

In Good Hands

A Monthly Newsletter For The Friends and Patients of:
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"All that we think is all that we become."

Exercise Your Way to Health, Not Disease



Centennial —

New Year's resolutions probably haven't made it to the top of your to-do list this month.

But I want to put a bug in your ear for next month when you start tackling how you intend to exercise more in 2009.

You've probably noticed once you get a bit of a routine going, that exercise gets a little easier. Then when you slack off for awhile, you have to get back in the groove all over again.

Part of that has to do with the number of energy-producing units in the cell. When you exercise, you stimulate more mitochondria to be made inside of every cell.

There is DNA at the nucleus of cells for controlling what chemicals and proteins get made. But the mitochondria, which is just a mini working organ inside the cell, has its own DNA. So exercisers get the added benefit of stimulating the mitochondrial DNA to make more copies of itself.

Since the mitochondria are the site for energy production, exercising leads to extra places for energy to be made; you have more places where oxygen is used in that last step to get an energy molecule. That is the same step that produces carbon dioxide.

In every energy transfer of oxygen, however, you get a free radical made. Do you see where I'm headed with this?

When you exercise regularly, you beef up the cell's ability to make energy. At the same time, you also beef up the cell's free radicals. Do you remember that free radicals are the nasty guys that like to go around stealing electrons from the nearest molecule that it can?

Unfortunately, research has shown that free radicals are most likely to steal electrons from that mitochondrial DNA. It's not protected like cellular DNA is with a nucleus. Plus, it's located very close-by and hey, that unstable free radical isn't going to be very choosy. It is going to swipe from the easiest target.

That's why super-exercisers are more likely to die early than non-exercisers (2 issues ago, avail. Online)

The solution is extra supplementation of anti-oxidants (get it? "anti" = against; oxidants=an oxygen stealer; thus, anti-oxidants get rid of oxidizing agents, or free radicals.) It is especially critical for exercisers to supplement with a host of antioxidants that your body can't make: Vitamins A, B, C, D & E.

It is also necessary to supplement with building blocks for anti-oxidants that your body CAN make: **n-acetyl cysteine**, **selenium** & **manganese** help make glutathione; **alpha lipoic acid**, **coQ10** and **L-acetyl carnitine** beef up the antioxidants that work near the mitochondria. It's wild to think that exercising could accelerate you closer to cancer. But that is (see p.3)



Sarah's Latest Disney interest has been Tinkerbell!

Sarah's Secrets

Well I feel like a real school kid now because I have been going to my new Primrose School for about a month now. I'm in Pre-K. There are so many boys and girls in my class! Some days its hard getting dressed because I want to wear one of my pretty dresses and not my uniform.

We got to have an awesome Halloween party at school. Busha, my old babysitter, even came and went through the costume parade with me. I was Tinkerbell this year.

I also got to go "trunk or treating" with my friend Alisa across the street. We went around to cars at her church and they gave out candy from their trunks.

I've just been trying to keep up with Mom's busy schedule. I've been getting better all of the time at my 'sponsibilities—brushing my teeth, brushing my hair, getting dressed. Sometimes I remember and I will clean up my whole room. Mom really seems to like that.

One of my 'sponsibilities is to take my fish pills and vitamins and eating my fruits and veggies. Sometimes I don't want to though. I really just want to find out what I can have for a treat and how many more bites I have to eat until I can have a treat!

But Mom tells me she's not just mom, she's my doctor and if I don't listen to her, I will have to go to another kind of doctor for medicine or shots or to get cavities filled. So I decide to listen to her so I keep my body healthy!

Love, Sarah

Welcome!

Teri T.—Aurora, CO *Referred by Lisa S.*

Kathy P.—Aurora, CO *Referred by Andrew L. & Dr. Greg Coker DC*

Erica N.—Lakewood, CO *Referred by Wendy O.*

Moe O.—Highlands Ranch, CO *Referred by Jay B.*

Mark F.—Highlands Ranch, CO Health Fair

Carrie M.—Denver, CO Health Fair

Dan F.—Aurora, CO Health Fair

Shellie H.—Centennial, CO *Referred by Cheryl D.*

Jennifer G.—Denver, CO *Referred by Cheryl D.*

Linda A.—Denver, CO *Referred by Cheryl D.*

Patrice C.—Denver, CO *Referred by Cheryl D.*

Ryan M.—Centennial, CO

Dustin R.—Centennial, CO

Tommy R.—Castle Rock, CO

Referred by Mary Ann R.

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.

www.get-drug-free-pain-relief.com

Go to my newest website to request my FREE E-book for tips you may have never heard for minimizing pain. It's kind of a posture seminar and health talk all in the convenience of an e-book.

