



This month, we are proud to celebrate the one year anniversary of Barron Chiropractic! The last 12 months have been exciting, and we look forward to many years ahead. We truly appreciate all of our patients, and hope to continue improving the quality of health of our community.

In this issue of Hands On Health, you will find articles about headache research, understanding wellness care, the benefits of Omega-3 fatty acids, as well as some healthy eating tips for Thanksgiving. Have a wonderful month, and thank you again for being a part of the Barron Chiropractic family.

Yours in health,
Dr. Barron



HEADACHES

In the September 2001 issue of the Journal of Manipulative and Physiological Therapeutics was a report on the effectiveness of chiropractic care, specifically labeled "SMT" in the study, for patients with chronic headaches. The data for this report was gathered from nine trials involving 683 patients with chronic headaches.

In this study, chiropractic adjustments were compared to massage and medications for short term relief of up to six weeks after a month of care. Results showed that the chiropractic group did better than the massage group. The group that received medication also showed relief, however, the rate of side effects for the medication group was considerably higher than the chiropractic group. This difference gave a decidedly large advantage to chiropractic over the medication.

According to the report, the financial cost of headaches is great, with billions of dollars spent annually for lost productivity and treatment. The study also noted that people affected with headaches have commonly been treated by medical practitioners. Recently however, they are increasingly turning to non-medical or alternative therapies for relief. A recent study from Harvard University by Dr. Eisenberg reported that one of the most common alternative practitioners sought out for the treatment of headaches was the chiropractor. This study confirms what most chiropractors and their patients have already known that **chiropractic is one of the most effective avenues of health for headache sufferers.**

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Importance of Wellness Chiropractic Care

By Dr. Kirk Barron, D.C.



The central nervous system (brain and spinal cord) controls each and every function in the body. Luckily, we all have spines to surround and protect our spinal cord and nerve roots. Because this part of our nervous system is vital to our overall health, research has proven that a properly functioning spine allows our nervous system to operate at optimal levels, and therefore leads to optimal health!

How Do We Keep Our Spine Functioning Correctly?

By far, the best way to make sure that our spine is in correct alignment, and moving properly, is to receive Chiropractic wellness adjustments. This allows our spine to stay straight and stable, which will greatly reduce any nervous system interference. Research has proven that regular chiropractic adjustments strengthen our immune system, prevent or slow down arthritis, and so much more.

What Does a Wellness Schedule Look Like?

Your wellness schedule will be determined by Dr. Barron depending on your age, activity level (or desired activity level), stress, posture, and pre-existing health issues. The majority of our patients require anywhere from weekly to monthly wellness care. Please contact Dr. Barron for information on how wellness care can benefit you and your family.



DID YOU KNOW?

Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.

Health Benefits of Omega 3 Fatty Acids

Omega-3 fatty acids are considered essential fatty acids: They are necessary for human health, but the body cannot make them. You have to get them through supplements and food. Omega-3's can be found naturally in fish, algae and krill, some plants, nut oils, and flax seed. Also known as polyunsaturated fatty acids (PUFAs), Omega-3 fatty acids have many health benefits.

1. **Decreases Pain and Inflammation**
2. **Cardiovascular Health and Optimal Cholesterol Levels**
3. **Better Brain Function and Higher Intelligence.** (Helps kids with brain development)
5. **Lower Incidence of Childhood Disorders**
5. **Prevention of Breast, Colon and Prostate Cancer**

Though fish is the most common source of Omega-3's in our diets, it also contains high amounts of mercury. Therefore, experts recommend taking Omega-3 supplements in addition to food sources to get the recommended daily intake of these fatty acids without the risk of toxins. Below are the two forms of Omega-3 supplements that we recommend at Barron Chiropractic. If you are interested in adding these supplements to your diet, please talk to Dr. Barron about which one would be most beneficial for your lifestyle.

Anabolic Laboratories Clinical Omega-3 – This supplement is cleaner and more concentrated than the generic store brand. It is also highly concentrated in EPA (heart health and inflammation), therefore this should be used for the average adult with an active lifestyle.

Standard Process Tuna Omega-3 – This supplement is higher in DHA (brain development), and therefore should be taken by kids and pregnant moms.

IMPORTANT DATES

November

11/6-11/7- Dr. Barron Continuing Education Seminar- Functional Wellness
Closed 11/25-11/26- Happy Thanksgiving!

December

Closed 12/24- Merry Christmas!

Healthy Holiday Eating Tips for Thanksgiving



Do you know that the average Thanksgiving dinner has over 2000 calories? It can be a real challenge if you are watching your waistline. The following are some eating tips so that you can still look good and be healthy after the Thanksgiving dinner without having to deprive yourself.

If you are a guest of a Thanksgiving dinner:

Don't go to the Thanksgiving dinner hungry: we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner time.

Thanksgiving dinner is not an all-you-can-eat buffet: Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. Eat slowly and stop when you are full.

Turkey - go skinless: choose your 4-oz turkey portion skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.

Side Dishes - watch your portion size: go for smaller portions. This way you can sample all the different foods. Moderation is always the key.

Make a conscious choice to limit high fat items: high fat food items can be found in fried and creamy dishes as well as cheese-filled casseroles in a traditional Thanksgiving meal. For instance, mashed potatoes are usually made with butter and milk; green bean casseroles are often prepared with cream of mushroom soup, cheese and milk and topped with fried onions; candied yams are loaded with cream, sugar and marshmallows. If you cannot control the ingredients that go in to a dish, simply limit yourself to a smaller helping size. Again- moderation!

Drink plenty of water: alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.

If you are the honorable chef of a Thanksgiving dinner:

Substitute high fat ingredients with lower-fat or fat-free ingredients.

Leftover Turkey? Instead of turkey sandwiches, use the leftover turkey to make a pot of soup with fresh chunky vegetables.

Experiment with new recipes: we did a search on Google and found numerous delicious yet healthy low-fat contemporary Thanksgiving recipes. Experiment!

QUOTE OF THE MONTH

“A thankful heart is not only the greatest virtue, but the parent of all the other virtues.”

~Cicero