



Maximum Relief, Visible Results

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SPINECARE CHIROPRACTIC

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Sunshine – It Does a Body Good

If you were around in the 80's I am sure you are familiar with the slogan "Milk It does a body good." Well it turns out that it wasn't exactly the milk that your body needed, just a couple of its vitamins and minerals. Milk contains vitamin D and recent research is telling us that adequate levels of Vitamin D are essential for good health. Some experts are even stating that Vitamin D can help reduce your chance of dying from ANY disease. What makes it so special? Vitamin D is actually not even a vitamin, it is a secosteroid hormone that helps regulate over 2,000 genes in the human body, and since you only have 30,000 genes you can see why it is so important. One of the genes that it regulates is responsible for helping your body fight off infections. Vitamin D deficiency has been linked to a number of diseases such as; cancer, hypertension, osteoporosis, Inflammatory Bowel Disease, Alzheimer's Disease, Autism and even depression. Research has also shown that the higher your vitamin D levels the lower your chance of contracting colds and flu and other upper respiratory infections.

So why all of a sudden does it seem that everyone has a Vitamin D deficiency? Are our bodies demands changing that much? Actually one of the main sources for Vitamin D3 comes from the skins absorption of ultra violet rays from the sun. Over the past 10 years or so everyone is doing everything they can do avoid these "dangerous" rays at all cost. Most people spend the majority of their time indoors due to work constraints and then when they are outside they are sure to lather themselves in sunscreen. As a result the population is getting little to no direct sunlight exposure. By no means am I advising you to go sit in the sun all day everyday, the research is very clear on the dangers of long term sun exposure; but I do recommend getting 10-15 minutes of exposure a day. If you live in a climate where sunlight is limited or you do not get enough sun exposure then it is advisable to take a Vitamin D supplement.

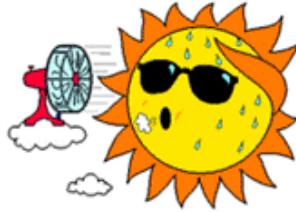
The best way to determine if you are deficient is to have your blood tested for Vitamin D levels, ask your doctor for the 25-hydroxyvitamin D test. The recommended level of Vitamin D is 50-65ng/ml, and even more if you are fighting a chronic disease. Once you have determined if you are deficient and begin supplementation we advise to have your levels rechecked at regular intervals to be sure that you are maintaining the correct levels.

VITAMIN D LEVELS 25 HYDROXY D

Deficient	Optimal	Treat Cancer and Heart Disease	Excess
< 50 ng/ml	50-70 ng/ml	70-100 ng/ml	> 100 ng/ml

Keeping Your Cool While Working Up A Sweat

Now that the warmer weather is here it is important to take extra precautions when you are outside working up a sweat. Whether you are planning to go for a long run, a bike ride with the kids or spending a couple of hours in the yard gardening, heat can have detrimental effects on your body if you are not careful. But there is no need to lock yourself in the comfort of the air conditioner all day, if you follow the recommendations below you can still venture outside and enjoy the day.



- 1) Check the heat index of the previous day – according to a recent study by the US Marine Corp. you are much more likely to suffer from heat stroke if the previous day was hot. The heat from the previous day can cause you to become dehydrated and being dehydrated can affect your body's ability to sweat efficiently.
- 2) Put ice in your water – recent studies have shown that drinking cold water is much more effective in cooling the body than drinking room temperature water.
- 3) Drink all day – it is important to keep drinking fluids throughout the day. Drinking a lot of water at once does not effectively hydrate the body. There is only so much that the body can absorb at once. Stick with water because drinks with caffeine such as soda can have a dehydrating effect.
- 4) Cover up properly – The best form of sun protection is proper clothing. Ditch the cotton tee's for a cool max shirt that whisks away sweat and blocks the sun. While a cotton shirt offers SPF 5 protection, other fitness shirts such as Under Armors red line shirt offers SPF 30 protection. Wear lightly colored clothing that reflects the sun and don't forget a hat!
- 5) Cool your Core – One of the most effective ways to cool the entire body is to start with the core. US Olympic track and field athletes commonly wear vests containing frozen gel sticks before they race. By cooling the core beforehand they were able to race harder without overheating.
- 6) Be an early riser – if the temperature is expected to soar get your activities done early. Get out first thing in the morning and enjoy the cooler temperatures. If you aren't an early bird wait until the sun is setting whenever possible, the warmest hours of the day are typically between noon and five, avoid outdoor activity at these times if possible.

Always be aware of how you are feeling when you are outside. Don't overdo it. The first sign of heat exhaustion is thirst followed by muscle cramping or dizziness. If you start to feel any of these symptoms go inside and find a cool place to sit down and drink water. During heat exhaustion the skin will feel cool and clammy and then once heat stroke sets in your body will actually stop sweating all together and the skin will be dry, hot and red. If symptoms do not resolve in an hour seek immediate medical attention.

Clinic News

In case you haven't heard we have changed our name.....Creehan Chiropractic is now SpineCare Chiropractic Center. We are still located in the same building and still providing the same great chiropractic care to help you get rid of those nasty aches and pains, and to keep your body functioning at its optimum level. But we do have a new website; www.spinecarenc.com and email address; doc@spinecarenc.com. We also have a new facebook page where we continually post articles that we feel have valuable health related information in them. Please look up SpineCare Chiropractic Center on facebook and tell us that you "like" us!



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