

Be Your Best

A Healthy Newsletter from Mark J. Wogahn, D.C.
Your Health Affects Everything You Do And Everyone You Know



Stretches for the Week

Some folks complain that their back is stiff when they wake up in the morning. Without going into all the possible reasons for why your back might feel stiff, a great way to "unstiffen" your back before you get out of bed is to "rock and roll". First, while lying on your back, rock your pelvis up and down gently about 10 times. Next, push your left foot down and bring your right hip up, then reverse and push your right leg down and bring your left hip up. Do this about 10 times. Finally, roll your ankles in one direction, then reverse and roll them in the other direction, about 10 times. This helps to "wake up" your muscles and get the blood flowing before you get out of bed.

Thought for the Month

"You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions"
~ Naguib Mahfouz

"There is a loftier ambition than merely to stand high in the world. It is to stoop down and lift mankind a little higher"
~ Henry van Dyke

Teen poverty in America

(A note from my grandmother)

I just spent several hours observing teenagers at the local mall. I came to the conclusion many teenagers in America today are living in poverty. Most young men I observed didn't even own a belt; there was not one among the whole group. But that wasn't the sad part. Many were wearing their daddy's jeans. Some jeans were so big and baggy they hung low on their hips, exposing their underwear. I know some must have been ashamed their daddy was short because his jeans hardly went below their knees. They weren't even their daddies' good jeans, for most had holes ripped in the knees and a dirty look to them. It grieved me, in a modern, affluent society like America; there are people who can't afford a decent pair of jeans. I was thinking about asking my church to start a jeans drive for "poor kids at the mall." Then on Christmas Eve, I could go Christmas caroling and distribute jeans to these poor teenagers.

But here is the saddest part...it was the girls they were hanging out with that disturbed me the most. I have never, in all of my life, seen such poverty-stricken girls. These girls had the opposite problem of the guys. They all had to wear their little sisters' clothes. Their jeans were about 5 sizes too small! I don't know how they could put them on, let alone button them up. Their jeans barely went over their hipbones. Most also had on their little sisters' top; it hardly covered their midsections. Oh, they were trying to hold their heads up with pride, but it was a sad sight to see these almost grown women wearing children's clothes. However, it was their underwear that bothered me most. They, like the boys, because of the improper fitting of their clothes, had their underwear exposed. I never saw anything like it. It looked like their underwear was only held together by a single piece of string.

I know it saddens your heart to receive this report on the condition of our American teenagers. While I go to bed every night with a closet full of clothes nearby, there are millions of "mall girls" who barely have enough material to keep it together. I think their "poorness" is why these 2 groups gather at the mall, boys with their short daddies' ripped jeans, and girls wearing their younger sisters' clothes. The mall is one place where they can find acceptance. So, next time you are at the mall doing your shopping and you pass by some of these poor teenagers, would you say a prayer for them? And one more thing... Will you pray the guys' pants won't fall down and the girls' strings won't break?

How to Prevent Bruising

In a recent article in Bottom Line Health, it was noted that aging and medications are two of the most common causes of bruising. Both aging and medications like aspirin, ibuprofen and warfarin (Coumadin) cause thinning of the skin's structural support, allowing bruising to occur at the slightest bump or scrape. If you think your bruising may be due to aging, then here are some natural remedies to improve your skin's health.

Eat a flavonoid-rich diet. These are plants that are rich in antioxidants that help strengthen cell membranes and fight diseases. You will find flavonoids in citrus fruit, blueberries, blackberries, green tea, and onions. *Get enough Vitamin C.* Studies have found that people with low blood levels of Vitamin C in tablets or crystal form should consider supplementing your diet with the herbs elderberry or bilberry. Both herbs are high in flavonoids and have been shown to be effective in improving vascular and eye health, and in reducing viral infections.

Finally, you have to *move your muscles.* Since poor circulation can contribute to worse bruising, gentle exercising like walking or yoga helps move the blood around and promote healing. However, if you try these strategies and the bruises remain, then go to see your M.D.

We have excellent all natural anti-oxidant and Vitamin C formulas at Active Care Chiropractic.

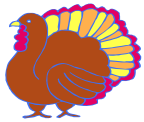


Up Coming Events at Active Care

***Santa Claus is Coming to Active Care
October 15 from 10:00-11:30am***

***Get your free photo (1) with or without Santa for your holiday letter and cards.
8 Wallets come on a sheet.
Extra Sheets are \$20 each.***

***October 31 is on Monday this year.
Any patient wearing their costume to
Active Care Chiropractic that day
will get a 15 minute massage scheduled for free.***



***November is Turkey Month. Enter the drawing for a free turkey
by writing up your best turkey day experience and what it means to you.
www.activecarechiropractic.com***



Mark J. Wogahn, D.C.
18762 Ventura Blvd.
Tarzana, Ca. 91356
(818) 342-2299