

Rector Chiropractic: A Creating Wellness Center (831) 899-5900

# Wellness News You Can Use

## Inspiring Health and Wellness

This month we are changing the newsletter a bit and focusing on one topic, arthritis. Arthritis is a common condition that can affect anyone from the young to the old. However, there are many types of arthritis that affect the body in different ways. Ultimately, they can all cause inflammation in joints of the body with associated symptoms of pain and stiffness. Redness, crepitis and derangement of a joint can also be present with arthritis.

Because this is such a wide spread condition and one commonly seen in a chiropractic office, we think it is important to help you understand what this condition is, how it affects you, and what you can do about it.

In the first article, Understanding Arthritis, we give you a synopsis about arthritis. While there are many types of arthritis, they fall into a couple of categories that are distinctively different. It is important to understand the differences, who is susceptible, what the causes are, and how they affect the joints.

Our second article, Physical Management of Arthritis, focuses on what you can do to avoid certain forms of arthritis or how to manage the arthritis you may have from a physical perspective. While moving an arthritic joint can be uncomfortable, not using the joint can be much more detrimental. That being said, there are good ways and bad ways to exercise an arthritic joint, and we want you to know the difference.

Finally, nutrition is one of the cornerstones of health and it is no different when we talk about arthritis. In our last article, Nutritional Management of Arthritis, we give you some tips to nurture the body nutritionally in ways that can help you manage the signs and symptoms of arthritis without the negative side effects of medication.

As always have a wonderful month and live it to the fullest!

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## Understanding Arthritis

Arthritis is often referred to as a single condition. However, it can be a component in over 100 conditions that affect 46 million adults and 300,000 children in the U.S., reports the Arthritis Foundation. It can range from mild to debilitating and affect more than just joints. Systemic forms can affect virtually any organ in the body. In this article I will be focusing on the most common form, Osteoarthritis (OA) and we will briefly discuss Rheumatoid Arthritis (RA).

Osteoarthritis, affecting more than 27 million Americans, is characterized by pain, stiffness (especially in the morning and with certain activities), and break down of joint cartilage. OA can lead to joint deformation and bone spurring especially in the hands. There are two types of OA, Primary and

Secondary. Primary osteoarthritis is what we tend to associate with getting older. Contrary to popular belief, OA is not a side effect of aging. If it were strictly age related, all joints in your body would be affected equally. However, you are more likely to develop OA the older you are due to more wear and tear on joints. Secondary osteoarthritis occurs in a joint that has been injured either from direct trauma or obesity. Either way, both forms of OA are caused by increased stress on a joint.

The Arthritis Foundation lists five risk factors for developing OA:

**Age:** As I mentioned before, with age comes more opportunity for wear and tear.

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# Understanding Arthritis

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**Obesity:** An increase in one pound of body weight adds four pounds of pressure to the knees and six times the pressure on your hips.

**Injury and Overuse** (And I'd like to add underuse): Previous injuries and repetitive motions increase your risk of developing OA, as does being sedentary. Your joints require motion in order to stay lubricated and healthy.

**Genetics:** There is evidence to suggest that genetics may predispose someone to developing OA. However, that does not mean that it is inevitable. If OA seems to "run in your family", living a healthy lifestyle and following the recommendations in this edition of Wellness News You Can Use may help you to avoid OA.

**Muscle Weakness:** Some studies suggest that weak muscles surrounding a joint may increase your chances of developing OA. So, outside of all the other obvious reasons, it's important to engage in weight bearing strengthening exercises.

You might be wondering, "What's the difference between Osteoarthritis and Rheumatoid Arthritis". We already discussed that OA is due to excessive stress on a joint. RA is an autoimmune disease in which, for unknown reasons, the body's immune system begins to attack certain tissues, specifically the synovial membranes that line most of the joints in your body. RA can also be systemic, meaning it can result in inflammation of organs throughout the body. The risk factors are

*An increase in one pound of body weight adds four pounds of pressure to the knees and six times the pressure on your hips.*



different for RA. Women are more likely than men to develop RA and tend to develop the disease between 30 and 60, whereas the small number of men with RA develop the disease around 60. RA also affects an estimated 300,000 children in its juvenile form.

