



Dr. Pete DeLoe

Patients for Life

**Secrets behind the science of Chiropractic...
and methods for successful living! - A newsletter by Dr. Peter DeLoe**

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Ask the Doctor

“My wife has headaches every other day. I’ve heard chiropractic can help her. Is that true?”

When people think ‘Chiropractic’ they think Back pain! Yet it would surprise my patients to know that almost 1/3rd of my practice is... treatment of regular, painful tension type headaches. Do you or a loved one experience headaches? Well you’re not alone. Nine out of ten American’s suffer from headaches. And estimates are that about 4 out of 10 would rate their headaches as “occurring more than once a week.” This is a large problem, and one that is NOT being adequately solved by just popping an aspirin. Why? Well because quite simply, aspirin *masks* pain, but it does not *fix the root cause* of the pain. Its sort of like rearranging the deck chairs on the Titanic. The underlying problem is still present, and will continue to rear its ugly head unless it’s rot problem is addressed.

How Chiropractic helps: In my work with hundreds of headache patients, I have observed that the **majority** (95%) of headaches originate in the neck. Since so many people now spend their time in front of the computer, desk or TV, they are essentially spending hours in a fixed position which can increase joint irritation and muscle tension in the neck and upper back, causing your head to ache. New research shows that spinal manipulation (i.e. chiropractic care) is an effective treatment option for headaches. A report released in 2001 by researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that spinal manipulation resulted in almost **immediate improvement** and had significantly **fewer side effects and longer-lasting relief** of headache than a commonly prescribed medication. **Why is chiropractic so effective?** Chiropractic doctors know how tension in the *spine* relates to problems in other parts of the body, and they can take steps to relieve those problems.

What to do if you suffer headaches: If you (or someone you love) have been having reoccurring headache pain on and off lasting more than a month, you should seek an appointment with a chiropractor as soon as is feasible. We’re here to help – **just give us a call and we’ll take it from there!**

Urgent article about Work Safety and how it can keep you free of injury:

5 very important ‘Work Safety Tips’ that can keep you healthier, miss less work, and keep you free of pain!

Did you know that according to the United States Bureau of Labor Statistics, every 5 seconds a worker is injured in the U.S.? Recently, the National Safety Council estimated that on-the-job injuries cost Americans \$121 billion in societal expenses. Yikes! Some of these include lost wages, lost productivity, health care costs, and many other expenses.

Over the years, I have treated hundreds of *work related injuries* at our chiropractic office. Frankly, I feel that workplace injuries are far too common and many times can be avoided if that patient had been armed with the right information. Thus, I’ve written this article. The bottom line is that **most** workplace injuries are preventable. **Here then is my list of the top 5 tips to help you stay injury free while at work:**

- **Sit properly!** While working at your desk or computer, make sure that you sit with your knees at about a 90 to 130 degree angle. Sitting with more or less of an angle can cause strain on your back, which leads to lower back pain and/or sciatica.
- **Always lift properly!** Bend at the knees and use your hips when lifting. Try to keep your back straight and the weight balanced and close to your body.
- **Exercise!** Yeah, yeah, some tip, right? Well believe it or not numerous studies show that exercise (even as simple as walking) can dramatically reduce *on the job injuries*, because it prepares your body to resist injury.
- **Stretch frequently!** Take frequent stretch breaks. If you sit at your computer all day, make sure to stretch 3 times a day. If you stand all day, taking the load off can also help prevent injury.
- **Get adequate sleep!** Fatigue greatly increases the risk of injury. So get sleeping...

Doing anything repetitively can lead to injury. So the ‘common sense rule’ always applies. With a little bit of effort, we can greatly reduce the number of work related injuries. ***If you’ve been injured on the job and/or would like to ask me a work related injury question, please just ask or call... we’re here to help! Often there is NO COST for the initial exam to diagnose your injury, so just ask!***

Fast Facts for Life!

Are you a day or a night person? Try doing your most strenuous daily tasks or workout when your energy level is at its peak. For many, that is the first thing in the morning. For others, it’s later in the day or even before bed. What works for one person may not for the next. Experiment but listen to your body... and maximize your results!

Successful Living Breakthroughs!

Plan ahead and you reduce stress! Easier said than done, right? Well one tip is... take a few minutes each night before bed to check your calendar for the next day, make your “to-do list” for tomorrow or put that must-take item by the door.

Breakthroughs/Fast Facts for Life

Helpful Home Tips

Since I've been coming to your office, I've been feeling better. But why exactly does chiropractic work to reduce/stop back pain?

I get a lot of patients who were in chronic pain and told by their primary care physician that they really had no other option other than surgery. In many cases, we have been able to get these patients fully recovered and out of pain, without needles, drugs, or surgery. Needless to say, they're the ones very excited about chiropractic! But often because we get so busy, a patient might be feeling great... but might not really understand *why* chiropractic is working for them. Thus this article! People think chiropractic is new. But it's not. Records show that spinal manipulation can be traced back to the time of Hippocrates. Studies show that 80% of the American population will suffer back pain at some point. So this is a big problem and chiropractic offers a solution that has been around for thousands of years. In recent years the medical community has embraced chiropractic because it offers treatment without the use of drugs or surgery. In treating low back slipped discs, most experts agree that conservative care should be tried before surgery is considered. That's what chiropractic offers. It has a long history of effectively stopping back, neck, and shoulder pain yet doesn't require a trip to the hospital or recovery time.

