



# 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

“What is Innate Intelligence?  
How does it apply to helping  
the body become healthy?”

Innate Intelligence is a fascinating concept! Innate Intelligence is a term to describe the *organizing properties of living things*. It was originally coined by Daniel David Palmer, the founder of chiropractic. This vitalistic concept states that all life contains **Innate (inborn) Intelligence** and that this force is responsible for the organization, maintenance and healing of the body. **B.J. Palmer, father of modern day chiropractic, referred to innate intelligence as the “individualized portion of the all-wise, usually known as spirit.”** Pretty deep!! What the heck did Palmer mean?

**Innate intelligence** refers to the natural processes which determine how to keep the body healthy and alive. This inner wisdom knows exactly how fast your heart should beat, how often your lungs need to breathe, how to digest food, etc. Literally, *millions* of details are controlled by this innate intelligence without you having to think about it. Think of it as a kind of super intelligence that exists in each of us.

**Let’s be clear on something.** This is a scientific concept, a viewpoint, and it is taught as historical information at chiropractic colleges when we learn about the history of chiropractic. However I think Palmer was onto something! Chiropractors - in common with all other healthcare professionals today – now broadly recognize & accept that the body has intrinsic healing abilities. However 100 years ago when Palmer discussed this, it was **not** so widely accepted!

**How “innate intelligence” can lead to a healthier body:** The idea is that when the interference to the nervous system is removed by way of a spinal adjustment, Innate Intelligence can act by way of the nervous system to heal disease within the body. This idea of Innate Intelligence is why chiropractic is so much more than an adjustment of the spine... and... why chiropractors are intent upon *treating the whole person* and the whole body. What’s that? You’re over due for an adjustment? Now what would your innate intelligence say about that? We’re here to help! Call when you’re ready to come back in. *Thanks and we’ll talk to you soon.*

Do you have to take arthritis lying down? I don’t think so...  
How Chiropractic Is Helping People With Arthritis &  
What You Need to Know about Preventing It!

*You mean I don’t have to suffer with arthritis?* Back when I was a child, the elderly thought that arthritis was just a part of growing old. Their doctors told them to take it easy, slow down, and to accept it as a natural part of aging. **Boy, have times changed!** If you still believe this antiquated view of “suffering silently with arthritis”, I hope this article gives you a whole new outlook.

**Have you heard of Rheumatoid Arthritis?** The word "arthritis" means "joint inflammation." Rheumatoid arthritis causes pain, swelling, stiffness, and loss of function in the joints. They often complain of tender, warm, and swollen joints; feelings of overall fatigue, even fever; and pain and stiffness lasting for more than 30 minutes. It’s also symmetrical meaning if *one hand* is affected the *other one is*, too.

**So what can you do if you are starting to experience the onset of arthritis?** There are two main things you can do: 1) Exercise and 2) talk to your doctor ASAP. Let’s talk about exercise. *Gee, does every health care provider use exercise as a remedy for every ailment?* Well, since we’re dealing with joints, exercise has been shown to be particularly effective. So yeah, exercise is *extremely* important. It helps maintain healthy and strong muscles, joint mobility, flexibility, endurance, and helps control weight. Rest, on the other hand, helps to decrease active joint inflammation, pain, and fatigue. According to the A.C.A., for best results, arthritis patients need a good balance between the two: more rest during the active phase of arthritis, and more exercise during remission. During acute systematic flares or local joint flares, patients should put joints gently through their full range of motion once a day, with periods of rest.

**What can Chiropractors Do?** We are getting a reputation for being the “go to” guys (and gals) for patients with arthritis. Gentle chiropractic methods and counseling have proven highly effective. I will help arthritis patients develop or adjust their exercise programs to achieve maximum health benefits and integrate it with proper nutrition and supplementation advice that can be helpful in controlling and reducing joint inflammation. *You don’t have to take arthritis lying down!* If you’d like to talk to me about chiropractic and YOUR symptoms, please **just ask or call... we’re here to help!**

## Fast Facts for Life!

**How safe is safe?** There’s no such thing as a totally safe drug. By one estimate in an average twelve-month period, more than 1.5 million hospitalized people suffer drug side effects. Aspirin alone sends about 1,600 people to the hospital each year that die. Yikes.

