

To Your Health is brought to you by:



Multimed Center
Dr. David Taylor, D.C.
74 Main St
Greenfield, MA 01301
USA
<http://www.taylorchiro.com>
dntaylordc@comcast.net
(413) 774-7501



June 22, 2010 [Volume 4, Issue 14]

[Not a subscriber?](#) [Forward to a Friend](#) [Visit To Your Health](#) [Unsubscribe](#) [Update e-mail address](#)

In this issue of *To Your Health*:

- **Your Body Is Sending a Message**-Postural abnormalities are a common underlying cause to many injuries presenting to our office. Read this for good prevention.
- **Big Benefits of Physical Activity**
- **The Science of Sustained Energy**-Read this important information to aid your shopping and eating choices. Feel free to contact Dr. Taylor with any questions
- **For patients who would like to refer a friend or family for care, but are unsure of whether Dr. Taylor is the right avenue for care, go to www.Taylorchiro.com and print up a referral card for a consult at no charge**

Your Body Is Sending a Message



These days, people are constantly "connected" to their hand-held devices, whether it is their cellular phones, portable video games like Nintendo DS, e-readers such as Amazon Kindle, or they are just using apps on an iPhone. A Kaiser Family Foundation survey found that young people 8-18 years old spend in excess of seven-and-a-half hours a day using some form of mobile media. As a result, this younger demographic will surely be developing a condition known as forward head posture (FHP).

As technology advances in the market of hand-held mobile devices, it's important to understand that where the head goes, the body will follow. If you have forward head posture, then you will have rolled shoulders. With rolled shoulders, a concave chest can follow, and often a pelvic tuck, all of which can contribute to progressive pain and dysfunction over time.

Because the demographic of people ages 13-27 is one of the largest groups of texters, we can expect to see a large increase of medical and chiropractic conditions within the next decade. The amount of time spent in a forward head tilt while texting or gaming, surfing or browsing the Web has increased as hand-held mobile devices such as cell phones, video games, and MP3 players have become smaller, mobile and essentially a direct extension of the person.

Look around you and you will see people with FHP using hand-held mobile device at tables in restaurants, at red lights in their cars, walking through the mall, in line at the grocery store, and even sitting in doctors' reception areas. We are a society that is "connected," now more than ever before, and we are suffering the health consequences.

Of course, forward head posture is not a new condition. Chiropractors have been treating and educating patients on the dangers of FHP for years, and the health conditions that FHP or anterior head carriage contribute to are well-researched and documented.

With all this said, it's important to understand the negative effects of a repetitive stress syndrome and appreciate how many hours you are using your hand-held mobile devices and how many hours your children are using these devices. Talk to your doctor about forward head posture, the dangers of text messaging and other behaviors that put your body in stressful positions, and how you can avoid the pain before it starts.

[Read More](#)

Big Benefits of Physical Activity

According to the CDC, adults need to engage in at least 2½ hours (150 minutes) each week of moderate-intensity aerobic activity to achieve substantial health benefits. Examples include brisk walking (3 miles per hour), bicycle riding (less than 10 miles per hour), ballroom dancing, or general gardening. Indeed, aerobic activities that keep you moving are integral to an anti-aging lifestyle. Let's review some of the wide-ranging benefits of physical activity; then get up and get moving with some physical activity of your own!



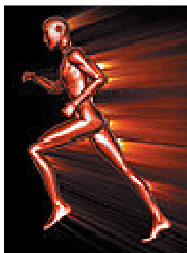
1. **Help Your Heart.** Richard V. Milani, from the Ochsner Clinic Foundation, and colleagues investigated how psychosocial stress influences the effects of exercise training. The team followed 522 cardiac patients, including 53 who had high stress levels and 27 control patients who had high stress levels but did not engage in cardiac rehabilitation. The study subjects were offered 12 weeks of exercise classes consisting of 10 minutes of warm-up, 30 to 40 minutes of aerobic exercise (walking, rowing, jogging, or similar), and then a 10-minute cool down stretch. The researchers found that the subjects who became physically fitter during the study period (by exercising) were 60 percent less likely to die in the following six years.

2. **Grow Brain Cells.** David J. Creer, from the National Institute on Aging, and colleagues studied the underlying mechanisms dictating how exercise improves information processing. The researchers prompted adult mice to use running wheels, finding that doing so increased their number of brain cells and enabled them to perform better at spatial learning tests compared to mice that did not exercise. The exercising mice were better able to tell the difference between the locations of two adjacent identical stimuli, an ability that the team found to be closely linked to an increase in new brain cell growth in the hippocampus portion of the brain.
3. **Build Strong Bones.** Wolfgang Kemmler, from Freidrich-Alexander University (Germany), and colleagues analyzed data on 246 older women who were enrolled in the Senior Fitness and Prevention (SEFIP) Study. The researchers found that women who exercised had higher bone density in their spine and hip, and also had a 66 percent reduced rate of falls. Fractures due to falls were twice as common in the controls versus the exercise group (12 vs. six incidents). The authors' conclusion: "Compared with a general wellness program, our 18-month exercise program significantly improved [bone mineral density] and fall risk."
4. **Stress a Little Less.** Matthew P. Herring, from the University of Georgia, and colleagues analyzed the results of 40 randomized clinical trials involving nearly 3,000 patients with a variety of chronic medical conditions, including heart disease, multiple sclerosis, cancer and chronic pain from arthritis. The researchers found that, on average, patients who exercised regularly reported a 20 percent reduction in anxiety symptoms compared to those who did not exercise.