The symptoms of both OA and RA may be treated with analgesics, nonsteroidal anti-inflammatory drugs, and corticosteroids. However, RA may be treated even more aggressively with immunosuppressive drugs that decrease the body's immune response, thus limiting damage to the joints and other affected tissues. In some cases, especially with OA, surgery and joint replacement may be necessary. For the rest of this newsletter we will be focusing not on alternative treatments but on modifications of lifestyle that can help those with Osteoarthritis and Rheumatoid arthritis.

*Dr. Brian P. Rector*

## Physical Management of Arthritis

Now that you know more about what arthritis is, we want to give you some information on what you can do to treat arthritis. First, let's focus on what can be done physically to treat arthritis. You may think that if a joint is arthritic you should try to rest it as much as possible, but that is not really accurate. What would work better, a rusty old hinge that gets used regularly every day or one that hasn't moved in a year?

Obviously there are many factors that go into what type of activity you should do. The type of arthritis, the location and the severity are all factors that need to be considered. Talk to your chiropractor about your specific case. That being said, there are many options for people with arthritis when it comes to exercise. One of the most important things is to maintain an active lifestyle. In both your work and leisure time, involve yourself in activities that require you to get up and move.

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## *Physical Management of Arthritis*

When it comes to exercise, start off nice and easy and let your chiropractor know of any changes that you notice as a result of your new exercise program. We suggest that you start off with something that focuses on flexibility and movement, such as yoga or Feldenkreis. Gradually, you can increase your workouts to include cardio and strength training. Swimming and biking are great low impact cardio exercises that can help keep you limber while strengthening the heart and lungs, thereby promoting overall health.

Your strength training options are only limited by your imagination. If you need help coming up with some exercises talk to your chiropractor or find a qualified personal trainer to help you get started. Not only will strength training help with your arthritis, it will strengthen your bones and muscles which will also help protect your joints.

If you lack the discipline necessary to exercise regularly, look for activities that you can do outside of your daily routine to get your heart pumping and your body moving. Dancing is an excellent example of an activity that incorporates both. Go dancing, take a class, or check your local events calendar for dances. Thanks to 'Dancing with the Stars', ballroom dancing has become popular again, and square dancing, line dancing, and contra dance , are still

popular in many areas.

Last but not least is getting adjusted regularly. If a joint is locked up or subluxated it can't move in its normal range of motion. A chiropractic adjustment frees up the joint and removes stress from the nervous system. This allows the joint to move more freely and allows the brain to better understand the environment and adapt to changes in the environment.

So get moving. Talk to your chiropractor, find activities that you enjoy and are appropriate to your health status, and get to it. If you do, you will find that you will have greater energy and vitality and less aches and pains than those around you who choose not to move.

*Dr. Brian P. Rector*



***Go dancing,  
take a class,  
or check your  
local events  
calendar for  
dances.***

## *Nutritional Management of Arthritis*

The role that diet plays on both RA and OA has been studied for over 80 years. Up to this point there is little consensus among researchers as to the role of nutrition and supplementation regarding both of these conditions. In this article I will list some of the most recommended and effective approaches.

In all the research that has been done on arthritis and nutrition, two things are clear. First, for osteoarthritis, consuming a diet that allows you to maintain a healthy weight is paramount. As I mentioned earlier in the newsletter, each pound of body weight increases exponentially the stress on weight bearing joints, thus increasing the risk of developing OA. For both conditions, maintaining a balanced healthy diet is important. Remember the golden rule in nutrition, if you put garbage in you should expect to get garbage out. You can't expect to consume poor quality

foods and expect your body to turn a Twinkie into high quality tissue...

