



## Did you know...

- The simple act of walking requires the use of 200 muscles in the human body. As many as 40 are needed to lift a leg and move it forward.
- A sneeze can travel as fast as 100 miles per hour.
- The African bushman lives in a quiet, remote environment and has no measurable hearing loss at age 60.
- Your fastest-growing nail is the middle nail; the slowest is the thumbnail.
- Babies are born with 300 bones, which fuse together to become 206 bones in adults.
- Your appendix is about the size of your finger. It contracts and has a secreting lining like the small intestine.
- You burn more calories sleeping than you do watching television.
- Women have a better sense of smell than men.

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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 • Winter 2021



## The Germ Theory

“How come some people get the bugs going around and others don’t?”

“We get this question all the time,” observes Dr. Di Rubba. In fact, it was this very question that motivated D. D. Palmer to pursue what became known as chiropractic!

“We meet a lot of people who are fearful of germs,” says Dr. Di Rubba. “Since the time of Louis Pasteur, there has been an undue focus on germs. Germs are a lot like grass seed. Ever try to plant a lawn from scratch?”

It can be difficult. Like grass seed, which must have the right combination of soil, sunlight, and

moisture, germs can only flourish if circumstances are just right.”

Like all tissues, organs and systems of your body, your nervous system affects the function of your immune system. That’s why it is thought that spinal sub-luxations can dampen your immune system response. If weakened by a compromised nervous system, your stomach, lungs, nose, ears and throat (the soil) become a hospitable environment for viruses, microbes and other germs.

Restoring the integrity of the nervous system, and the workings of every cell and tissue, is what chiropractic care is all about. It’s a simple idea that helps our patients enjoy better health all year long.

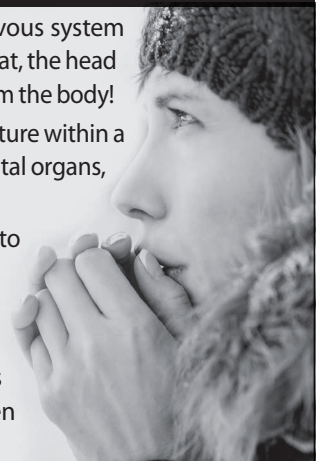
## Cold Hands

Your body’s core temperature is just one of the millions of details your nervous system constantly monitors. When your body is in an environment where it is losing heat, the head and scalp, if exposed, can account for as much as 80% of the overall heat loss from the body!

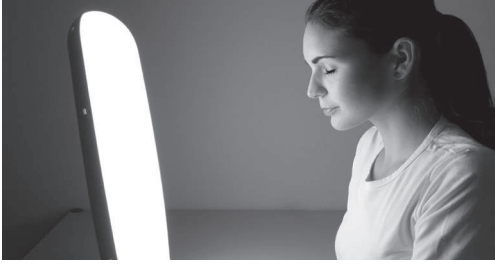
To maintain normal body functions, your brain must regulate its “core” temperature within a narrow range. The core of the body includes the torso area, which houses the vital organs, and the head, which houses the brain.

When the body loses heat faster than it can produce it, blood vessels constrict to reduce the amount of blood flowing to hands, feet and skin.

By wearing a warm hat, you can drastically cut heat loss and avoid hypothermia. Putting on a hat can return the body to a positive heating mode. Blood vessels re-open and your extremities begin to warm. Thus, the adage: “If your hands are cold, put on a hat.” Wool caps are best; they tend to keep you warm even when they’re wet.



# Feeling S.A.D.?



Common this time of year in as many as 10% of the population in our northern latitudes is something called Seasonal Affective Disorder (S.A.D.).

Most of us tend to react to the shorter days this time of year with changes in our mood and behavior. Most people find they eat more and sleep longer. For some, these changes are severe enough to disrupt their lives. These people are suffering from S.A.D.

Susceptibility to S.A.D appears to be inherited. Most sufferers are female. Traditional treatment often involves mood-altering drugs. Instead, many choose a more natural approach: exposure to bright light.

The individual sits in front of a unit which houses special lights that duplicate sunlight on a cloud-free spring morning. For about 30

minutes each day, the subject is exposed to light five times brighter than the lighting we have in our exam room.

You don't stare at the light! Both those who suffer jet lag and those affected by S.A.D. are encouraged to have sunlight strike their face. It is thought that the light is registered by the eyes, which send nerve impulses to the hypothalamus to help normalize body clock function.

