

Improve your Athletic Performance...Naturally!

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Chiropractic and Wellness on Pewaukee Lake
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Jerry Rice Reveals Secret to Long Career

Pro Football Hall of Famer Jerry Rice recently revealed that chiropractic care is his secret to long term athletic success. Rice, a spokesperson for the Foundation for Chiropractic Progress, admitted that, "If I had everything in alignment, I knew I could play my best football." He also stated that part of his weekly training routine included twice-weekly chiropractic adjustments, which helped his body recover from countless hard tackles. Rice's strong performance while receiving chiropractic care prompted many of his teammates to favor this form of natural care as

well. Many of the players were tired of covering up the pain with drugs and medicine that traditional doctors prescribed them. "I wanted to set the standard within football" said Rice. "I knew if chiropractic helped me put up outstanding numbers, it would help my teammates do the same."

Join us for our
Athletic
Workshop!

Monday, May
10th at 7:00 P.M!!

Keys To Improving Athletic Performance

- Improve alignment and mobility of joints
- Have a clear mind
- Remain flexible
- Sustain nourishment and replenish
- Use chiropractic to "tune" yourself up for competition.
- Recover from activity appropriately
- Functional training

Lyme Disease-The Silent Epidemic

According to the International Lyme and Associated Disease Society 1/4 million people each year are affected by Lyme Disease and other tick borne diseases. The CDC reports each year Lyme Disease cases in the U.S., but admit their numbers are likely incorrect and the actual numbers may be 10 times higher.

May is Lyme Disease awareness month. Lyme disease is an infection that humans can get from the bite of an infected deer tick. Lyme disease is called "The Great Imitator" because its symptoms mimic many other diseases. It can affect any organ of the body, including the brain and nervous system, muscles and joints, and the heart.

Most human cases of Lyme disease are caused by immature ticks. The hardest part of diagnosing the disease is that these baby ticks are about the size of a poppy seed, and

their bite is painless so most people don't even know they have been bitten.

Here are some fast facts about Lyme:

- Lyme is fastest growing vector-borne disease
- 85% do not recall tick bite
- Less than 70% of people develop a rash
- Treatment should begin without testing if rash is present
- Lab tests may be negative in the first 4-6 weeks

Some of the symptoms of Lyme Disease in its early stages include flu-like symptoms such as fever chills, sweats, aches, fatigue, nausea, and joint pain.

As the disease progresses, the symptoms can get worse and include the following:

Headache, stiff neck, light or sound sensitivity, cognitive impairment, sleep distur-

bance, depression, anxiety, or mood swings, arthritis, fatigue, abdominal pain, nausea, diarrhea, chest pain, palpitations, shortness of breath, tingling, burning or shooting pains

If Lyme Disease is not diagnosed and treated early, the disease can go dormant in your body. weeks, months, and even years later you can experience troubling symptoms which may disappear even without treatment.

Because of the lack of awareness, testing has not been perfected, and tests can read negative when Lyme is still present in the body. The most common diagnosis bases the results on an evaluation of your risk and symptoms. For more information visit www.lymedisease.org. And remember to wear Lyme Green in May to raise awareness of this growing epidemic.



What We're Watching...

Are you Hungry for a Change? Food, Inc. lifts the veil on our nations Food Industry exposing the highly mechanized underbelly that has been hidden from the American consumer.

"If you knew, you might not want to eat it."

Oscar Nominated for
Best Documentary

Did You Know...?

- The development period for farmed chickens went from 3 months to 48 days. Many chickens can not even walk because they are forced to develop too quickly, and live in inhumane conditions.
- 90% of supermarket products contain corn or soy, much of which is GMO (genetically modified organism). Corn is even found in batteries and charcoal.
- Most animals do not eat corn by nature but are being forced to eat it. This includes cows and even fish!
- Hamburger meat can have pieces of over 1000 different cattle.
- Atrazine is a pesticide found in 94% of U.S drinking water. Banned in Europe, Atrazine causes hormone disruption.

What to Do...

- Buy from companies that treat workers, animals, and the environment with respect.
- Choose foods that are in season and try going organic.
- Know what is in your food. Read Labels.
- Buy foods grown locally, and plant a garden.
- Shop at the Farmers Market.
- Cook meals to enjoy with loved ones.
- Make sure schools are offering healthy choices for your children; if not, pack their lunch.

Nutritional Essentials for Efficient Training



Shopping at farmers Markets, and buying locally ensures the quality of your food.

*Essential Fatty Acids, (fish oils and omega 3's) are vital to the body for repairing cell membranes and supporting the cardiovascular, immune, and nervous systems.

*Organically Bound Minerals contain large amounts of potassium and other minerals that influence the adrenal glands and support a proper Ph balance.

*The Truth about Good Carbs—"Carbo Loading" with pasta and breads may not be the best way to support a training routine. Some under-rated good carbs include peaches, cantaloupe, bananas, sweet potatoes, and sprouted grains. Few people know that a good protein like eggs or salmon in the morning (vs. carbs) will sustain the body and mind for

a longer period of time.

*Avoid Sports drinks with High-Fructose Corn Syrup or simple sugars. Look for a good balance of electrolytes

*A good home-made sports drink combines good spring water, a pinch of Celtic sea salt, and unsweetened organic cranberry juice.

Simple Ways to Keep Your Animals Healthy

Many people consider their pets to be members of the family. When it comes to their nutrition and health, it is important to keep pets nurtured, and healthy too! That's why many companies are starting to provide supplements and support for dogs as well as humans. The following are a few good options to support your pets and help them live a healthy, long life.

• **AlkaDog-** Developed by Dr. Morter, this health-enhancing supplement for dogs is all natural and derived from human-grade raw materials. It has been proven

a safe and effective way to enhance your dog's coat, skin, eyes, breath, digestion, and immune system.

• **Bach Flower Remedies-**While most remedies will have a positive effect on your animals, some common problems for animals include aggression or dominance, and separation anxiety. Some common remedies include holly, to counteract mean or jealous behavior, and vine to counteract bossy or dominant behavior. To neutralize separation

anxiety, a pet may respond well to walnut remedy, which helps the pet adjust to a new environment, and rescue remedy, which reduces stress and anxiety when the animal is left alone. The best way to administer these remedies is by adding a few drops to your pets food bowl. You can combine up to 7 remedies! For more information visit: DirectlyFromNature.com.