



Red Dragon Chiropractic and Acupuncture

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Spring 2012

Gardening - Allergies - Spring Cleaning & Detox - Greens - Products on Sale

Spring is here!

It's time to get out and enjoy the warm weather. For many people, that means trading in their treadmills for exercise of the garden variety. Bending, reaching, and digging in the garden can provide a great workout, but if you aren't careful you could get hurt!

A **warm-up and cool-down period** is just as important for **gardening** or doing **yard work** as it is for any athletic activity. **Stretching** is essential to help prevent injuries, pain and stiffness.

Stress-free stretches

Before stretching for any activity, keep a few tips in mind. Breathe in and out slowly throughout stretching exercises. Stretch gently and smoothly, do not bounce or jerk your body in any way. Stretch as far as you can comfortably. You should not feel pain.

Here are a few easy stretches designed to help you get the most out of your gardening workout:

- Stand up and prop your heel on a back door step or stool with your knee straight. Bend forward until you feel a slight pull in the muscle at the back of the hamstring. You may



need to stabilize yourself by holding onto a garage door handle or sturdy tree branch. Hold the position for 20 seconds, then relax. Do the stretch once more, and then repeat with the other heel.

- Stand up and put your right hand against a wall or other stable surface. Bend your left knee and grab your ankle with your left hand. Pull your heel toward your buttocks to stretch the quadriceps muscles at the front of your thigh. Hold that position for 20 seconds, relax, and do it again. Repeat with the other leg.
- Weave your fingers together above your head with your palms up. Lean to one side for 10 seconds to stretch the upper body, then reverse. Repeat two or three times.

Here's what we recommend to help **reduce back pain for gardeners**:

- **Kneel on a soft cushion** instead of bending over while weeding, planting or working close to the ground.
- **Take stretch breaks** every 15 to 30 minutes.
- **Use a dolly or wheelbarrow** instead of carrying bags of leaves, grass clippings or other yard debris to the curb for pickup.
- **Never lift by simply bending over.** Instead, **make the leg muscles do most of the work.** Grasp objects while squatting, then lift by raising the entire body, keeping the weight over the legs.
- **Rake and dig only for brief periods** of time. Take frequent breaks and alternate between left-side and right-side raking and digging.
- **When loading a wheelbarrow**, load material toward the front using the wheel as a pivot and **use your legs** to lift the wheelbarrow.
- **Get assistance** when lifting large bags of potting soil, mulch, fertilizer or large potted plants.
- When using a push mower, push with your legs and **maintain good posture.**
- Make sure you **stay well hydrated** by drinking plenty of fluids to replace what you have lost. This will help decrease fatigue and the chance of injury.

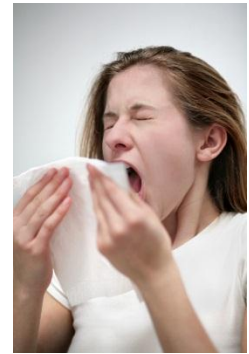
(Source: www.tdi.texas.gov/pubs/videoresource/t5gardenback.pdf)

When you've worked too hard and are already feeling aches and pains from gardening, there are ways to help alleviate the pain: **apply a cold pack during the first 48 hours** of symptoms or a **heat pack after 48 hours**. If pain persists, it's time to see your chiropractor.

Studies show that **chiropractic care is more effective than traditional medical treatment for low-back pain in particular.** Chiropractic focuses on identifying the problem and encouraging the body's natural healing process.

Allergies: Second of a three part series

An **allergy** is the exaggerated response of the immune system to a foreign substance, or allergen. These substances can range from pollens or molds to particular foods, chemical additives, drugs, animal dander and many additional irritants. When a person first comes into contact with an allergen, the immune system responds by creating specific defense molecules called *antibodies*. If a person is sensitive to an allergen, the *antibodies* activate or “put on alert” specialized immune cells called *mast cells*. On subsequent contact with the allergen, the mast cells react by releasing *histamine*, a defensive substance that causes rashes or swelling of the skin or mucous membranes, as well as narrowing or inflammation of the airways.



