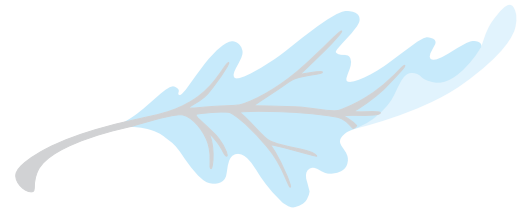


Healthy Facts: *For Your Information...*

- ☞ A cramped muscle after a workout most often indicates a deficiency in some nutrient. Usually it's potassium and/or magnesium levels that need to be replenished.
 - ☞ There is a much greater chance of having a food allergy now than a few years ago. Last year, approximately one in 20 was diagnosed with a food allergy. In 1987, it was less than one in 100.
 - ☞ Eating immediately after a workout is good for the muscles, according to Dr. Robert Portman, author of a new book called *Nutrient Timing*. Taking advantage of the exercise's calorie-burn, nutrients get to the muscles quicker. He says it helps lessen muscle soreness and improve endurance.
 - ☞ Stress tests designed to reveal blocked arteries in the heart may be passed successfully, even though the patient has clogged arteries. Los Angeles researchers reported that over half of the patients who sailed through the stress test still had notable hardening of the arteries, revealed by calcium tests.
 - ☞ Obese men and women are at a much higher risk for developing arthritis. The strain put on a joint from being overweight, or the overuse or injury of a joint, are risk factors for osteoarthritis.
 - ☞ Having a supplement tested for purity and for dosage amounts is voluntary on the part of companies who produce them and is expensive. A supplement having a USP or CL label, though, means the dosage and purity have been verified.
 - ☞ People taking medication for high cholesterol reduce the effectiveness of the medication when antioxidant supplements are taken at the same time.
 - ☞ Contact lens wearers are urged to use a two-step hydrogen peroxide system for cleaning contact lens to insure that parasites that can cause eye infection are destroyed. In a study reported in the *British Journal of Ophthalmology* not all contact lens solutions destroyed these parasites.
 - ☞ There has yet to be a drug approved for the fatigue and pain of fibromyalgia.
- Although some doctors prescribe low-dose antidepressants for sufferers to allow them to get needed sleep.
- ☞ The combination of a high fever and cough all at once is usually the best indicator of influenza. A cold will usually come on gradually and not cause a fever.
 - ☞ Any benefit from resistance training and aerobic exercise that helps the bones may be lost on those women taking birth control pills. A *Medicine & Science in Sports & Exercise* report shows the birth control pills could prevent the benefit to the bones. They recommend that calcium supplements or foods rich in calcium be consumed when on the pill.



For more information about Corrective Care, visit our website at: www.correctivecare.com

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Nutritional Supplements A Key To Relief From **CHRONIC PAIN**

Many people suffering from chronic pain may be able to solve their problem with a simple dietary change: eating more protein. Those with chronic pain may not be including enough protein in their diet because of a vegetarian diet, depression associated with injuries, economics or poor information. It is important to include adequate amounts of animal protein in your diet since animal protein is the only complete protein.

Proline and lysine are necessary in large proportions to help manufacture collagen, and can be found in high-quality animal protein like fish and other meats. Your diet should consist of 75 to 100 grams of animal protein daily.

In a normal state of metabolism, 90% to 95% of the energy comes from fat and 5% from protein. However, in a state of chronic stress, these ratios can change to 20% from carbohydrates, 50% from fat and 30% from protein.

A little understood amino acid called L-carnitine, is important in the metabolism of fatty acids. For a number of reasons, many people are deficient in L-carnitine. It is synthesized in the liver from L-lysine and L-methionine, which are available in high-quality protein foods. Without these two dietary amino acids, you would not be able to harness fat as fuel, and therefore have low energy. Individuals who suffer from this problem can

find relief by supplementing with several grams of L-carnitine per day and adopting a high protein diet.

Vitamin C in doses greater than 3.0 grams per day has been shown to stimulate collagen production. B vitamins are the co-factors for cellular respiration—where the electron transport system that causes oxygen to be combined with nutrients to produce carbon dioxide, water and ATP (adenosine triphosphate). Since the body is expected to work to repair old injuries, it is important to provide the mitochondria they need to make ATP energy to repair the injuries. This is why a high-quality multi-vitamin with a complete spectrum of B-vitamins is a good choice.

In a healthy diet, the coenzyme Q-10 (CoQ10) is obtained by eating fresh foods that contain mitochondria—the richest sources include the heart, liver and kidneys. Processed foods have had the nutrition processed out of them to allow a long storage life on supermarket shelves. Very few of them contain much CoQ10.