Why does chiropractic work?

Chiropractic eliminates something called a Subluxation. *What is a Subluxation?* A subluxation is the term we use to describe what happens when a vertebrae goes out of its normal position. What happens when you have a spinal subluxation? Three negative things can and do occur: **1. Nerve flow drops!** Did you know that only 40 millimeters of pressure on the nerve for only 5 minutes causes a 60% reduction in nerve flow? That is quite a lot. Especially when you consider that ideally you want to be at 100% yet you're less than half of that! **2. Ever hear of a condition called arthritis?** When a subluxation exists there could eventually be an arthritic change that develops around the area where the vertebrae is out of position. **3. Permanent damage can occur.** We call this a degenerative change. When a nerve dies, it is dead forever. It can't be fixed. Thus, the aim of chiropractic is to reduce and get rid of these subluxations so these things don't occur!

If you or someone you know has back pain (and your pain has lasted for more than 2 weeks), please seek a professional. We're here to help. If you have questions, please call!

Facts About Your Nutrition...

Fighting Depression! What natural remedies exist that have been proven to reduce feelings of depression? Check out this one:

Can you guess who is currently the #1 advertiser on television these days? It is the **pharmaceutical industry**. I challenge you to watch your favorite television program and not see an ad for the 'latest and greatest' prescription drug. Some of the biggest sellers in drug history are those used to treat depression. Studies show that an alarmingly high number of patients are being prescribed depression drugs who might not need them. If you sometimes feel down and would like to try an alternative to prescription drugs which often come with a laundry list of negative side effects, I'm happy to report that new research shows that an all-natural solution might be a good alternative: **St. John's Wort**.

Despite its strange odd name, St. John's Wort has been used since the middle ages and even some accounts trace its use back to the ancient Greeks. Why are millions of depression sufferers turning to St. John's wort? New studies continue to emerge showing that St. John's wort frequently matches the depression-fighting benefits of prescription drugs. Ok, so exactly what are these studies? I'm glad you asked...

In the September 2000 issue of the British Medical Journal a study was conducted that shows great promise. 324 patients with mild-to-moderate depression received 250 mg of pharmacy-grade St. John's wort *or* 75 mg of Imipramine (one of the most commonly prescribed antidepressants), twice daily. After six weeks of treatment, St. John's wort and Imipramine were deemed **equivalent** in terms of their effect on depression symptoms. Yet patients reported fewer adverse reactions than patients taking the prescription medication. Some countries utilize St. John's wort to treat depression more frequently than other well-known depression medications such as Prozac, Paxil and Zoloft.

How we can help: We believe in the power of all natural approaches to health, including combining proper nutrition with natural supplements and chiropractic, to provide a powerful one-two punch. We've seen patients lives transformed with our approach! **We're here to help make you the healthiest person you can be. Just call if you have questions or need a quick tune up...**

Reference: Woelk H. Comparison of St. John's wort and imipramine for treating depression: randomized controlled trial. British Medical Journal, Sept. 2, 2000: Vol. 321, pp536-39

Fascinating Facts!

You can eat healthier without sacrificing all of your favorite foods and recipes. With a little creativity, almost any food can be made better for you. Consider these substitutions:

- Skim, 1% or 2% milk for whole milk or cream
- Olive oil or canola oil for butter, lard or shortening
- Low-fat yogurt for mayonnaise or sour cream

Don't forget you can experiment with cooking techniques, too. Try convection baking or roasting in lieu of frying in fat. You might be pleasantly surprised at the results!

Important News about You!

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us then to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

John Peck Kris Lancaster
Leslea Caschette Dave Hart
Georgiana Prince Joel Cornell
Terry Duerr Mary Brodnicki
John Baug Greg Walker
Steve Abramson Dave Stephenson
& Greg Wilsey

THANK YOU FOR THESE REFERRALS!

New Office Equipment!!!!!!!

New to the DeLoe Chiropractic Center is a unique and innovative nutritional screening tool. This computer based diagnostic device is based on the work of two German medical doctors. Dr. Rickeweg, a homeopath, categorized six phases of degenerative changes to organs and glands. Dr. Voll is considered the father of electro-acupuncture. He used electrical conductivity of specific acupuncture points to determine specific organs level of stress and function. Bio-Meridian, a company from Utah, has combined the work of these doctors with the computer technology of today. Using bio-elective impedance measurements at 58 different acupuncture points (Voll points) we are able to test fourteen different systems and organs for stress and levels of function >>>>>>>

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a health lifestyle! **We would like to proudly welcome the following new patients:**

Pamela Peck Jody Moulton
Chris Caschette Grace Hart & Will Hart
Sharon Scott Paul Cupo
Denise Henderson Lesley Schneider
Peter Cantwell Gerry Seward
Al Pristera Nicole Marianacci
Susan Heinold Yumi Asakura
Brenden Wholley Jason McGowan

>continued> (Rickewegs phases). The systems checked and measured are: skin, nervous system, locomotion, respiratory, cardiovascular, digestive, pancreas, liver, gall bladder, urogenital, blood, lymphatic, metabolism, endocrine and immune system.

