

In Good Hands

A Monthly Newsletter For The Friends and Patients of:
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Is Your Diet a "Pain" In More Ways Than One?



Centennial –

There are 9 common mistakes that patients make when they are seeking pain relief. And you can find out what they are on my newest website, www.Get-Drug-Free-Pain-Relief.com. But I wanted to give you the bare bones description in this month's newsletter.

Whenever you are combating pain, you are addressing a chemical in the body called **prostaglandin**. Chiropractic adjustments are very effective at lowering prostaglandin. Massage is effective as well. But what most patients don't realize is their diet and drugs may sabotage their pain relief efforts.

My method of adjusting the spine improves the alignment, or structure, of the bones. This takes tension off of the spinal cord as well as nerves. Arteries can stop constricting blood flow because the nerves signals relax the arteries. Since researchers have found that constricted arteries stimulate prostaglandin, you can see that it is beneficial to reverse that process!

Trauma causes the pain pathway to start at **Step 1** (see page 3 for diagram). Cells in the muscle, ligament, etc., tear apart when you get injured. Fats from the torn cell enter the pain pathway. Your **diet**, however, is just as important to the pain pathway as trauma and posture. Guilty-pleasure foods are liable to sabotage pain relief just as fast as injury or bad posture at the computer can.

There are 3 steps in the pain pathway where food leads to prostaglandin. **Fats** from processed food enter at the same step as trauma-- fats from vegetable oils like **soy**, **corn** and **cotton** are similar to fats found

in the cell membranes, including **trans fats** and processed foods which contain soy, corn or cottonseed oil. Eating processed foods spin up the inflammation cycle in the same way **trauma** does.

Step 2 of the inflammation pathway is activated by the "whites": **white sugar, white flour and potatoes**. Those refined foods cause excess insulin production and insulin feeds the pain pathway.

And finally, **meat** enters at **Step 3**. Red meat is worse than other meats. Free-range and wild game, however, do not stimulate this step near as much.

I realize you are NOT going to have a perfect whole grain diet with only wild-caught seafood and never eat any processed food. My diet isn't perfect. My daughter's isn't perfect. But it's all about balance. So if you find yourself taking ibuprofen once to twice a week, evaluate where you can scale back these inflammation-promoting foods. Then couple that with anti-inflammation techniques that I describe in the free E-book that is available at www.Get-Drug-Free-Pain-Relief.com.

Fish oils and anti-oxidants go head-to-head against the inflammation cycle. **EPA**, which comes from fish, directly prevents the Step 3 conversion to prostaglandin. The body can convert a small amount of **flax oil** into EPA (8-10% conversion rate). But studies show you *shouldn't* consume vast quantities of flax oil as men are prone to prostate cancer at high flax oil doses.

Fish oils are an excellent way to protect yourself from the inflammation-promoting foods you indulge in. Taken in high enough doses, people in studies have gotten off of their pain relievers. Visit www.Get-Drug-Free-Pain-Relief.com for my free 55 page E-book, 9 Common Mistakes Patients Make When Seeking Pain Relief and make sure you are doing everything you can to reduce pain on your own, including taking your fish oils correctly!

Yours in Health, Dr. Erica



Mommy's Little Monkey! She did that by herself.

Sarah's Secrets

Yes, that's me hanging around upside down! Mom says just looking at me do a headstand makes her head hurt. I told Mom to use a picture of my new room instead! We just moved and I was very proud of pictures I took of my first 2 toys I put in my new room. We can even do bike rides on our new street because there isn't much traffic like at our old house.

I have been a big helper around our new house—I even made Mom's bed one morning. I was also very impressed when the dentist visited our school. I can't wait to show my mom how shiny and minty my teeth are every time I brush! It won't be long before I get my first loose tooth since I'm now a big 5-year-old.

I had a Barbie cake and Bratz cupcakes for my birthday because I LOVE "fashion". It's fun to pick out the "fashion" outfits for my Barbies!

Love, Sarah

Welcome!

