



practices, support groups, businesses, non-profits, civic organizations, congregations, martial arts dojos, yoga studios, sports teams and other community groups.

*Concussion:* Concussion is not only a problem for adult and youth athletes. In fact, most concussions are caused by slip-and-fall injuries, car crashes, and other trauma. This course is designed to help you understand this important problem.

*Your Brain Has to Breathe:* Are you happy with your current level of mental clarity, or are you interested in improving? Would you like to sharpen your focus at work, further excel at school, achieve more in your favorite sports and games, or just be more “together” in your everyday life? If you are happy with your current level of cognitive function, would you like to help your brain maintain that level as you age? In this course, you will learn breathing exercises designed to help support brain function.

For further information on these courses, contact us at 703-938-6441 or [viennachiropractic@verizon.net](mailto:viennachiropractic@verizon.net).

### **“Einstein” Is Ready for You**

In our video, “Feeding Einstein’s Brain,” the good professor overcomes a case of mental foggy with the help of Oxana – an amazing talking cat. Entertaining and educational too! Find it posted for public access at our You Tube channel: <https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg>. Needless to say, if you like it, share it!

### **Drs. T & M Present Seminar in PA**

The doctors were out of town on the weekend of March 23-24 to present a seminar on concussion for the Pennsylvania Chiropractic Association. In these postgraduate seminars, our students are experienced doctors themselves. This situation results in an interactive experience – instructor and student both come away with new knowledge and understanding.

### **I Have a Headache! Why Are You Checking My Low Back?**

A lot of your body’s interconnections are obvious. You can find charts/maps of the muscular, osseous (skeletal) and nervous systems very easily. Other connections are not so obvious. Among other things, we take into consideration:

1. *Posture:* What is the relationship, if any, on a particular day between head carriage and hip movement? How about front and back muscles? Good posture can help balance strained use from an area not working well, as long as it’s natural for you.

2. *Reflex Connections:* As those of you who have been with us a while are aware, there are a lot of reflex points that help balance your body's strength and stability. They are not necessarily located where you'd think they'd be. For instance, one set of reflexes for your quads (thigh muscles supporting your knees) is on your forehead!
3. *Ergonomics:* This is, at least in part, a study of how hard your body has to work to efficiently handle your day's movements and positions. If your desk chair doesn't allow you to sit and work easily, your body will have to work harder to achieve what should have been easy, or your day at the office may not be as productive as it ordinarily would be. You may also have some aches and pains that don't make sense in light of what you did all day. An awkward head carriage can promote a headache, stiff neck or back pain from straining all day.

Ergonomic considerations come into play even when not sitting at a desk. To take a few examples, a good standing posture allows you to speak and sing with greater clarity and power. Lifting well and reasonably helps the landscaper work well in a job that requires a lot even when you're really paying attention to body usage. Equipment that properly fits you will help the personal trainer or photographer focus on their skilled work without awkward encumbrances sapping your energy and attention. "Oh, I don't work; I'm home with the kids!" Looks like work to us! It's a work of love, of course, but it involves lots of stretching and lifting.

And that's just a partial explanation of how these postural, reflex and ergonomic influences can aggravate your headache, even if they originate with your low back!

### **Help Yourself While Helping the Planet**



Some simple aspects of good planetary stewardship are also good moves for your personal health and wellness. For example:

*Efficient Driving:* Within the constraints of safety, make an effort to accelerate, decelerate, and change lanes as gradually and smoothly as possible. This sounds

absurdly simple, but according to the U.S. Department of Energy, the savings in terms of fuel economy can be substantial

(<https://www.fueleconomy.gov/feg/driveHabits.jsp>). That means you're putting less carbon dioxide, carbon monoxide, and other pollutants into earth's atmosphere. So, *what's in it for you?* Your neck and back won't be racked by "jackrabbit starts", screeching stops, and lane changes worthy of an action movie. Also, efficient driving is the opposite of aggressive and distracted driving, so the probability of an accident goes way down. In case all that isn't enough, you'll save a few bucks on gas and brake jobs too. For more about the benefits of efficient driving, see our article, "Your Brain at the Wheel" in our January 2016 newsletter:

<http://www.neurologicalfitness.com/newsletr/Jan-April2016.pdf>.

*Muscles Before Machines:* When parking at work or a store, if you are able-bodied, and the weather is not inclement, pull into the first space you find. By not driving around looking for the "ideal" space, you're burning less fuel (*good for the earth*) and you're getting a bit of exercise (*good for you*). The same logic applies to taking the stairs instead of the elevator (*again, if you are able-bodied*). By the way, ever notice the cloud of pollutants thrown up by those leaf-blowers? If you are using a leaf blower or a power mower, consider switching to a rake and a push mower. For more on this topic, see our article, "Rake by Hand; Help Your Brain"

(<http://www.neurologicalfitness.com/newsletr/Sept-Dec2016.pdf>).

## YOUR FEET AFFECT YOUR SPINE



Do you find stiffness or pain in your neck or back is aggravated by walking, standing or climbing stairs? If so, your spine may be working hard to compensate for problems in your feet. Call us to schedule an appointment for a functional foot evaluation. This helps us understand how the joints and muscles of your feet are coordinating (or not) with your posture and gait. If there are joint-muscle problems in your feet, there are four ways we can help:

1. We can adjust any misaligned or restricted joints in the feet and ankles, along with our usual adjustments to correct nerve stress relevant to those joints.

2. We can recommend exercises to improve the stability of your feet and ankles.
3. We can fit you for custom orthotics to wear in your shoes. We work with Foot Levelers – a Virginia company with years of experience in this area. Foot Levelers also offers shoes, sandals and flip flops with orthotics built in. You can see the variety of styles at [www.FootLevelers.com](http://www.FootLevelers.com). Scroll to the bottom of the page, and you will see “Recommended Products” with selections such as “Custom Orthotics,” “Orthotic Shoes”, and “Orthotic Flip Flops”.
4. If the situation with your feet seems especially complicated, we can get in touch with your podiatrist for co-management.

Calendar:

May: 20 Chiropractic Independence Day  
 4, 18 Saturdays Open  
 27 Memorial Day Observed, Closed

June: 17 Chiropractic Independence Day  
 1, 15 Saturdays Open  
 21 First Day of Summer; Enjoy!

July:

15 Chiropractic Independence Day (Hope you had a wonderful *national* Independence Day!)  
 6, 20 Saturdays Open

Aug: 26 Chiropractic Independence Day  
 3, 17 Saturdays open

Sept: 16 Chiropractic Independence Day  
 7, 21 Saturdays Open  
 2 Closed for Labor Day

Hours:

**M-W-F:** 10:00-1:00 + 3:00-7:00  
**Tue:** 10:00-1:00 (Dr. M only)  
**Sat:** 9:00-12:00, selected Saturdays  
**Thurs-Sun:** Emergencies only