So take some advice from the experts, starting today: Get up and get moving! As the research presented in this article suggests, consistent physical activity has profound health and wellness benefits that you deserve to enjoy. Your doctor can help evaluate your current fitness/activity level and outline a fun, energizing, health-promoting exercise routine to keep you happy and healthy day after day, year after year.

[Read More](#)

The Science of Sustained Energy



Carbohydrates, fats, and protein are known as the energy-yielding nutrients. These are the dietary components your body can actually break down to create molecules of energy known as ATP (adenosine tri-phosphate). While many diet plans emphasize focusing on one macronutrient over the others, a healthy diet represents balanced intake from all three groups. Let's take a quick look at each macronutrient and how it impacts energy levels.

Carbs: Carbohydrates are often seen as your body's preferred source of energy because they can most easily be broken down to create ATP. In fact, for several of your body's tissues,

including your brain, carbohydrates are actually the main source of fuel.

Simple carbohydrates, such as white bread, cookies, and anything made with refined flour, provide the body with a rapid rush of energy as they are quickly metabolized for fuel. Unfortunately, this energy rush is often followed by a fall in blood sugar, felt by the individual as an energy crash (and of course, hunger). On the other hand, a diet high in *complex* carbohydrates - whole grains, fruits, and vegetables - can offer unlimited health benefits. These carbohydrate sources contain dietary fiber, which provides a slower release of energy and contributes to feelings of fullness and satiety.

Fats: Just like carbohydrates, fat has received some negative publicity when it comes to a healthy diet. However, fat is actually the most energy-sustaining nutrient since it provides 9 kilocalories (kcal) per gram (protein and carbohydrates only provide 4 each). Fat is also digested more slowly and when consumed correctly, can help provide a steady, slow release of energy and contribute to feelings of fullness.

Much like carbohydrates, when incorporating fat into your diet it is important to differentiate between healthy and unhealthy fat sources. While saturated and hydrogenated fats can negatively affect health, omega-3 fatty acids, which can be found in nuts, seeds, and cold-water fish, can contribute to neurological and cardiovascular health.

Protein: Unlike fats and carbohydrates, protein is often touted as the healthiest of the macronutrients. It is true that protein, in addition to providing a source for energy production, is also required for the makeup of skeletal muscle and enzymes. Consuming meals high in protein can support lean body mass as well as contribute to satiety and blood sugar control. Food sources high in protein include meats and poultry, legumes, nuts, and quinoa.

While no one food choice is the best for supporting energy levels, a balanced combination of macronutrients which provide a high dose of micronutrients, including B vitamins and other supportive nutrients, will give your body the nourishment it needs. That's the science of sustained energy. Talk to your doctor to learn more.

[Read More](#)

This issue features a number of articles you will want to share with your family, friends and co-workers. Please feel free to forward this newsletter to them via e-mail. If you have received this e-mail newsletter from someone else, you may [subscribe free of charge](#) and begin receiving your own copy.

Unsubscribe

Thank you for subscribing to *To Your Health*. If you have received this newsletter in error or wish to [unsubscribe](#), you may remove your name from our e-mail subscription list [here](#).

[Not a subscriber?](#) | [Forward to a Friend](#) | [Unsubscribe](#) | [Update e-mail address](#) | [Archives](#)

[Did You Know?](#) | [Health Poll](#) | [In This Issue](#) | [To Your Health Newsletter](#)
[Previous Issues](#) | [Subscribe TYH](#) | [Help](#)

[[Home](#) | [Contact Us](#)]

All Rights Reserved, To Your Health, 2010.

The information provided is for general interest only and should not be misconstrued as a diagnosis, prognosis or treatment recommendation. This information does not in any way constitute the practice of chiropractic, acupuncture, massage therapy, medicine, or any other

Update your e-mail address

You may update the e-mail address your newsletter is sent to [here](#).

If you have any questions regarding your subscription, please complete this form at www.toyourhealth.com/newsletterhelp/TYH.

health care profession. Readers are directed to consult their health care provider regarding their specific health situation. MPA Media is not liable for any action taken by a reader based upon this information.

This newsletter was sent from Multimed Center, Dr. David Taylor, D.C. - 74 Main St,
Greenfield, MA 01301, USA