

VIENNA CHIROPRACTIC NEWS

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www.neurologicalfitness.com

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THE TOXIC GREENHOUSE

There may be some controversy in some quarters about the impact of carbon dioxide and other greenhouse gasses on climate. However, the same vehicles and machinery that produce greenhouse gasses also produce such pollutants as carbon monoxide, sulfur dioxide, nitrogen dioxide, ozone and particulate matter. There is no controversy about the fact that these pollutants damage human health. The toxic impact of these and other airborne pollutants affect the lungs, heart and glands. Most importantly, these chemicals adversely affect the nervous system in general and the brain in particular.

In addition to supporting societal efforts towards cleaner air, there are things you can do to limit your own toxic exposure including:

- Exercise outdoors only when air quality is good (Code Green). If you miss the air quality information on your local weather broadcast, log on to Airnow.gov, and enter your zip code.
- Just because you're not exercising outdoors when air quality is bad doesn't mean you shouldn't exercise at all. In fact, exercise plays a major role in helping your body detoxify. Have at least one indoor option you can fall back on.
- When you do exercise outdoors, avoid busy roads, motorized leaf blowers, and idling cars and busses.
- Your car probably has an option for recirculated ventilation. Use it. This will limit your exposure to fumes from other vehicles on the road when you are running your heat or air conditioning.

- Remodeling your floors? Choose carpeting or other flooring labeled "low VOC" to reduce your exposure to volatile organic chemicals. Also, look for low VOC option when buying indoor paints.
- Is wall or ceiling work spreading lots of drywall dust? Consider wearing a dust mask while this work is being done, and during cleanup afterwards.
- Need to air out your home? Please do so on "Code Green" days.
- Finally, get adjusted on a regular basis to support your respiratory system... and every other system.

BREATHE EASY!

WHAT IS SCIATICA?

We'd like to clear up some misconceptions. Sciatica occurs when there is inflammation or interference with the proper function of the sciatic nerve, the largest nerve in the human body. It consists of fibers from your mid to lower lumbar spine (Put your hands on your hips. Your lumbar will be a little over and under where your thumbs meet.) Those nerve fibers then travel in a connective tissue sheath that splits off into two nerves, one sciatic nerve to the left, one to the right, arching from your lumbar spine, across each buttock and down the back of the leg to the bottom of each foot. Sciatic pain may affect the entire nerve or just be experienced in parts of it along its path. For instance, it may go from your low back to your bottom to behind your knee and stop there or it could be felt all the way down. Sciatica is felt in the back of your leg. If your leg hurts in front, it should be checked but it's not sciatica.

The good news is most sciatica can be managed and even eliminated, depending on the cause, without drugs or surgery. You can call us with any questions you may have on the subject.



THREE DOG OR CAT NIGHT

If you've been with us a while, you've heard this before but it bears repeating. Especially in cold weather, it really is delicious to have little Fantasia, Rowlf and Stargirl (or Puff, Rover and Spot, your choice) curl up in bed with you, throwing tons of feline or canine body heat as well as affection. Just remember, it's your bed and you are its captain. While it doesn't seem possible, an eight pound cat is capable of commandeering an entire king-size bed. If she has a second cat or dog as an ally, you may find yourself curled in a ball and clutching the edge of the mattress with your fingernails. You may wake up wondering what hit you. Remember, it's your bed, not their gym or yoga studio.

Until such time as they get up and go to work (and give you at least part of their paycheck) while you hang out at home, nibbling on the buffet they've set out for you and shedding all over their clothes, you do need to sleep and you need to do it in a reasonable position. Unless you really want or need the extra heat you may want to restrict their bed time to allow yourself some real sleep. They'll forgive you when you let them in in the morning.

CHIROPRACTIC INDEPENDENCE DAYS AND OTHER COST-EFFECTIVE PROGRAMS

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, there are no set fees. Your decision to seek care is based solely on your need for same, independent of insurance, lack of it or your financial situation. Payment, unless you opt to write a check or pay by credit card, goes anonymously into a box at the

front desk. You determine the amount, based on what you thought the care was worth and your ability to pay. Medicare is the one exception, as those fees are federally mandated. We do accept new patients on Independence Days, as long as the schedule permits and it's a great way to introduce a friend or family member to chiropractic. It makes sense to book early as the choice time slots go quickly. We do ask that you respect your fellow patient community members and let us know as early as possible if you cannot keep your appointment so that someone who needs it can get in. Thanks!

We also offer multipacks as well as a program for returning war veterans. Ask us for details, or see our September 2019 newsletter.

CLASSES: COMMUNITY OUTREACH

As part of our commitment to educating the public, we currently offer courses on relieving pregnancy-related back pain, concussion, breathing exercises for better brain function, and toning your throat and mouth for better sleep. Call us or visit for our current schedule of free community classes. Also, speak to us about presenting these classes for your community organization.

Calendar:

Jan: 3 Office reopens 4, 18 Saturdays open 20 Chiropr. Independence Day	April: 4, 18 Saturdays open 20 Chiropractic Independence Day
Feb: 1, 15 Saturdays open 17 Chiropr. Independence Day	May: 2, 16 Saturdays open 18 Chiropractic Independence Day 25 Memorial Day (Closed)
Mar: 7, 21 Saturdays open 23 Chiropractic Independence Day	<u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 & 3:00-7:00 T: 10:00-1:00 (Dr M only) Sat: 9:00-noon (selected Saturdays) Thu/Sun: Emergencies only