

Be Your Best



WATER IS THE FLUID CHOICE FOR HYDRATION

When you talk about hydration, water is the fluid of choice because drinking beverages, such as iced tea, coffee, sodas, beer, and wine actually encourage fluid loss due to their caffeine and alcohol content. Too much caffeine can even increase blood pressure and cause an irregular heartbeat. Substituting other fluids for water can negatively impact our health, especially for children. A study published in *Pediatrics Magazine* found that children who drink more than 12 ounces of juice per day "were significantly shorter or more overweight than classmates."

For teens and adults, reliance on fluids other than water also has serious side effects. For instance, the sugar in colas contributes to tooth decay in teens, while in adults, phosphoric acid can diminish bone density. "Substituting other fluids for water can negatively impact our health, especially for children."

Sports drinks are useful when consumed after or during vigorous and prolonged exercise in high heat. However, most experts agree that water works better than carbohydrates or sugared beverages for moderate exercise. For instance, if you drink 12 ounces of plain water, your body will absorb 8 ounces of it within 15 minutes. If you drink 12 ounces of a 10% sugar solution, less than 1 ounce will be absorbed in the same period. The typical soft drink is a 10-12% sugar solution. A general rule for ingesting water while exercising is to drink in proportion to sweat loss. This best maintains cardiovascular function and prevents body temperatures from rising too high.

"Ribs, DO THEY MOVE?" A WORD FROM YOUR DOCTOR

Lately we've seen various patients coming in with ribs that have become subluxated and out of alignment. This is due to the various ways we use our bodies. Our rib cage is used for breathing, eating, and working and our day-to-day activities. However, we forget how important our ribs are until they go out of alignment and put undue pressure in around our shoulders, back, chest, and neck.

Some of the symptoms that can transpire from having ribs that are not right is, neck pain, collar bone pain, shoulder pain, shortness of breath, and difficulties with exertion.

Rib pain can also be delayed by days and even weeks before symptoms are pronounced.

Next time you're in and there is some difficulty in that area, please bring it up to me (your Chiropractor), so we can address it if it needs to be taken care of.

Enjoy your summer.

STRETCHES

CHEST AND SHOULDERS

Because you spend so much time doing things in front of you, you end up tightening the chest muscles. This can manifest itself as tight shoulders and neck, but it is often the chest muscles that are causing the problem. Stand up and clasp your hands behind your back and straighten your arms the best you can. You should feel and stretch (almost burning-like stretch) in your chest and upper arms. As the stretch becomes easier, squeeze your shoulder blades together and lift your arms up to increase the stretch. Hold for 20-30 seconds. Breathe. You can do this a few times each day.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Let's say it's 6:15pm and you're driving home, alone, after an unusually hard day on the job. You're really tired, upset, and frustrated. Suddenly, you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home. Unfortunately, you don't know if you'll be able to make it that far. You have been trained in CPR, but the person that taught the course did not tell you how to perform it on yourself.

The person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, (like it would if you were coughing up a hairball). A breath and a cough must be repeated about every two seconds without letting up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get themselves to a hospital, and increase their chance of survival.

Humor for the Road

I pulled into the crowded parking lot at the Super Wal-Mart Shopping Center and rolled down the car windows to make sure my Labrador Retriever puppy had fresh air. She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there. I walked to the curb backward, pointing my finger at the car and saying emphatically, "Now you stay. Do you hear me?" "Stay! Stay!" The driver of a nearby car, a pretty blonde young lady, gave me a strange look and said, "Why don't you just put it in park?"

Up Coming Events at Active Care



Back To School Week

All kids (ages 5-17) will receive a Nerve Scan for \$20, during Sept. 19th-24th.

HEALTH STARTS WITH A HEALTHY SPINE



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