

The Schuylkill Health Letter

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Volume 1
Issue 1

Keep Those Healthy Resolutions (No, Really This Time!)

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We're well into the new year and the Christmas holidays are becoming a distant memory. This probably goes for those New Year's resolutions as well. We're here to remind you about the resolutions to lose weight and eat healthy. We want to make that easier this year by providing information to help accomplish your goals.

Every couple of months, the *Schuylkill Health Letter* is going to offer you ways to work towards better health. We'll be sharing information on health and wellness, which can improve your current health status, help you lose weight, have more energy, and even help prevent future problems.

It's really quite simple. There are certain things our bodies **MUST HAVE** in order to function correctly. These aren't optional, but required for good health. If you think you're in good health now, you'll probably wonder if some of these things are really necessary. I will say without a doubt, they are.

The body can compensate for a rather long period of time. This is great, but once we get to the point where we actually have symptoms, there have been issues for many years. After that, finding a quick solution isn't always possible.

The key is to give your body what it needs all of the time so you never have to get to the point where things start to catch up. This is true **PREVENTION**. Like the old adage says, "an ounce of prevention is worth a pound of cure."

So, when you see this letter show up in your mailbox or on the counter at your local store or beauty salon, grab it and read it cover to cover. You can also find back issues at www.healthyhabitsnaturalmarket.com. If you're not already a subscriber, you can also go to the website to sign up for email or standard mail delivery. If you don't have access to the web, call Healthy Habits at 570-366-2620 to sign up for your **FREE** subscription.

Have a happy and healthy 2010!

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What's Wrong with My Back?

X-ray and MRI Findings not Always Relevant



Buddy A. Touchinsky, D.C.

"There's nothing you can do, doc. It's just arthritis and I have to live with it." "The surgeon said you can't help. I have a disc bulge."

These are a few statements many of my patients have made to me over the past several years, and quite often, they are wrong. There is plenty that can be done for their symptoms. This is because the diagnosis they received was either incorrect or inconsequential.

In the *New England Journal of Medicine*, Richard Deyo reported that 85% of people with low back pain cannot be given a precise diagnosis. The same article mentioned that degenerated discs, disc herniations, stenosis and arthritis are usually accidental findings.

In an article published in the *Archives of Internal Medicine*, he equates many of

these x-ray and MRI findings to "gray hair and wrinkles". He's basically saying that these problems show up with testing, but it doesn't really mean anything. This has been my experience, and the experience of many of my colleagues.

People can often become depressed or fearful about their situation when given a diagnosis based on x-ray and MRI findings. When someone is told they have something like "degeneration of the spine," it makes them think nothing can be done and can often cause the person to become less active for fear they may worsen their problem.

So, you're probably wondering what is causing your pain if it's not "arthritis" or "degeneration". In an article published in *Physician and Sports Medicine*, Louis Kuritzky states that "97% of back pain is mechanical in origin." That means that there's not a problem with the parts, but with how they work.

Despite what diagnosis you have been given, understand that there may be

something you can do to help your problem. Since most causes of neck and back pain (and other joint and muscle pain for that matter) are *mechanical* in nature, you need to find a health care practitioner that has *mechanical* solutions.

Chiropractors use a variety of therapies, hands on methods and specific exercises to help restore proper function and body mechanics. Unlike surgery, injections and medications, these methods are safe and often effective.

If you're in pain and have been told you must "live with it" or your only other option is more aggressive treatment such as injections and surgery, you may want to consider chiropractic care. In upcoming issues I will discuss some of the methods used by chiropractors to help problems such as neck and back pain, headaches, carpal tunnel syndrome, sciatica and more. For now, just remember that mechanical problems require mechanical solutions.

Don't be the Frog

Gradual Changes in Health



Health Desk

placed above a fire pit fire. This was no accident as the witch had planned to make some frog soup and placed the cool, refreshing water where the frog could easily jump in.

Once the frog was in the water, the witch quietly started the fire without the frog's knowledge. The water's temperature slowly rose. It was a gradual warming, so the frog barely noticed it and thought that it actually felt pretty good. As the water got warmer and warmer, it lulled the frog to sleep. Unfortunately, before the frog could do anything about it, he was cooked!

Have you ever read the fable about the boiled frog? There are many variations, but it goes something like this; a frog jumped into a witch's cauldron that had just been

So, are you the frog? Here's the moral of the story. Small changes over a long period of time are barely noticeable. As it relates to our topic of health and wellness, this fits perfectly.

It's often difficult to notice small changes in health. Energy levels may slowly drop. It might become a little more difficulty to concentrate and remember things. Body weight and waist size creep upwards.

Worse yet are the things that happen on the inside of your body, such as plaque building up on the walls of blood vessels and increases in blood pressure and blood sugar levels.

Take out a picture of yourself from just 5 or 10 years ago. Do you look a lot different? Did you gain a lot of weight? Have you aged significantly? Think about some of the activities you may have participated in back then. Losing some of that 'spark'? Don't feel like doing as much after work or on the weekends? Having trouble sleeping at night? Feeling anxious

or depressed?

Many of our customers that have made significant changes all tell us the same thing: "I didn't realize how bad I felt until I felt good again." The water was heating up without them knowing it, yet when they finally decided to jump out of the cauldron into the cool air, they realized how hot the water had become.

Make the commitment. Motivate yourself. Educate yourself. Take action. The water's not getting any cooler. The temperature is rising, and it's time to either do nothing and be cooked or jump out before it's too late.



Upcoming Programs

March 13

Bariatric Surgery
Support Group
11 a.m.



March 16

Parents of
Children with
Autism
1 p.m.



March 22

Gluten Free
Support Group
6:30 p.m.



March 27

Little Peace CSA
Info Session
9 a.m.



Event Info

All events are held in the reception area at Blue Mountain Family Chiropractic. Admission is free, however, seating is limited. Please RSVP, so we have a seat ready for you.

Our website is kept current with all of our upcoming events.

If you are interested in attending an event, call us at:

570-366-2620



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Quick ~ Healthy ~ Delicious



Brown Rice and Spinach Salad

- | | |
|------------------------------|-----------------------------|
| • 2 tsp olive oil | • 1 Tbsp minced scallions |
| • 4 cups chopped spinach | • 2 Tbsp Barlean's flax oil |
| • 2 tsp lemon juice | • 2 tsp rice vinegar |
| • 2 Tbsp soy sauce or tamari | • 4 cups cooked brown rice |

Heat olive oil in a skillet. Add scallions and saute until soft, adding a few teaspoons of water to prevent browning. Add the spinach and braise until soft. Set aside.

In large bowl, combine the flax oil, lemon juice, rice vinegar, and soy sauce. Stir in the rice and the spinach mixture.

From: Flax for Life! by Jade Beutler. Sold at Healthy Habits!

More Information

Looking for more recipes? You can find them online at:

www.healthyhabitsnaturalmarket.com

Also, be sure to check out our free educational videos and health research.