**.

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.