



In this month's "Hands on Health", you will find a list of different conditions that Chiropractic can improve, as well as the educational workshops that we offer to empower people to take control of their health. Our goal in 2011 is to reach as far we can into the community, and help as many people as possible increase their quality of life. If you know of individual or a group seeking to learn how to take control of their health, please have them contact our office.

**Yours in health,
Dr. Barron**

Barron Chiropractic Health Workshops

Presented by Dr. Kirk Barron, D.C.

*Work, church groups, social groups, schools,
fitness clubs, home school groups, etc.*

TOPICS:

- **Women's Health**
- **Headaches**
- **Stress**
- **Nutrition/ Weight Loss and Eating for Maximum Performance**
- **Healthy Living to 100**
- **Peak Energy Workshop**

Do you have a group that you'd like Dr. Barron to come speak to? Please call us at (314) 909-0404 to set up a workshop for your organization.

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Vitamin D Supplementation

Your body requires a certain amount of vitamin D to support the health of your bones and teeth. Although you can get vitamin D from exposure to sunlight as well as from certain food sources, some people need to take a supplement to meet their daily requirement. Before you begin taking a vitamin D supplement, talk with your doctor about the correct dosage and potential health risks.

The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. Recently, research also suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.

Vitamin D has also been shown to help with the treatment of cystic fibrosis, Crohn's disease, depression, burns, Parkinson's disease, alcoholism, cardiac arrhythmia, migraines, multiple sclerosis, menstrual disorders and celiac disease, says the University of Michigan Health System.

The latest research shows that 75% of teens and adults are deficient in Vitamin D. The easiest way for you to find out if you are deficient is to request a vitamin D blood test from your primary care physician or Dr. Barron.

If you already know that you are deficient, or you would like to take vitamin D for precautionary reasons, Dr. Barron recommends Cataplex D from Standard Process. Cataplex D is a whole food supplement with 200% of your daily need, and because Cataplex D comes from whole food it is absorbed 20-40X greater than the average man-made vitamin supplement.

Cataplex D is \$9.50 for a 3 month supply.

DID YOU KNOW?

The movement of the spine generates 90% of the stimulation and nutrition to the brain. This would be analogous to a windmill generating electricity.

-Dr. Roger Sperry, Nobel Prize recipient for brain research.

A Powerful Ally

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into: decreased anxiety, enhanced sleep quality, greater energy, improved concentration, increased circulation, and reduced fatigue.

Furthermore, clients often report a sense of perspective, rejuvenation and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits. Research continues to show the enormous benefits of touch—which range from treating chronic diseases, neurological disorders, and injuries, to alleviating the tensions of modern lifestyles.

Increase the Benefits with Frequent Visits

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

Call to schedule your appointment with Diana Thompson, LMT, at Barron Chiropractic. *Save when you purchase a package of 5 or more massage sessions.*

314-707-9046

Conditions That Will Respond Well to Chiropractic Care

- Asthma
- Attention Deficit Disorder
- Autism
- Bell's Palsy
- Blindness/Visual Disorders
- Blood Pressure
- Cancer
- Carpal Tunnel Syndrome
- Cerebral Palsy
- Chronic Neck Pain
- Colic
- Crohn's Disease
- Deafness
- Degenerative Joint Disease
- Ear Infections
- Epilepsy
- Female Issues
- Headache
- Immune Function
- Infertility
- Multiple Sclerosis
- Parkinson's Disease
- Scoliosis
- Spinal Allignment/Cervical Curve
- Stress
- Temporomandibular Joint
- Visceral Disorders
- Vertigo and Balance
- Wellness Care
- Whiplash



IMPORTANT DATES

March

- 3/9- Kirkwood YMCA screening
- 3/16- Telegraph Curves screening
- 3/21- Webster YMCA screening
- 3/26- Mehlville School District Health Fair

April

- 4/5- Chamber of Commerce Expo
- 4/7- Mehlville Curves screening
- 4/16- YMCA Healthy Kids Day Expo

QUOTE OF THE MONTH

Take care of your body. It's the only place you have to live.

~Jim Rohn