- Milena M.—Denver, CO Referred by Kris W.
 Sasha U.—Denver, CO Referred by Cheryl D.
 Mark S.—Highlands Ranch, Co Ref. by Jay B.
 Kris W.—Denver, CO
 Michael P.—Parker, CO Referred by Cheryl D.
 Sarah F.—Parker, CO Referred by Levon F.
 TJ B.—Thornton, CO
 Jesse M.—Aurora, CO Referred by Jessica L.
 Paul L.—Westminster, CO
 Marla L.—Conifer, CO Referred by Cheryl D.
 Jay A.—Denver, CO Referred by Dr. Jutkowitz
 Scott H.—Erie, CO Referred by Dr. Leuders
 Amy N.—Highlands Ranch, CO
 Referred by Dustin N.
 Renata L and Morgan U.—Longmont, CO
 Referred by Dr. Bennett, DC
 Gloria H.—Lakewood, Co
 Sara H.—Parker, CO
 Valerie S.—Centennial, CO
 Charlene M.—Parker, CO Referred by LeRoy M.
 Tom O.—Centennial, CO
 Erika M.—Aurora, CO Referred by DDP
 Kim C.—Parker, CO Referred by Jay B. & Jodi A.
 Alex P.—Highlands Ranch, CO
 Referred by Mike & Kristy P.
 Sheryl H.—Englewood, CO Referred by DDP
 Tamie E.—Centennial, CO
 Dr. William S.—Colorado Springs, CO
 Referred by Dr. Jesse Jutkowitz DC
 Diane P.—Parker, CO Referred by Michael P.

Who Have You Referred?

Your referral can always schedule a
Free Consultation
 with no further obligation.
Allow an hour for that appointment.

Or refer them to
www.Get-Drug-Free-Pain-Relief.com

Send an email to ekasprzyk@comcast.net to find a provider for friends or family in other states.

PAIN PATHWAY

#1. Linoleic Acid (LA)

(From Trauma, Omega-6 oils in processed food—corn, soy, trans fats especially)



#2. DHGLA

Insulin

(from white flour, white sugar,
And High Fructose Corn Syrup)

Speeds Up

Prevents

EPA

(from Fish Oil)



#3. Arachidonic Acid (AA)

(Also from Meat, especially red meat, corn, grain or soy-fed animals)

Cox 1 / 2 Enzyme

Speeds Up



#4. Prostaglandin (PG)



Vascular Disease (Heart/Stroke) Degenerating Joint Disease Sunburn Pain Degeneration
Fibrosis(Scarring) Mood Disorders



PATIENT OF THE MONTH

When I stepped into this office, all I could remember is that there hasn't been a day for months that I haven't woken up without an ache or sore back and gone through a day without back pain. After my first adjustment I could feel a change in my back, and progressively six visits now, I feel nothing. I wake up feeling great, and I can go throughout the day without pain. By far this was the best decision I made for my health, and I recommend anyone with back issues to come here for treatment."

**Jesse Medina,
Denver, CO**

Patient of the Month

Congratulations to

Jesse Medina

For our Patient of the Month! he will receive a \$50 gift card to Maggiano's/Chili's/On The Border/Macaroni Grill.

Great job on such good improvements—keep up the good work!

Send Dr. Erica your Success Story for your chance at Patient of the Month.

Check out our re-designed website

www.atlaschiropracticpc.net

Have referrals who are scaredy cats about chiropractic? Refer them for massage!

Www.atlasmassage.net

Fish Oil, Anti-Oxidants and Minerals Help Acne as Well as Mood

The number of inflammatory lesions in a study of acne patients decreased from 20.8 lesions to 6.8 lesions within 2 months. The patients were given an omega-3 supplement containing **1000mg of the EPA** ingredient found in fish. They were also given **selenium, chromium, zinc** and phytochemicals from **green tea**. These patients also noted a 24% improvement in mental, social and emotional well-being during that time.

The study's authors noted that communities with high levels of omega 3 in their diets have low levels of acne. And of 1000 teenagers, those consuming the largest amounts of fish had significantly less acne lesions.

[Lipids in Health and Disease October 2008](#)



B-day at Lollilocks—hair and nails for a 5 year old!

TRIVIA: What anniversary is it for Atlas?

Answer: March 1, 1999 making this our 10TH Anniv.!

Visit **www.get-drug-free-pain-relief.com** for my FREE e-book on tips for getting pain relief.