



Did you know...

- Music students outperform non-music students on achievement tests in reading and math.
- Regular physical activity, such as walking, improves blood circulation, helps you handle stress and bolsters enthusiasm and optimism.
- Humans have the biggest brain-to-body ratio of any living thing.
- Noise is one of the leading causes of hearing loss in the 28 million people with impaired hearing in the United States.
- Stomach ulcers are caused either by a bacterium called *Helicobacter pylori* or by use of pain medications such as aspirin and ibuprofen.
- Researchers at Tufts University have identified seven foods rich in antioxidants: blackberries, blueberries, kale, prunes, raisins, spinach and strawberries.
- A cough can move air at up to 400 mph.

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RELIEF and Wellness News

Dr. Luigi Di Rubba ♦ Central Connecticut Chiropractic

391 Highland Ave., Route 10 • Cheshire, CT 06410 • (203) 272-3239 • Fall 2020



One More Reason for Early Chiropractic

Your child's bones continue to grow through his or her early 20s. At both ends of most bones is a cartilage material called a "growth plate." This is how the bone grows — from each end. Growth plate injury accounts for perhaps one-third of skeletal trauma incidents involving children.

Forces that would only tear ligaments and dislocate joints in adults can actually injure growth plates in a child, since joints and ligaments are two to five times stronger than growth plates.

But there's good news: early diagnosis and pediatric chiropractic care can often prevent significant growth disturbance and permanent bone deformity.

"We begin with a careful and thorough evaluation of your child's spine," says Dr. Di Rubba. "After explaining our findings, we use specific chiropractic adjustments tailored to your child's age, size and unique health problem."

Newborns, infants and young children require only very light fingertip adjustments. Often no more pressure than you'd use to test the ripeness of a tomato is necessary.

If you have a child or grandchild, make an appointment for a chiropractic checkup today. Allow us to detect and reduce little problems before they become the chronic, hard-to-correct problems we see in adults.

Yoga: Chiropractic's Best Friend!

Chiropractic and yoga meet "around back" so to speak — each recognizing that a healthy, aligned spine leads to better health. As we already know, freeing the spine's energies allows the brain's higher centers to better control the body. The organs of the body benefit, and their internal function is enhanced.

Yoga and chiropractic both recognize disease as a process of imbalance. They seek to rebalance and maintain homeostasis, as they are both based on a holistic view of the universe. Both chiropractic and yoga can be integrated to clinically enhance health and well-being.

We often suggest relaxation and mental concentration techniques from yoga to enhance athletes' ability to learn how to dive deep within themselves and find the cause of their imbalances, pain or tension, as well as to increase their inner peace and harmony.

Both disciplines are charter members of the wellness revolution sweeping through health care, each with a great deal to offer.

Green Tea – The Super Drink?



You've heard that drinking tea — green tea in particular — is good for you. But you may not know that recent research is confirming these claims:

Heart Disease: A recent study published in the *Journal of the American Heart Association* found that drinking more than two cups of tea a day decreased the risk of death following a heart attack by 44%. Even just two cups a day decreased the risk of death by almost a third.

Cancer: Green tea extracts were found to inhibit the growth of bladder cancer cells in the lab — while other studies suggest

that green tea protects against developing stomach and esophageal cancers.

Arthritis: Older women who drink tea are 60% less likely to develop rheumatoid arthritis than non-drinkers are.

Bone Density: Drinking tea regularly for years may produce stronger bones. Those who drank tea on a regular basis for 10 or more years had higher bone mineral density in their spines than those who did not.

Blood Sugar: Even non-diabetics can appreciate this benefit. Soaring blood glucose affects weight gain and loss, as insulin turns it into body fat and inhibits weight loss. Green tea has been shown to lower blood sugar.

Parkinson's Disease: Green tea may protect against developing Parkinson's.

Oral Health: Rinsing with tea may prevent cavities and gum disease. And the list goes on, all without a single one of the countless drugs "medical science" loves to toss our way.

Salt – Part 1

Most people probably think of salt as that white food seasoning found on virtually every dining table. Salt is essential not only to life, but to good health. In fact, human blood contains 0.9% salt (sodium chloride).

About 4,700 years ago, a major text described more than 40 kinds of salt. The Chinese made salt taxes a major revenue source. Egyptian art from as long ago as 1450 B.C. records salt making.

An ancient Greek trade involving the exchange of salt for slaves gave rise to the expression "not worth his salt." Special salt rations given to early Roman soldiers were known as "salarium argentum," forerunner of the English word "salary." Had it not been for the practice of salting fish, Europeans might have confined their fishing to the coasts of

Europe, thereby delaying "discovery" of the "New World."

Salt has also had military significance. For instance, it is recorded that thousands of Napoleon's troops died during his retreat from Moscow since their wounds would not heal because of a lack of salt.



Besides seasoning our food, salt has more than 14,000 known uses. The greatest single use for salt is as a raw material for the production of chemicals used in industry. Its two highly volatile elements, sodium and chlorine, are key ingredients in thousands of industrial applications.

**Do you consume too much salt?
Is too much salt bad for your health?
Are salt substitutes a good alternative?
Should you use iodized salt?**

(Details in the next issue of Relief & Wellness News!)