## Successful Living Breakthroughs!

**Getting started is the hardest part.** Whether it’s a diet, an exercise regimen or lifestyle change the hardest part is the getting started. A jump-start from a chiropractor, nutritionist or exercise trainer can make a huge difference by inspiring and motivating. After all, anything difficult to do is easier if there’s someone in your corner backing you up.

# Breakthroughs/Fast Facts for Life

## Helpful Home Tips

Who else wants some back saving housework tips? Here are 6 tips to making sure housework doesn't become a "pain in the neck"!

You would be shocked how many women and men come crawling into my office because they injured themselves... from common everyday house work! I decided something needed to be done, so I have researched 6 tips to make sure you minimize the chances of this happening to you!\*: (\*Excerpted from an article by the American Chiropractic Association

### 6 safety tips for housework

- ❖ When you wash dishes open the cabinet beneath the sink, bend one knee and put your foot on the shelf under the sink. Lean against the counter so some of your weight is supported in front.
- ❖ When ironing, raise one foot a bit. Place it on a small stool or a book to take some strain off your back.
- ❖ To vacuum, use a "fencer's stance." Put all your weight on one foot, then step forward and back with the other foot as you push the vacuum forward and back. Use the back foot as a pivot when you turn.
- ❖ While talking on the phone, *don't cradle the phone between your ear and shoulder.* That can lock up the spinal joints in the neck and upper back, and cause pain. Instead, hold the phone with your hand or use the speakerphone.
- ❖ While watching television or relaxing, don't use the sofa arm as a pillow. The angle is much too sharp for your neck.
- ❖ Be careful how you lift your child! It doesn't matter whether you're picking up your child or a heavy bucket of water; you need to do it the proper way to avoid injury. How? Bend from the knees, not the waist. As you lift, hold the item as close to your body as possible. If you have to turn to place it, step in the direction of the turn. That way, you're not twisting your body and straining your spine

**Important** - If pain persists for more than a day or two or if you experience numbness, tingling or weakness in your arms or legs, see a doctor of chiropractic. We're here to help. If you have questions, *please call!*

## Facts About Your Nutrition...

**"Some months my weight is up, sometimes it's down. Why?" Here is some powerful information about insulin!**

Can you believe it's March already? Spring break is right around the corner which means... *gasp!*... it's soon time to pry ourselves into the old swimsuit. Often patients ask me why their weight fluctuates, sometimes wildly, and is there something they can do about it. That's why I want to talk to you about **insulin.**

One secret to eating right and getting the nutritional load you need is in part related to understanding the nature of insulin in the body. An explanation of the relationship between insulin and the pancreas (the organ that controls insulin in your body) is worth sharing. What exactly is insulin? Insulin is a hormone that delivers nutrients from the bloodstream into cells. It regulates how to body handles carbohydrates which it does by controlling blood glucose levels.

**An interesting article in the March 2004 issue of Men's Health offered some insight into weight loss and weight gain.** *Insulin played an important role.* After exercising - when your body is most receptive to carbohydrates and protein - insulin can help you build muscle. However, at other times when muscles aren't craving or don't need big loads of nutrients, "insulin can shuttle whatever's floating around into fat cells, making them (and you) expand. Whether you expand a lot or a little depends on the amount of insulin your body releases in response to the foods you eat."

**Here's what all this means:** (1) Foods that dump a load of sugar into your bloodstream soon after eating—white breads, many cereals, fruit, etc.—can raise insulin levels. (2) Foods that don't elevate insulin levels (i.e. dump a load of sugar into your bloodstream) are foods like nuts, meat, fish, etc., because they don't raise insulin levels. And that's good. My final tip: high-insulin, low-glucose foods are thought to be the most useful for weight control. This is a lot to digest (yeah, pun was intended!) so feel free to ask questions at the time of your next visit. *We're here to help!*

## Fascinating Facts!

*A recent study concluded that most people cannot digest more than about 25 grams of fructose. In a study out of the University of Iowa medical school, researchers found that soaring consumption of corn syrup, found in many prepared foods, is contributing to the increases in pain, gas, diarrhea—primary features of irritable bowel syndrome—a condition thought to afflict perhaps 15% of Americans.*

# 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:

Joy House from Naples  
Lola Scala from Victor  
Susan Savage from Rochester  
Rita Nied from Fairport  
The Rotella's from Brighton  
Ken Geith from Fairport  
Kelly Peterson from Pittsford  
Alan Waterman from Victor  
Matt Sawyer from Rochester

