



Clark Chiropractic
health newsletter

Did you know...

Many everyday activities can cause bones of your spine to lose their normal position and motion? Besides the obvious trauma to the spine from automobile accidents, improper lifting, and work-related injuries, there is more. Long periods of sitting, emotional stress, alcohol, over-exertion, and even the birth process can be culprits too.



Ask the Doctor

Dr. Clark urges patients to contact him directly with any questions or concerns you may have. Contact Dr. Clark personally via email at: drclark6@comcast.net

Vitamin D3 and Your Health



Most people are vaguely aware that getting enough Vitamin D is important for their health, particularly calcium

absorption. But did you know that most people in the United States are woefully deficient in Vitamin D, and that this deficiency can lead to heart disease, high blood pressure, many types of cancer, diabetes, multiple sclerosis, autism, osteoporosis, autoimmune diseases, and frequent infections, colds, and flu (1,2)? And recent research has shown that low levels of Vitamin D can increase levels of chronic pain, including bone pain, joint pain, muscle pain, and fibromyalgia (3,4).

So how do we ensure that we're getting enough Vitamin D? The best source is from regular but brief sun exposure..probably about 10 minutes a day (fair-skinned people obviously need less than dark-skinned people). But that is often difficult to do, particularly in cold weather; and excessive sun exposure damages the skin and promotes skin cancer. And since the only good dietary source of Vitamin D is from oily fish, our best bet is to supplement.

Another important vitamin to consider is Vitamin K, including both Vitamin K1 and K2 forms. The Rotterdam Health Study, a large-scale, well-controlled clinical trial that tracked 4,800 participants for 7 years, revealed that participants who ingested the greatest quantities of Vitamin K2 in their diet showed better bone density, and less calcification of their arteries (5).

We carry a multi-vitamin and mineral product called "Life Extension Mix". Taken with its partner product "Super Booster Softgels", you get optimum levels of both vitamins. Actually, you get optimum levels of just about every vitamin, mineral, and nutritional booster under the sun! I strongly recommend these 2 products, and my family and I use them every day.

1. Grant WB, Holick MF. Benefits and requirements of Vitamin D for optimal health: a review. *Altern. Med. Rev.* 2005; 10(2):94-111
2. Cannell JJ, Hollis BW. Use of Vitamin D in a clinical practice. *Altern. Med. Rev.* 2008; 13(1):6-20
3. Holick MF. Vitamin D deficiency: what a pain it is. *Mayo Clin. Rroc.* 2003; 78: 1457-59
4. Plotnikoff GA, Quigley JM. Prevalence of severe hypovitaminosis D in patients with persistent, nonspecific musculoskeletal pain. *Mayo Clin. Proc.* 2003; 78:1463-1470
5. *Journal of Nutrition* 2004 Nov; 134 (11):3100-3105

Snow Shoveling Tips

While snow can be beautiful, it also means that someone has to shovel it off of the driveway and walkways. If that someone is you, here are a few tips to make your job a bit easier, and to avoid injuring yourself in the process:

1. Before use, spray your clean, dry shovels with a Teflon spray. This will help keep the snow from sticking to the shovel, and make your job easier and more efficient.
2. Spend a couple of minutes stretching your lower back and hamstrings before going outside to help avoid injury.
3. Layer your clothes, so that you can remove layers as you heat up from the exertion of

shoveling.

4. Try to keep an upright posture, and use your legs as much as possible. Don't lift, twist, and throw in one motion.
5. Pace yourself. Try to find a comfortable working pace that is not painful or exhausting. Take breaks if you feel the need.
6. See your chiropractor. No one knows more about keeping your spine working optimally, or helping you with an injury or strain, than your chiropractor.