Although, I did just read an article where a professor of Human Nutrition at Kansas State University lost 27 pounds, and reduced his cholesterol and triglycerides on a 10 week Twinkie and Snack Cake diet. I strongly discourage this, though, as it seems very unhealthy and more research is required in regards to this form of dieting....)

From here on dietary approaches diverge a little. So first, here is a list of popular options for OA:

- \* Glucosamine (1500 mg daily) - believed to support formation and repair of joint cartilage.
- \* Chondroitin Sulfate (1200 mg daily) - naturally occurring in the body; lends elasticity to cartilage.

# Nutritional Management of Arthritis *...continued*

*Glucosamine and Chondroitin Sulfate are routinely combined into one supplement.*

- \* Vitamins A, B<sup>6</sup>, C, and E help to support healthy cartilage
- \* Herbs, botanicals, and spices: blueberries, cayenne pepper, cherries, cinnamon, devil's claw, ginger, hawthorn berries, turmeric and yucca have all been shown to reduce inflammation and/or support healthy joint cartilage.
- \* Zyflamend from New Chapter - combination of herbal extracts shown to promote a healthy inflammatory response and supports healthy cartilage.

Popular RA management options include the following:

- \* Some evidence suggests that limiting meat consumption or eating a vegan diet may reduce the symptoms of RA.
- \* Switching to an Omega 3 rich cooking oil such as canola, flaxseed, or olive oil has been shown to reduce inflammation.
- \* Fish Oil (1-2 teaspoons daily) - Good source of Omega 3 fatty acids, which are shown to reduce inflammation.

\* Black currant oil, borage oil, and evening primrose oil (200-300 mg daily) are all high in gamma-linoleic acid which has been shown to reduce inflammation.

\* Herbs, botanicals, and spices: ashwaganda, boswellia, ginger, turmeric, and green tea have been shown to reduce inflammation.

\* Zyflamend from New Chapter - may also be in the regulation of inflammation in RA.

As you can see, the common theme for dietary therapy of both RA and OA revolves around reducing inflammation and maintaining a healthy weight, both of which are necessities in maintaining healthy joints. I hope you found this article informative and helpful. As always, please contact our office if you have questions. Also, if you are taking a medication it is a good idea to consult your doctor or pharmacist about any possible interactions any of the above recommendations may have.

Until next time, live well!

*Dr. Brian P. Rector*



## Recipe of the Month:

### Roasted Corn with Basil-Shallot Vinaigrette



**Prep & Ready Time:** 40 minutes

**Yields:** 4 Servings

**Ingredients:**

- 3 cups fresh corn kernels
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh basil
- 1 tablespoon minced shallot
- 1 tablespoon red-wine vinegar
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

**Directions:**

1. Preheat oven to 450° F.
2. Toss corn and oil to coat and spread out on a large baking sheet.
3. Bake corn, stirring once, until some kernels begin to brown, about 20 minutes.
4. Combine basil, shallot, vinegar, salt and pepper in a medium bowl.
5. Add the corn and toss to coat.
6. Serve warm or cold, as a side dish or as your main meal.
7. Enjoy!



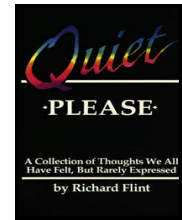
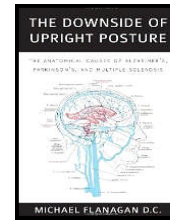
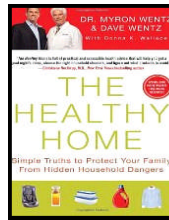
C2—A subluxation or interference at this spinal level can affect the eyes, optic nerves, auditory nerves, sinuses, tongue, forehead, heart.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

rectorcreatingwellness.com  
or  
831-899-5900

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit [www.amazon.com](http://www.amazon.com).