Based on the readings and information the test provides, the software program will recommend specific whole food concentrates for that patient. In our office we use the products from Standard Process of Palmyra Wisconsin. Standard Process has been the leader in the field of whole food concentrates. Their supplements are the benchmark in the field and many of their supplements are not manufactured any where else in the world! Their unsurpassed dedication to quality is demonstrated in the fact that they grow almost all of their own foods, and when they can't, because of geographic reasons, they obtain only the finest raw materials for their supplement formulas. In addition, they only sell their products through health care providers. The goal is a tailored and specific program that cannot be duplicated or purchased anywhere else. Give us a call and set up a free demonstration!!!

Dr Pete's Exercise Tip of the Month!

An important warm up before playing golf is to swing your clubs in the opposite direction of your swing. In fact, working the antagonistic muscles is important in all exercises. So, grab a couple of clubs and swing from left to right(for righties) for 10 reps and do a couple of sets before you play.

Health Success Story of the Month!

Every day now, patients are coming in and telling me how much better their golf game is since they started under care! The golf swing requires flexibility for accuracy and distance and nothing improves your spines mobility like chiropractic. Your back swing and follow through become easier and less stressful. This decreases injuries to not only your spine but the rest of your body as well! Know wonder the pros all use it!!!!!!

Fitness & Successful Living Breakthroughs

Fitness Facts!

How to find the time needed to attain Optimal Health, Wellness and Fitness

Ask anyone committed to a regular fitness regimen and they'll tell you one of the biggest hurdles to exercise isn't so much doing the deed as *finding the time*. In our practice, we have noticed that those patient who FIND THE TIME to make their appointments attain better results than those who can't... or won't. It seems that *time* is the biggest challenge they face. The recent report by the Institute of Medicine recommending that adults should be active **60 minutes a day** only adds pressure. As one headline put it, "...that doesn't count sweating over how to fit in a workout" into your daily routine!

According to the report—also endorsed by the American Heart Association and the American Council on Exercise—60 minutes of moderate physical activity, such as walking at a rate of four miles per hour, combined with healthy eating, is what adults need to daily to maintain a healthy weight. It's not hard to believe given the expanding waistline of America. And since more Americans than ever are overweight this might just be the prescription for maintaining ideal body weight. **So what can you do right now to get with the program?**

- Step 1: Start small and commit to simple exercise regimen.
- Step 2: Change your life to make room for exercise. Make time, don't find time.
- Step 3: Just do it. Don't think about it, lament about it, or complain about it.
- Step 4: Reward and reinforce.
- Step 5: Bask in the glow of a healthier body and self-image.
- Step 6: Multiply the benefits, via proper supplementation and chiropractic

If you would like information on which dietary supplements might be right for you, please call our office or schedule an appointment. **For advice about correct nutrition, fitness, and our approach to wellness, just give us a call...**

Win A FREE GIFT by Answering this simple question! Why not give it a try?

Would you like the chance to win a special **FREE GIFT**? Each month the free gift changes. It might be a **FREE tube of Blu Emu**. Or a **free massage with our therapist Leah Basciani**. This month we are giving away **a free cervical pillow, excellent support while you sleep!** Unlike other contests, the odds of you winning this contest are *really good*. Why not give it a try? To win you need only read this newsletter to find the answer to the Health Question posed below. If you think you know the answer or want to guess, pick up the phone and call us! The sixth caller will win a fun **free gift!** Last month's winner was Laura Park from Pittsford! You could be our winner this month. *Are you ready?*

The contest question for this month is...

What industry is currently the biggest advertiser on television?

Referrals Mean the World to Us!

I consider it a privilege to be trusted with the health care of my patients. In fact, there are some weeks we are so busy that we have to extend our hours or stay late just to see everyone!

Why have we grown so fast? It's because of patients like you who refer friends, family and co-workers. I don't often have the chance to say thanks for all your support and friendship, but I really do appreciate it.

I consider it a pleasure to work with my patients. That's why I am always so interested in your feedback on this newsletter and any questions you may have about your health, nutrition and chiropractic.

Please feel free to call—even if it's only to get an answer to a quick question. Remember that we are available when you need us, so call anytime! I look forward to seeing you.

Gift Certificate – For Friends or Family Who Need Help!

Often our patients tell us they know of someone in pain who could use our help. That's what this *special Gift Certificate* is to be used for! Do you know of a friend or family member who needs chiropractic care? Clip this coupon and give it to your friend. This entitles them to **One Free Chiropractic Consultation!** This special "Patient Appreciation" coupon expires soon. To schedule your free chiropractic examination, please call DeLoe Chiropractic at 585-586-3930!

This coupon expires: **July 31, 2007 at 5p.m.**