The usual dosage of CoQ10 is 50 to 150 mg. per day. The dosage in clinical trials ranged from 50 mg. to 300 mg. per day used in most trials. If you are currently taking heart medication, consult your physician before taking CoQ10. It is well tolerated with few reports of adverse effects—even in high doses.

Individuals who are chronic non-healers are also quite likely to be depressed because the pool of fatty acid has been exhausted. They are likely to be more susceptible to the effects of alcohol than the average person. The usual sources recommended to provide these essential fatty acids include borage oil, black current seed oil, evening primrose oil or fish oil concentrate.

Glucosamine has been found useful in the relief of joint pain. Like amino acids which are the building blocks of protein, glucosamine and chondroitin are important components of cartilage and inter-cellular matrix. Both have been found to decrease pain in chronic non-healing individuals in doses of 1,000-mg. twice daily for four weeks, then 500-mg. twice daily thereafter.

Chronic pain can also be attributed to a deficiency in hormones. Once hormone levels are checked, an appropriate treatment plan can be developed to supplement any deficiency.

If you are suffering from chronic pain and the cause has not yet been determined, contact Corrective Care today. We can do an evaluation to determine the cause of your pain, and provide you with a solution to resolve it. Just call us at (574) 271-8646 or e-mail us at: correctivecare@aol.com.



CHRIS HADDOCK FOUND RELIEF THROUGH PROLOTHERAPY AND IS BACK ON THE TRAILS AGAIN!

Chris Haddock has been very athletic all of her life. An energetic teacher in Michigan, she is an active cyclist, swimmer, horseback rider, hockey player and runner. In the spring of 2006, she suffered a severe left ankle sprain when she accidentally tripped on the edge of her deck. "I consulted with an orthopedic surgeon who recommended that I begin physical therapy," said Chris. "Unfortunately, the physical therapist was not able to help me because I was still in a great deal of pain."

Two months after her injury, Chris was still having ongoing pain nearly 24 hours a day. "I had to stop all of my activities because of my ankle," she said. "It was then I decided to consult with Corrective Care."

Dr. Brad Sandler, D.O., said that at the time of her initial evaluation, she required the use of an ankle splint for stability while walking. She had to stop her activities to sit or lie down several times a day to control the pain. Any weight bearing activity would cause the pain to flare up. Chris said that icing her ankle and taking Motrin would provide minimal comfort. She was no longer able to participate in the sports she enjoyed without severe pain.

Chris was diagnosed with a ligamentous stretch injury. "Since ligaments hold

movable joints together, they heal poorly after a significant injury," said Dr. Sandler. "I recommended ligament repair injection therapy (prolotherapy) to Chris to improve the pain, stability and function of her ankle." Chris was hopeful for improvement and Dr. Sandler was confident that she would regain full use of her ankle and return to sports.

"I had my first prolotherapy treatment in July," said Chris.

"My ankle was swollen afterwards, and Dr. Sandler did not restrict the use of my ankle or foot." Once her ankle started to feel better, she began to ride her bike. By September, Chris began playing hockey again. She even took a hockey class and was required to skate in and out of cones set up on the ice on one



Chris enjoying a 14-mile bike ride and the view at Canyon Lake in Arizona.

foot—and she was able to successfully complete this activity on her injured ankle.

By Christmas, not only was she hiking again, but she and her husband went on a bike trip in Arizona to the Tortilla Flats. "We did a 14-mile ride on a strenuous incline," said Chris. "There was no way I could have done this ride before prolotherapy."

She was pleased with the strength and stability she

gained in her ankle during the treatments. "I would highly recommend prolotherapy to anyone who is suffering from pain from an injury," said Chris. "In fact, I recommended it to my secretary and a friend who was scheduled to have shoulder surgery."

••••TAKE HEALTHY STEPS IN THE NEW YEAR••••



During holidays, many people have a habit of eating more and exercising less. It is the time of year when we tend to lose focus of healthy lifestyles.

While we convince ourselves that we are only enjoying the season, we set a lower standard

of health. Although eating a second serving may not seem dangerous, a healthy weight is vital to our body's well-being.

Now that we are into the new year, it is a good time to re-focus on a healthy lifestyle.

A healthy weight is one that does not put someone at risk for weight related diseases. Health

risks begin as people move from a healthy weight into overweight, and increase much more dramatically as they move from overweight to obese.

