

THE SPINAL COLUMN

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Dr. James Denito, D.C.

Winter Greetings to everyone. Well, we only managed three newsletters this year again, but I keep trying to get more out. First I must tell you of my vacation dates for December. Starting 12-17 thru 12-19, we'll be here 9:30 to 1:30 and 4:30 to 8:30. Then, I'll be gone until 12-28-90 when we'll have regular hours again. As usual, someone will be here a few hours each day to get you vitamins, ect.

Next Health Care class is Wed. Jan. 9 at 7:30 pm. Those of you that have attended in the past know how interesting some of the topics can be.

Those of you science-fiction buffs who can't wait for my manuscript to be published, can borrow one of the rough copies in January. Just call the office the first week in January to get on the list.

To brighten up the drab colors of the winter try this. U. of Tx researchers found when athletes viewed the red color before their performance, their strength increased about 13.5%. The blue light resulted in better hand-eye coordination. I wonder if some of these findings can be applied to traffic lights?

If it ain't broke, it's not a Savings and Loan. Just thought you might find that variation a bit humorous.

Next time you grocery shop remember this: the NY Dept. of Agriculture inspected 33 supermarkets and only found one electronic scanner not overcharging.

This may cross your eyes, but Dr. Mel Schreier, O.D. found that children who cross their eyes aren't endangering their vision, but may be helping it by learning control of eye muscles.

We know when the Dallas Cowboys win, this town is in a good mood the following day. Now Dr. Lawrence Kalkstein of Delaware found the opposite when there's a heat wave. Deaths rose almost 50% over the norm, mostly from heart attacks. Its a good thing they play football in cold weather.

If you've had surgery for skin cancer, a survey by Dr. June Robinson found nearly 40% of you still don't use sunscreen when necessary. Come on Americans, don't act as stupid as most foreigners think we are.

But then again, since the average teenager has spent nearly 20,000 hours in front of the T.V. by senior year, what do you expect? This compares to 14,000 hours of formal education by that age.

We can start to save our hearts by just a cup of cooked dried beans a day. Dr's. Anderson and Tietyen-Clark found this reduced cholesterol by 20%. Don't ask me for recipes, there's a bonanza of vegetarian cookbooks available at your favorite health food store.



"Florence! It's my neck again!...I can't move!!!"

Whiplash Doesn't Have To Be a Car Crash

Have you seen the video playbacks on television of the different athletes, especially football players who are about to catch a pass and then, from both sides, the player is hit by two 250-pound tackles running at full speed? It is amazing the amount of punishment the human body can take!

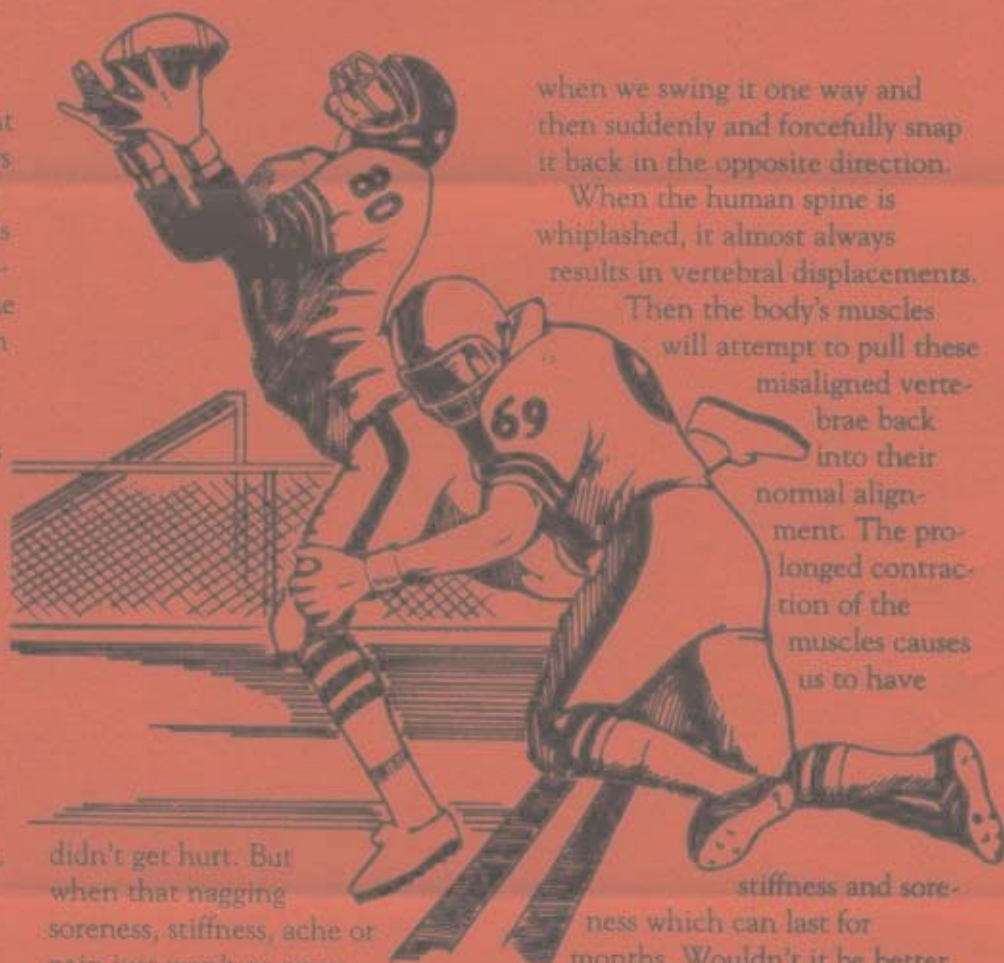
What helps to hold down the number of serious football injuries is the athletes' excellent physical condition along with the protective equipment they wear.

But what about us – average citizens who haven't even done ten sit-ups or push-ups in the last couple of years or more?

We are subject to all kinds of whiplash injuries in our little weekend sports activities – and without the protective equipment.

Remember the whiplashes we paid to get on the carnival rides? The fall from the ladder, slipping on a slippery floor or being knocked down by a piece of heavy equipment at work? Or tripping on a public stairway or falling in the local supermarket?

When any of the above things happen and we are whiplashed (but not seriously injured), we often feel foolish or embarrassed and attempt to pretend we really



didn't get hurt. But when that nagging soreness, stiffness, ache or pain just won't go away and is still with us weeks (or even months) later, or when we begin having headaches or other bodily symptoms that we never had before, it's time to have a whiplash check-up.

A *whiplash* is a sudden whipping of the spine, especially the head and neck. The term "whiplash" comes from the use of a whip, like

when we swing it one way and then suddenly and forcefully snap it back in the opposite direction.

When the human spine is whiplashed, it almost always results in vertebral displacements.

Then the body's muscles will attempt to pull these misaligned vertebrae back into their normal alignment. The prolonged contraction of the muscles causes us to have

stiffness and soreness which can last for months. Wouldn't it be better to assist the muscles by gently easing the misaligned vertebrae back into their normal position?

If you know of someone who may have sustained a whiplash-type injury, please suggest they call our office for an appointment. The sooner the whiplash injury is treated, the faster it will respond.

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