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Falling for Chiropractic

Actually, the correct phrase in this case might be “falling without chiropractic,” at least if the results of a recent study by a team of Australian researchers are accurate.

The elderly have a lot to put up with: eyes that may not see as clearly as when they were younger; minds that might not be as lucid as they once were; and bones that are weaker and more prone to breaking. In fact, falls are the sixth leading cause of death among the elderly population. Does the spine play a role in preventing falls?

Researchers recently examined common causes of falls and possible interventions, including the potential influence of a healthy spine. The most common fall-related injuries are fractures, especially of the femur (large leg bone), neck and soft tissue. Recent studies have yielded links from the degenerative spine to balance disturbances, the neck and verticality; and research is ongoing to determine whether the cervical spine is associated with balance that may be slightly “off” when a fall occurs.

Researchers suggest simple activities may serve as tests of functional performance. These include sitting, standing, reaching, leaning over, looking over the shoulder, turning in a complete circle and stepping, and a simple gauge of leaving a chair, walking 3 meters, and returning to the chair. Aside from the normal challenges facing the elderly, one precaution is in order: Seek a spine specialist in order to maintain your back, posture and equilibrium. And what better spine specialist than a doctor of chiropractic? Your chiropractor can advise you on the best ways to prevent yourself from losing your balance--and possibly more.



Kids Corner

Crazy Facts

- A crocodile can't stick its tongue out.
- In the course of an average lifetime you will, while sleeping, eat 70 assorted insects and 10 spiders.
- When snakes are born with two heads, they fight each other for food.
- A snail can sleep for 3 years.
- Rats and horses can't vomit.
- It is physically impossible for pigs to look up into the sky.



Stress Relief Through Massage

Plain and simple, the effects of stress on the body can be extremely detrimental. When a muscle is stressed, circulation is reduced and both oxygen and nutrients are blocked. Massage is a terrific way to loosen up the muscles, increase the circulation and bring oxygen and nutrients back to the area. It may also release stored toxins, so it's important to flush out your system by drinking water after a session.

When to Get a Massage

Is massage a cure for an ailment. A way to maintain good health, or a means to pamper yourself? The answer is “all of the above.” At its best, massage can be curative, preventative, and soothing. If sitting at a desk every day has done a number on your back, a good massage therapist should be able to help; you could opt for specific work on the upper or lower back to deal with a particular problem, or you might want to improve your posture to avoid a recurrence of the problem in the future. Or, perhaps you just want to spend an hour getting an all-over body massage purely for muscle (and mind) relaxation.

****Jonathan, our massage therapist, is trained for therapeutic massage and/or a pamper type massage along with great prices.**

*For each petal on the
shamrock
This brings a wish your
way -*



*Good health, good luck, and
happiness
For today and everyday.*

-Author Unknown



Very Cool Facts About The Human Body

The Brain

The human brain is the most complex and least understood part of the human anatomy. There may be a lot we don't know, but here are a few interesting facts that we've got covered.

- **Nerve impulses to and from the brain travel as fast as 170 miles per hour.** Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car.
- **The brain operates on the same amount of power as 10-watt light bulb.** The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.
- **The human brain cell can hold 5 times as much information as the Encyclopedia Britannica.** Or any other encyclopedia for that matter. Scientists have yet to settle on a definitive amount, but the storage capacity of the brain in electronic terms is thought to be between 3 or even 1,000 terabytes. The National Archives of Britain, containing over 900 years of history, only takes up 70 terabytes, making your brain's memory power pretty impressive.
- **The brain itself cannot feel pain.** While the brain might be the pain center when you cut your finger or burn yourself, the brain itself does not have pain receptors and cannot feel pain. That doesn't mean your head can't hurt. The brain is surrounded by loads of tissues, nerves and blood vessels that are plenty receptive to pain and can give you a pounding headache.

All of these points made about the importance of your brain and nerves is exactly why you want to stay in alignment by being adjusted!!

ST. PATRICK'S DAY RECIPE

IRISH SODA BREAD

Ingredients:

- 4 cups all-purpose flour
- 1 cup white sugar
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 eggs
- 1 pint sour cream
- 1 cup raisins



Directions:

1. Preheat oven to 325 degrees F (165 degrees C). Grease two 8x4 inch loaf pans.
2. Mix the flour, sugar, baking soda, baking powder and salt. Add the eggs, sour cream and raisins and mix until just combined. Distribute batter evenly between the two pans.
3. Bake loaves at 325 degrees F (165 degrees C) for 1 hour.

ST. PATRICK'S DAY CRAFTS

Leprechaun Hats



You need:

- For Leprechaun Hat: Green gift wrap
- Masking Tape
- Old Belt (or paper or cloth strip)
- Beach Bucket

Instructions:

Measure around the rim of the bucket with the belt and ask an adult to punch another hole and cut off the extra piece of belt. Loop belt into a circle and buckle belt.

If using paper bags, open up the sides and cut off the bottoms. Tape them together. Place paper centered over the upside-down beach bucket. Press paper down with hands around bucket to shape. Place looped belt over top and push down to the bottom of the bucket near the rim securing the paper in place. Remove hat from bucket.