This is just one more example of the importance of the nervous system. It's also another reason to get regular chiropractic adjustments to keep your nervous system working in tip-top shape this time of year.

## Common S.A.D. symptoms:

- Change in appetite or weight gain
- Craving sweet or starchy foods
- A tendency to oversleep
- Fatigue and lack of energy
- Diminished libido
- Body aches or pains
- Difficulty concentrating
- Avoidance of social situations

## Salt - Part 2

Are you among the millions of Americans using off-the-shelf substitutes for the old traditional white shaker? Then both congratulations and warnings are in order, since more and more dubious products seem to be making an appearance.

For instance, several salt substitutes contain the chemical compound potassium chloride, which can prove harmful to those with kidney problems or those with high blood pressure. On the other hand, potassium-sparing diuretic drugs cause your kidneys to retain potassium, another potentially harmful result. Possible side effects of this occurrence include potentially life-threatening heart rhythms.

Sadly, you have to be a master of double-speak to navigate the various warnings and marketing of these products. The label for the popular NoSalt product includes the following warning: "Persons having diabetes, heart or kidney disease, or persons receiving medical treatment, should consult a physician before using a salt alternative or substitute." Fine,

but later, the label also says, "Recommended for salt or sodium-restricted diets... dietary reduction of sodium may help in reducing high blood pressure." The label continues to offer a "suggested lifestyle modification for management of high blood pressure," which sounds suspiciously like self-medication.

Morton Salt Substitute's label is somewhat clearer: "Consult physician before using any salt substitute."

Better yet, reduce your consumption of processed or prepared foods. They are notoriously heavily salted. And taste your food first before reaching for the salt shaker.



## The Facts About Flatulence



Why is it that foods like beans, cabbage, soybeans, peas, onions and other foods produce so much lower intestinal... gas?

These foods contain a natural form of sugar called oligosaccharides. These are large molecules which don't pass easily through the lining of your small intestine. Normally, enzymes break sugars apart in the small intestine. But humans lack an anti-oligosaccharide enzyme.

As these sugars enter the large intestine, they become a feast for the less reputable bacteria among the 200 strains that live there. A by-product of their sweet tooth is gas, mainly composed of unsmellable hydrogen, nitrogen and carbon dioxide. Some of us add to that mix a mildly offensive methane. The most unattractive aromas are the result of foods with sulfur. The bacteria along your lower intestinal tract can thrive on just about anything which shows up relatively intact and poorly digested. This is why stress, which tends to move food quickly through your "tubing," can cause unwanted flatulence.

While chiropractic care isn't a treatment for stress (or gas), a correctly working nervous system may help. You can't control stress, but you can control how you respond to it.



# Ear Wax Facts

Ear wax is a sticky liquid secreted by cerumen glands (pronounced suh-ROO-mun). Its purpose is to trap dust and dirt particles and keep them from going into the ear canal to the eardrum.

Cerumen glands are found only in the skin of the ear canals. While it isn't really wax, it's perfect for trapping anything foreign that flies, crawls or is blown into your ears. Dust, dirt, tiny bits of plant material, small insects and bacteria are captured by the wax. Since ear wax is slightly acidic, some experts believe it has mild antibacterial properties, fighting the growth of fungus and bacteria.

Besides protection, ear wax is part of the ear's self-cleaning process. The skin within the ear canal moves (very slowly) out of the ear canal, carrying with it the wax and debris entrapped by it.

Problems develop when the wax blocks the ear canal. Even a small amount of wax, if wedged between the eardrum and ear canal wall, can diminish your hearing.

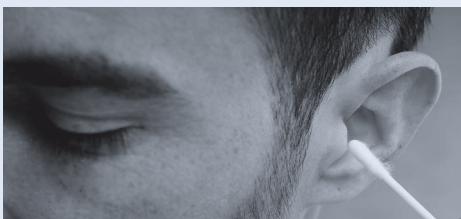
Since the ear canal shares some of the same nerves which give sensation to the throat, ear wax can provoke a "tickle in the throat."

You've probably heard the suggestion to "never stick anything smaller than your elbow in your ears." The fact is, if handled correctly, ear swabs can be safely used.

Swab the outer portion and the opening of the ear canal. Deeper swabbing is risky for several reasons.

- **Inserting the swab into the canal can "pack it down," turning a partial blockage into a complete blockage.**
- **Penetrating too deeply can puncture the eardrum and cause permanent hearing loss.**
- **Any instrument that accidentally scratches the ear canal skin can cause a painful infection similar to "swimmer's ear."**

Like virtually every other organ or tissue of your body, given proper hygiene and nerve supply, your ears are capable of taking care of themselves.