**THANK YOU FOR THESE REFERRALS!**

## Patient of the Month

This month's honor goes to Melissa Scorse. Melissa is the daughter of my receptionist Candy! When Candy first started working with me she described trouble that her daughter was having with her hip. Melissa had severely injured it during soccer try-outs for school earlier in the year, and the pain was starting to interfere again with her ability to participate in sports. After reviewing the initial x-ray it was clear that she had a significant pelvis subluxation (misalignment). Since then Melissa has been consistent with getting proper chiropractic care for her lower back and pelvis, and the results speak for themselves. Melissa just broke her own school record for the 55 meter dash in the section 5 finals with a time of 7.65!!!! Congrats Melissa and keep up the good work. We look forward to watching you compete in college.

## 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:**

Don Young	Chris Flynn
Renne Provvidenza	Jacqueline Dunning
Tina McKean	Jim McAlpin
Sean Skinner	Joel Cornell
Max Richardson	Emmese Daniels
Paul & Jane Smith	Bryan Cornwell
Pat Minervino	Sheila Berretone
Jay Cody	Bev Hafner
Daniela Dzinbal	Bonnie Wolf

## Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to the following patients that are having Birthdays this month:

Lyndsay Baug	Leona Brainerd
Peggy Brewer	Ron Brooks
Bill Champney	Jim Fox
Jack Guinan	Susan Hannux
Coleen Hotchkiss	Deanne Hardy
Jason Kirchoff	Alex Macumber
Michelle Lanphear	David Koon
G. Lunkenheimer	Amanda Oren
Judy Overholt	Joann Roberts
Jeff and Richard	Starr Sharon Tice
Shauna Tevels	Patty Tamburello
Andrea Tochelli	

## Dr. Pete's exercise of the Month!

If you are looking for an excellent exercise to add to your routine, try doing crunches instead of full sit-ups. Full sit-ups put too much pressure on your low back. Crunches minimize that pressure but still work the abdominal muscles. Try doing three sets of 15 to 25!!!

## Health Success Story of the Month!

I recently had a patient come to the office that has had neck pain, dizziness, headaches and pain into her right arm, for over three years!!! Nothing provided much relief. It was clear from the initial evaluation I did that most of her symptoms were from a subluxation (misalignment) in her upper back. Since her first adjustment, she has had only one headache and is now completely pain free!!!!

# Fitness & Successful Living Breakthroughs

## Fitness Facts!

### Yes, Even Housework Can Burn Calories! Take a look...

With winter winding down fitness enthusiasts or would-be enthusiasts are running out of excuses not to exercise. You can't claim it's too cold, it's too dark or you've got a case of the winter blues.

With the Centers for Disease Control and Prevention pushing the importance of adults getting at least 30 minutes a day of moderate-intensity physical activity every day there's no longer an excuse. The good news is that some of what we all do every day counts as exercise.

**Consider this:** According to some experts, a 35-year-old, 150-pound woman would burn after 30 minutes:

- Rearranging furniture: 204 calories.
- Vacuuming: 119 calories.
- Washing windows: 102 calories.
- Shoveling snow: 204 calories.
- Carrying a 15-pound child up and down the stairs: 289 calories.
- Washing the car: 102 calories.
- Dusting: 85 calories.

Now, I can't verify the absolute certainty of these measurements! But it's safe to say that keeping active, whether it's around the house doing ordinary household tasks or running a marathon all count.

So, get creative. Think yard work, working on the car, painting the house, playing with the kids, or plying your favorite hobby—all of which count toward your total fitness quotient. It's good for you.

For years I've been preaching that the combination of chiropractic alongside proper diet and supplements lead to optimal health. When you consider that 2/3rds of disease related deaths are due to poor diet and nutrition, then you begin to see how important this is! **How to make sure you optimize your health:** The link between good health, stress, and nutrition is inarguable. Are you leading a healthy lifestyle with proper nutrition for your body type? We can help. For advice about correct nutrition, please call. That's what we're here for!

## 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 **BioFreeze**. Or a **free cervical pillow**, which is excellent for use at your place of work or in your favorite chair. This month we are giving away *four free Movie Tickets!* 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 best answer (in our opinion) will win a fun **free gift!** *Are you ready?*

### The contest question for this month is...

*Aspirin causes how many deaths per year?*

## 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: **Mar. 31, 2007 at 5p.m.**