- **The Healthy Home**, by Dr. Myron Wentz & Dave Wentz~ Simple truths to protect your family from hidden household dangers.
- **The Down Side of Upright Posture**, by Dr. Michael Flanagan~ A must read for anyone interested in Alzheimer's, Parkinson's and Multiple Sclerosis research...
- **Quiet Please**, by Richard Flint~ A collection of thoughts we all have felt, but rarely expressed.



## Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

[drbrian@rectorcreatingwellness.com](mailto:drbrian@rectorcreatingwellness.com)

or

Wellness Quiz  
775 Kimball Ave. Suite 101  
Seaside, CA 93955

We will enter your name in a monthly drawing to win a 1/2 hour massage with one of our Licensed Massage Therapist

Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employment will be listed in a future issue.

1. What can be a component in over 100 conditions that affect 46 million adults and 300,000 children in the U.S.?
2. Name the five risk factors for developing OA.
3. Not only will strength training help with your arthritis, it will \_\_\_\_\_.
4. For osteoarthritis, what is paramount about your diet?
5. What is the golden rule?
6. What does the common theme for dietary therapy of both RA and OA revolve around?
7. What organs and/or body parts could be affected by a subluxation at the second (C2) Cervical Vertebrae?

## April Answers:

1. I would like to offer three tips to make your family team building a success; Get everyone involved and include something for everyone, plan ahead, set time aside and let everyone know about it, and make it fun!
2. This spring try to clean up the physical clutter in your home, office, and car. Also, try to clean up the relationships in your life.
3. Every year 230 million prescriptions for antidepressants are filled, making them one of the most-prescribed drugs in the United States.
4. A study by Duke University suggests that exercise is the best long term treatment for depression.
5. Signs and Symptoms of Yeast Overgrowth include, but are not limited to the following: constipation, diarrhea, irritable bowel syndrome, abdominal pain, bloating, gas, indigestion, eczema, acne, hives, toe or finger nail infections, bladder spasms and infections, ear infections, sinus infections, rectal itching, itchy ears or nose, sugar or starch cravings, white tongue (thrush), jock itch, chronic vaginal yeast infections, intestinal permeability, increased body odor, PMS, asthma, depression and chronic fatigue.
6. Your life is the greatest lottery you could ever win; don't waste another day of it!
7. A subluxation or interference at the first (C1) Cervical Vertebrae can affect the blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system, eyes.

## Inside the June Issue:

- Loosen Up
- The Dangerous Duo
- Summer Citrus
- Be a Mentor
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

## Rector Chiropractic News & Updates

### **Sign Up for Triathlon Training Now!!!!**

We are excited to have our second annual triathlon training beginning this month.

We are training for the Pacific Grove Sprint Triathlon which will be held on September 11th 2011. The distances are a .25 mile swim, 12.4 mile bike and a 2.2 mile run

If you have always wanted to participate in a triathlon this event is a great one to start.

**Join us now...contact Sandra for more information TODAY...  
Call 831-899-5900 or email Sandra@rectorcreatingwellness.com!!!**

**Look Us up on Facebook at DrBrian Rector**

*Congratulations Denise T., for answering the wellness quiz and winning the free massage for April!!!*

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*NEW~ ~ On-site chair massages for local businesses– Invest for a Healthy Business– Improves alertness, reduces physical & mental effects of stress experienced by employees, increases good feelings about the workplace & loyalty to the company! ~Contact Sandra for more information at Sandra@rectorcreatingwellness.com or call (831) 899-5900*

## About Rector Chiropractic: A Creating Wellness Center



Sports & Family Chiropractic:  
A Creating Wellness  
Center

At Rector Chiropractic Wellness Center we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our office.



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### Our Mission Statement:

Rector Chiropractic is committed to helping all individuals achieve and find their desired health. Through our loyalty, passion and teamwork we support our patients on their challenging journey. We guide and teach our patients, their families and our community the responsible health skills needed to provide a happy, healthy and efficient wellness lifestyle. **Our belief is to Be fit, Eat Right, Think Well and Live Better.**