According to the Center for Disease Control and Prevention (CDC), five of the 10 leading causes of death in America can be linked to poor eating habits paired with insufficient exercise. Heart disease, some types of cancer, stroke, diabetes, liver disease and arteriosclerosis can often be associated with an unhealthy diet.

You can use the body mass index (BMI) to detect weight-related health risks. BMI is a measurement relating body fat to height and weight. A higher number denotes a greater health risk. You can use the following formula to estimate your own BMI.

$$\text{BMI} = \frac{\text{Weight in pounds}}{\text{Height in inches}} \times 703$$

The following BMI calculations are defined for adults over age 20:

- Less than 18.5 = underweight
- Between 18.5 and 24.9 = normal weight
- 25 through 29.9 = overweight
- 27 or greater with high blood pressure, elevated cholesterol or diabetes = obese
- 30 or greater without high blood pressure, elevated cholesterol or diabetes = obese

An individual's BMI should be used as a guide to healthy weight. There are other factors that can influence the ability to maintain a healthy weight, including diet, age, metabolism, genetics and exercise.

If you would like to know more about the importance of body mass index and how to maintain a healthy weight, please contact Corrective Care at (574) 271-8646, or correctivecare@aol.com.

Turf Toe—A Painful Problem For Some Athletes

What is turf toe?



Turf toe is a condition of pain at the base of the big toe, located at the ball of the foot. The condition is usually caused from either jamming the toe, or pushing off repeatedly when running or jump-

ing. The most common complaint is the pain at the base of the toe, but there may also be symptoms of stiffness and swelling.

The name turf toe comes from the fact that this injury is especially common among athletes who play on artificial turf. The hard surface of the artificial turf combined with running and jumping in football and soccer make turf toe a frequent consequence of astro-turf play.

What happens to the toe in turf toe?

When a player sustains a turf toe injury, he or she is actually tearing the capsule that surrounds the joint at the base of the toe. Tearing this joint capsule can be extremely painful. Furthermore, it can lead to instability and even dislocation of the joint at the base of the toe. This may result in accelerated cartilage wear and arthritis of the big toe.

How do you diagnose turf toe and what is the treatment?

The diagnosis for turf toe is made by palpating the joint for local tenderness. X-rays may be taken to ensure there is no fracture. Treatment of turf toe consists of resting the sore toe, icing the area and elevating the foot.

Athletes diagnosed with turf toe should avoid their sport for about three weeks to allow the joint capsule to heal. Once returning to the activity, special inserts can be used to limit the motion of the big toe and prevent further damage to the joint capsule.

Unfortunately, turf toe can return. If it does, prolotherapy can be used to treat the painful joint. It can also be safely used at the time of the original injury to promote healing.

Mark S. Coulter D, F.A.O.

Welcome Jennifer Christy-Grimm



You'll be seeing a new face at Corrective Care.

Jennifer Christy-Grimm began as the new physical therapist in January. She brings with her seven years of experience as a certified physical therapist. We are proud to have her as part of the Corrective Care team.

Juice Plus+® Now Made With Vegetarian Capsules

Juice Plus+® supplements have recently been improved. They are now contained in a natural vegetarian capsule.

The powders in the Juice Plus+ capsules and Juice Plus+ Vineyard Blend are now encapsulated in vegetarian capsule shell made from pullulan—a natural, water soluble, vegetable-based ingredient.

“This new capsule represents the latest advancements in capsule technology,” said John Blair, Vice-President of Product Development for NAA, the maker of Juice Plus+. The new vegetable origin capsule is all natural, starch-free, preservative-free, gluten-free and non-GMO (i.e., not made from genetically modified sources). The new capsule is also Kosher and Halal certified, and complies with the latest FDA regulations concerning food allergens.

“We're committed to making Juice Plus+ the very highest quality product possible in every way,” Blair affirms. “Even though these new

vegetarian capsules cost a little more, we believe they are more consistent with the whole food based philosophy of Juice Plus+, and will be much more popular with all of our customers.”

NSA has long been interested in moving away from animal-based gelatin capsules to vegetarian ones. The problem, according to Blair, was that the previous generation of vegetarian capsules simply didn't meet the high standards and requirements of Juice Plus+.

“Our new vegetarian capsules are easy to digest and break down in the stomach,” Blair said. “And they are actually superior to gelatin capsules in two important ways: they are easier to swallow and provide an even greater barrier to oxidation and product deterioration.”

NSA intends to keep Juice Plus+ on the cutting edge of nutrition. And the new vegetarian capsule is just another example of this commitment.