One part goes through the most hazardous diet habits that worsen pain. Even my regular patients would benefit greatly from reading that section.

It is truly information I want every patient to have and use. There are recommendations for further reading, too.

Bookmark it and re-visit often as content is continually under development. Chiropractic is a minimal portion of the book. Great tips for anyone who wants to avoid drugs.

**Winners:
Free Chair Massage for Your Office**

The following patients have won a free on-site chair massage session for their place of work:

Hilda's Fine Tailoring	Hyatt Place DTC
Banker's Insurance	Old Mutual Capital

Your place of business could be next! It's not too late to enter.

At least one entry selected per month. Must include work contact for setting up the massage in case your entry is a winner. When we contact them we will let them know they won the free onsite chair massage because of your interest :-) On-site massage will be for 3 hours.

Your Name: _____

Work Place: _____

Location/Intersection: _____

Best Way to Contact You:

Cell: _____

Work: _____

Email: _____

Contact at Your Employer to Setup Massage

Name: _____

Position: _____

Work #: _____

Work Email: _____

**ATTN: Do you have a
Medical Savings/
Flex Spending Account?**

There's not much time left to use up your balance! Rather than "losing it" if you don't use it, consider using your "pent up" savings on something from our office: vitamins, orthotic supports, massage and of course adjustments are all reimbursable expenses.

Need a receipt for past purchases? No problem, we can issue it anytime and mail it to you if necessary.

Will you be needing a statement for your out-of-pocket medical expenses? We can provide that too. Something to keep in mind for you end of the year tax planning.

(Cont. from page 1)

the indications in the research. More free radicals means more damage to mitochondria. Then the mitochondria are less effective at converting sugar to energy. And a lack of energy, well you already know how that feels at times. Not good. The other parts of the body that are relying on it, like your nerves and brain are especially cranky without it!

That's why I continue to recommend Nutriwest's **Complete A-G**. It provides minerals and ingredients for the mitochondria.

Complete Glutathione provides support for making the antioxidant glutathione. I personally like using the **Complete Whey G** powder in my morning shakes. It boosts glutathione, too.

If you're taking **Vibe**, then you are getting all of the listed ingredients except alpha lipoic acid. Not too shabby from one product!

Visit www.shop.enivausa.com/drerica for more info about **Vibe**.

Yours in Health, Dr. Erica



PATIENT OF THE MONTH

I had put off starting at Atlas because I did not think I could devote the time it was going to take to get better.

Once I got started I quickly realized how much the visits were helping and I looked forward to each visit. I am truly amazed at how much better I feel, whether sitting at my desk at work, walking up and down stairs, working out or driving my car. The little aches and pains I had gotten used to "living with" have all disappeared and if they do flare back up I know my next adjustment or massage will clear it right up! I am much more knowledgeable on how everything is inter-related and have made the necessary adjustments to allow me a pain-free existence. I am very grateful for my time so far at Atlas and look forward to my visits in the future.

**Janice Schneider,
Denver, CO**

Omega 3's Correlate with Post Partum Depression

In countries where the intake of omega 3's is the lowest, women experience post partum depression at 50 times the rate of women from countries with the highest omega 3 consumption.

Authors state that **2.8 g/day of DHA & EPA** during pregnancy show a significant reduction in depression during pregnancy and post-partum.

It correlates with better fetal visual and cognitive development. There are indications omega 3's prolong gestation and reduce risk of pre-term delivery in low and high risk women.

TRIVIA: What is Dr. Erica's favorite fiction book?

Answer: The Fountainhead by Ayn Rand

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

Patient of the Month

Congratulations to

Janice Schneider

For our Patient of the Month!
She 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 Newest Website Www.AtlasMassage.net

Many of you get massages at your visit because you were already a chiropractic patient. Did you know people can be a massage patient without getting chiropractic care in our office? We know that some people aren't ready to try chiropractic. And Cheryl still has regular openings so we'd like to promote her as a stand-alone service.

The new website explains how people can even get their hot stone massages paid for by their insurance if it is considered a medically-necessary service. There is a consult with me to review their symptoms and their insurance parameters. The consult with me is to make sure it's medically necessary, not for diverting them to a chiropractic service. Their massage can be scheduled the same day as the brief consult.

Ask Cheryl or me if you have questions!

(Cont) Women of reproductive age should consume at least 200 mg/day of DHA, one of the ingredients from fish. High DHA intake during pregnancy and nursing correlate with positive infant nerve development. (Clinical Opinions in Clinical Nutrition May 2008)

Check out our re-designed website

www.atlaschiropracticpc.net

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

Www.atlasmassage.net