Health Quiz



1. Too much sodium in your diet can cause:

- A) Increased blood pressure
- B) Increased blood volume, causing your heart to work harder
- C) Retention of fluid
- D) All of the above

2. What is the best kind of fish for your heart?

- A) Walleye
- B) Northern pike
- C) Goldfish
- D) Salmon
- E) Catfish

3. Which of the following oils are saturated fats (bad for your cholesterol count)?

- A) Olive oil
- B) Palm oil/coconut oil
- C) Peanut oil
- D) All of the above

4. A common symptom of high blood pressure is:

- A) Headache
- B) Dizziness
- C) Rapid heartbeat
- D) All of the above
- E) None of the above

5. The biggest risk factor for sudden cardiac death is:

- A) High blood pressure
- B) Smoking
- C) High blood cholesterol
- D) Physical inactivity

Answers: 1 (D) 2 (D) 3 (B) 4 (E) 5 (B)

Our Slimy Friends

Spit, snot, boogers — they're among children's favorite vocabulary words, to their parents' dismay. And to the dismay of many teachers, they continue to be associated with their gross-out aspects, rather than their very substantial benefits to the body.

Mucus is a thick, clear, slimy fluid found in the nose, mouth and other organs and passages that open to the outside of the body. It is mostly a compound of protein and sugar.

Mucus provides lubrication for material passing over the membranes, such as food entering the esophagus. It also catches foreign matter and keeps it from entering the body.

After these particles get stuck inside the nose, the mucus surrounds them along with some of the tiny hairs inside the nose. The mucus dries around the particles. When the particles and dried-out mucus clump together, you're left with what's crudely known as a booger! Boogers can be squishy and slimy or tough and crumbly. Everybody gets them, so they're no big deal — in fact, boogers are a sign that your nose is working in top form!



Myth: "I'm too old for chiropractic care."

Exploring
the most common

Fact: You're never too old (or too young!) for chiropractic

myths
about chiropractic...

care. Many uninformed individuals imagine that all spinal adjustments are the same. But each person's chiropractic care is unique. We choose from a vast repertoire of different adjusting techniques for infants, the elderly and even those who have had back surgery. This helps ensure the best results and produces high levels of patient satisfaction.

Can Migraines Cause Heart Attacks?



As if the pain of chronic migraine headaches isn't enough — now you have to worry that if you suffer from them, you may also be at greater risk for having a heart attack or stroke!

Although they're not as serious a risk as high blood pressure, high cholesterol or being overweight, a recent study at Harvard Medical School concluded that female migraine sufferers, particularly those who experience "auras" with their headaches, are more at risk for heart attacks and strokes. An aura usually occurs right before the onset of a migraine when a person may see light flashes or smell peculiar odors.

A similar study in men, conducted by the same research team at Harvard Medical School, found that male migraine sufferers were at a 42% greater risk of heart attacks and strokes than non-migraine sufferers. However, the aura association was not considered in the men's research study.

A similar study conducted in the Netherlands found that migraine sufferers who had attacks preceded by an aura had a 43% greater chance

of higher cholesterol levels and 76% greater risk of high blood pressure. These same individuals had a four times greater incidence of heart disease or stroke before they turned 45!

Why would migraine sufferers be at greater risk for heart disease? Although no one is really quite sure, the answer may very well lie in genetics. People prone to heart disease may also be prone to migraines; migraines typically just show up at an earlier age than heart disease. It also may be that migraine sufferers are at an increased risk of blood clots, which are also linked to cardiovascular disease.

One thing is for sure: if you suffer from migraines, it would be prudent to lower any other risk factors for heart disease that you may have. For example, if you smoke cigarettes, stop. If your cholesterol or blood pressure is high, take the necessary dietary steps to lower it. Same goes for obesity.

Let your migraines trigger positive action steps on your part to stay on top of the coronary risk factors that you can control!



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Here's your **FREE** issue of

RELIEF *and Wellness News*

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For your convenience you can schedule an appointment right online! Please visit our website to schedule your next adjustment: www.cheshirechiropractic.com

Chores For Children

They moan, they groan, they fuss, they procrastinate, and they flat out refuse to do them unless something they hold dear is hung over their heads. We're talking about children and chores — and just how do you get them to work together harmoniously in today's busy world?

Although many parents agree that chores are necessary to teach children things such as discipline, self-reliance, responsibility, a healthy work ethic and accountability, most kids move out of their homes today unable to wash their clothes, let alone a kitchen dish! Why? Because today's busy parents feel it's actually much easier to do it themselves — after all, their children are under enough pressure just living in today's world and going to school!

However, it's important that parents

keep in mind that chores teach children key values, and that running a home today requires shared responsibilities.

Additionally, chores help children prepare for more adult-like responsibilities and help them develop a sense of pride in a job well done.

Assign chores that are age-appropriate for the child; be sure to give each child chores they are capable of completing on their own. And remember to praise your child for a job well done — even though you might have done it differently or better!

You might want to make and maintain a "chore chart" to help you get organized and keep track of your children's progress.



Dr. Luigi Di Rubba



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Schedule your appointments via phone (203)272-3239 or our website: www.cheshirechiropractic.com

Office Hours

Monday	8:00-12:00	2:00-5:00
Tuesday		1:00-6:00
Wednesday	8:00-12:00	2:00-5:00
Thursday		1:00-6:00
Friday	8:00-12:00	
Saturday	8:00-10:00	.. By Appt Only

Thanks for the Referrals!

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others.

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John W.
Amanda S.
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Doug W.
Brandi S.**

**Laura E.
Melinda C.
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Check out our website: www.cheshirechiropractic.com