



Clark Chiropractic
health newsletter

Did you know...

Many chiropractic patients recognize the value of preventative health care and plan to see their Doctor of Chiropractic for the rest of their lives? Initial Intensive Care offers relief of symptoms. Rehabilitative Care stabilizes the spine and helps the problems from returning. Maintenance or Wellness Care helps prevent problems from occurring in the future.



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

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Headaches and Chiropractic

Most headache sufferers have no idea that chiropractic treatment could eliminate or greatly reduce their headaches, and that's a shame. Chronic or recurrent headaches can affect every aspect of your life. They make it difficult to focus at work and at home, can affect your mood, prevent you from doing things you enjoy, and negatively affect relationships with family, friends, and co-workers.

I've been in practice for 22 years now, and have helped thousands of people improve the quality of their lives by getting rid of, or reducing the frequency and intensity of their headaches. Some types of headaches are more likely to respond to chiropractic care than others, but its always a good place to start.

Chiropractic care helps by restoring normal motion and function to the upper neck. This in turn helps to relax the

muscles in the area, and helps the nerves in the area function normally. This is critical, because irritation to any of these nerves (trigeminal, facial, glossopharyngeal, vagus, or the upper 3 cervical nerves), whether mechanical or chemical (e.g. diet), triggers pain messages to the trigemino-cervical nucleus...part of the most primitive section of your brain called the brainstem.

This part of your brain is the common denominator for most headaches. They may be experienced in the back of your head, your forehead, behind your eyes, or elsewhere, depending on which nerve fibers are being affected. However, all of the afore-mentioned nerve fibers come together in this nucleus.

While it's nice to know how chiropractic treatment works, the important thing is that it does work! Take a minute to



think about whom you know that I might be able to help. If they let us know that you referred them, I will review their history and perform a complete exam at no charge. The next time you overhear someone complaining about having a headache, give them our number. The odds are excellent that I can help.

Helping people who have been suffering with headaches is one of the most rewarding aspects of my job...

I really enjoy it! So thanks for spreading the word!

Omega-3 Fatty Acids and Your Health



What if there was a substance that could greatly lower your risk of developing heart disease, cancer, diabetes, autoimmune diseases, arthritis

and joint degeneration, obesity, irritable bowel syndrome, acne, and many other diseases associated with chronic, low-grade inflammation in our bodies? Omega-3 fatty acids have the proven ability to do all these things and more, primarily due to their powerful anti-inflammatory effect in our bodies.

Omega-6 fatty acids, while essential to our health, have just the opposite effect, and need to be consumed in a balanced ratio with omega-3 fatty acids. Early humans had a diet estimated to have a 1:1 or 1.5:1 omega-6 to omega-3 ratio. 100 years ago the ratio had increased to 4:1. The current dietary ratio in America is 25:1, with many of these omega-6 fatty acids coming from processed vegetable oils, including the infamous trans-fat variety. This has led to dramatically increased inflammation in our bodies, and a consequent dramatic increase in the disease processes listed earlier.

Contact Clark Chiropractic Center to Make an Appointment at 443-637-4936 or visit us on the web at www.clarkchirocenter.com





Omega-3 Fatty Acids and Your Health *continued*

Besides fighting inflammation in our bodies, good fats are absolutely critical for many functions of our bodies. Your brain, arteries and veins, the covering of your nerves, hormones, and the walls of every cell in your body are all composed primarily of fat. Without some types of fat, we die. That is why some fats are known as “essential fatty acids”.

When the fat in your diet is primarily composed of omega-6 fatty acids, your body has no choice but to use these fats for all of these critical components and functions in your body, leading to serious short-term and long-term health problems. Pregnant moms need to be particularly mindful of the type of fats they ingest. Inadequate intake of omega-3 fatty acids during pregnancy is linked to poor brain and visual development in the developing baby...deficits that cannot be corrected later.

Obviously, we need to minimize our consumption of omega-6s, and maximize our consumption of omega-3s. Here are some effective strategies to accomplish this:

- Eliminate processed oils and trans fats from your diet. This requires vigilance, as they are in virtually all processed foods.
- Minimize consumption of grain-fed animal fat (this includes dairy products and eggs from grain-fed animals). Virtually all of the meats available in the grocery store are from grain-fed animals. Make a habit of removing all visible fat...preferably before cooking. Meat from game animals, grass-fed domestic animals (Whole Foods stores carry it), and wild-caught fish are fine. And you can buy omega-3 eggs.
- You may be surprised to learn that farm-raised fish are among the worst food choices you can make, as they are not only extremely high in omega-6 fatty acids, but are usually loaded with pesticides and other toxins.
- Increase your intake of wild-caught fish and fish oils (at least 3,000 mg/day for at least 2 months), olive oil (extra-virgin, first cold pressed), flaxseed, borage, or primrose oil, avocados, and raw nuts and nut-butters. When supplementing with omega-3 oils, make sure your diet is also high in antioxidants.

Change is never easy, but when it comes to the types of fat you and your family are consuming, the stakes are very high. As a service to our patients. We stock a very high-quality omega-3 oil,

Recommended Products

Available for Sale at Clark Chiropractic Center

Metabolic Drive Low-Carb

\$33.00



Metabolic Drive Complete

\$33.00



Nutri-West Fish Oil (capsules or liquid)

\$30.00/\$45.00



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