*Myth:* Subluxations are always accompanied by obvious symptoms.

*Fact:* You can have subluxations and not even know it. Like the early stages of tooth decay or cancer, nerve-

compromising subluxations can be present before warning signs appear. Our office uses a variety of sophisticated tests during our examination to help locate these neurological distortions.

By analyzing joint motion, temperature changes, muscle function and other findings, we can pinpoint the location and severity of subluxations you or your children may have. Chiropractors are the only licensed professionals that know how to locate and help reduce subluxations.

Exploring  
the most common  
*myths*  
about chiropractic...

## Sharing Health



If you are experiencing, or have experienced, great results from our brand of safe and natural chiropractic care, we hope you'll share your experience with those you care about. It's the greatest compliment you could possibly offer.

Unfortunately, chiropractic care doesn't benefit from the billions of dollars spent each month by the pharmaceutical industry promoting the latest drug. Instead, we depend upon delighted patients like you, telling others. That's how it's worked for over a century! So, we need your help.

If you know someone you think we could help, introduce them to one of the many ways we offer of finding out more about chiropractic:

**Take an office tour.** Encourage your friend or family member to accompany you on an upcoming visit. The "buddy system" works well when swimming, and when checking out a chiropractor's office.

**Request information.** Give us a call, and we can send a "care package" of helpful information about specific health complaints and details about our office that can answer their questions and address any apprehensions they may have.

**Call and ask questions.** We love answering questions! Have them give us a call. There's no obligation, and they can remain anonymous if they wish. Encourage them to ask anything they wish. Informed patients, with their expectations clarified, get the best results!

**Complimentary consultation.** We always welcome those who are interested in chiropractic care to visit our office and receive a complimentary consultation. Without cost or obligation, we'll happily discuss their health problem and see if they're a good candidate for chiropractic care.

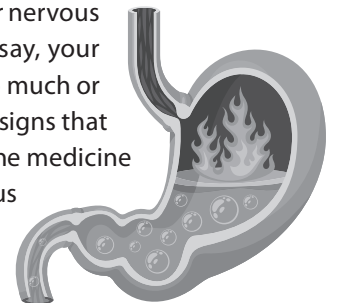
We know that people you like will be people we will like too. Thanks for telling them about chiropractic!

## Excess Stomach Acid

"Most of our patients are surprised to learn that good health has little to do with how they feel," says Dr. Di Rubba. "Health is really about how well your body works."

Making sure your body functions properly is the job of your nervous system. If controlling and monitoring nerve impulses to say, your stomach, are distorted, your stomach won't work right. Too much or too little acid. Heartburn. Upset stomach. Ulcers. These are signs that something isn't working right. The first place to look isn't the medicine cabinet, but the integrity of your nervous system—the focus of your chiropractic care.

You'll come away feeling a whole lot better—in your body and in your heart!





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Here's your **FREE** issue of

## **BELIEF** *and Wellness News*

### **In This Issue:**

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- Sharing Health

**For your convenience you can schedule an appointment right online! Please visit our website to schedule your next adjustment: [www.cheshirechiropractic.com](http://www.cheshirechiropractic.com)**

## **Introducing Dr. You**



Believe it or not, there has never been a recorded case of a doctor healing a patient.

Regardless of a particular doctor's specialty, years of experience or area of expertise, doctors can't cure headaches, mend broken bones or heal a wound. Only you can do that if your healing ability isn't impaired.

It is your inborn healing ability that

is responsible for the tremendous success that chiropractic patients enjoy. The only thing that doctors can do, regardless of their discipline, is to help reduce barriers to the incredible healing ability you were born with.

Which is why all of us in this office are interested in your nervous system. It is what controls every cell, tissue, organ and system of your body. While it may appear that we're focused on your spine, it's only because the nerves along your spine are the most vulnerable part of your nervous system.

By reducing nervous system compromise from the moving bones of your spine, Dr. You takes over and does the healing!

How does it feel to be a doctor?



Dr. Luigi Di Rubba



# CENTRAL CONNECTICUT CHIROPRACTIC

Dr. Luigi DiRubba

◆ (203) 272-3239 ◆

**Schedule your appointments via phone (203)272-3239 or our website: [www.cheshirechiropractic.com](http://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.

To all our patients, We appreciate your continued trust in referring family and friends!

**Check out our website: [www.cheshirechiropractic.com](http://www.cheshirechiropractic.com)**