The body’s response is an array of **symptoms which include nasal congestion, drainage, sneezing, coughing, itchy eyes, nose, and roof of the mouth or throat.**

These hypersensitive reactions can be aggravated by a compromised immune system, food additives and preservatives, environmental pollutants, dust and molds, use of medicinal and recreational drugs, and stress. There are several organs and body systems that are recruited in this allergic cascade: Liver, Lymphatic System, Thymus gland, tonsils, spleen, bone marrow. Support of these organs is crucial in minimizing the body’s allergic reaction.

What you can do to help relieve allergy symptoms:

- **Reduce dairy intake**; dairy products can inhibit breathing and increase mucus production.
- **Homeopathy** can readjust the immune system and alleviate symptoms
- **Acupuncture** extremely helpful in restoring the immune system and relieving allergies.

Acupuncture and homeopathic consultations and treatments are available with Dr. Ray. Call to schedule an appointment.

Two of our favorite allergy remedies:

Quercetin+Nettles | Designs for Health : Quercetin is used for its anti-histamine and anti-inflammatory properties. Nettle leaf has anti-inflammatory actions.

SyAllgen Homeopathic Nasal Spray | Syntriion: For temporary relief of nasal congestion due to hay fever or other upper respiratory allergies. It decongests nasal passages, temporarily restores freer breathing through the nose, and promotes nasal drainage.

Spring Cleaning Your Body also cuts down on allergy reactions:

- **Staying hydrated** is especially important in this dry, windy Colorado climate. Remember to drink at least 8 glasses of filtered water per day.
- **Avoid processed foods**, chemical additives, and refined sugars. Try to **eat more** organic fruits and vegetables, especially **greens!**

Benefits of Eating Greens

Here are some good reasons to consider adding **more green plant foods** to your diet.

- Green plant foods **balance your pH**. Many modern foods are acidic in nature and can lead to health issues, so balancing your body with neutralizing foods like greens keeps your body's pH at a healthier level.
- Some dark greens include **omega-3 essential fatty acids**, which are **important to** many of the body's functions, especially for **brain function**.
- Chlorophyll in green plants acts as a blood detoxifier.
- They are **high in nutrients** and enzymes necessary for your body to function, such as iron, calcium, potassium, and magnesium and vitamins, including vitamins K, C, E, and many of the B vitamins. (Dead foods like white bread, refined sugar, cookies and the like rob you of health and vitality.)
- In greens, you'll find a variety of **phytonutrients** including beta-carotene, lutein, and zeaxanthin, which **protect your cells** from damage and your eyes from age-related problems.
- Greens are **powerful antioxidants**, and they support the immune system.

(source: <http://www.natural-health-girl.com/eating-greens.html>)

Best ways to incorporate greens into your diet?

- Salads
- Juicing
- Steamed vegetables
- Green Drinks -- Our favorite green drink is **Pure Synergy**, endorsed by Christiane Northrup, M.D.

Products On Sale This Month: 15% OFF!

Big Three Detoxification & Drainage Kit | Pekana: A Basic Detox Kit for the homeopathic detoxification and drainage of the major organs of elimination. Stimulates and detoxifies the liver, lymphatics & kidneys.

PaleoCleanse | Designs for Health: A comprehensive functional food powder for detoxification that tastes great, is low in carbohydrates, and is fructose free!

Multi Minerals | Vital Nutrients: A high potency mineral and trace element formula that provides the highest nutritional value for all systems of the body.

Adre-Cor | NeruoScience: Adrenal and Neurotransmitter support

Calm-PRT | NeruoScience: Adrenal and mood support

Trava Cor | NeruoScience: Neuro transmitter support and mood support

Refer a Friend Coupon

Tell a friend or colleague about Dr. Ray and **receive a credit*** on your account when they show up for **their first appointment!** You can receive a credit for every new patient you refer!

*Uninsured patients receive 15% discount off their next treatment with Dr. Ray.

*Insured patients receive a 15% discount off their next supplement purchase.

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