



# Chittenden County Chiropractic -Monthly Newsletter-

November - December 2006

Section A

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To Our Valued Patients, Friends and Family,

It's hard to believe that the holiday season is upon us once again. Gone are the warm days of summer and even the cool days of fall. We're now waking up to crisp, cold morning frosts. A tell tale sign that winter is upon us are the snowcapped mountains in all directions.

We would like to take this time to once again thank all of you for your continued support. Our first newsletter was a huge success and we sincerely hope that you enjoy this publication as much as you did the first one. Please feel free to forward it on to any family, friends or co-workers whom you think may benefit from any of the material found within.

**Don't forget that as a token of our appreciation, and in an ongoing effort to "spread the word" about Chittenden County Chiropractic, we are offering a complimentary half hour deep tissue massage to any current patient who refers two or more new patients to our office through December 31, 2006. Simply ask the new patient to mention your name at the time of their first visit and, when two people use you as a referral, we will mail you a gift certificate for a half-hour massage.**

Sit back, relax and enjoy the upcoming holiday season. Cheers to health and happiness in the days to come!

Sincerely,

*Dr. Cory Pike, Renee Taylor and Kristina Kiarsis*  
Chittenden County Chiropractic  
*For Better Health Naturally*  
**(802) 879-3900**

## Office Hours

**Mondays:** 8am -6pm  
**Tuesdays:** 11:30am -6:30pm  
**Wednesdays:** 8am -6pm  
**Thursdays:** Closed  
**Fridays:** 8am -5pm

# - TOPIC OF THE MONTH -

November - December 2006

Section B

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## Muscle Cramps

Have you ever experienced a sudden, tight and intense pain caused by a muscle locked in spasm? Have you ever been woken up by muscle contractions that you can't stop? If you answered yes, then you are like most people who have experienced muscle cramps. A cramp is an involuntary and forcibly contracted muscle that does not relax. They can affect almost any muscle but are most common in those which cross two joints. Most commonly cramps affect the calf, front of the thigh and back of the thigh. Cramps vary in intensity from a slight tic to an agonizing pain and tend to vary in duration from a few seconds to fifteen minutes.

**Causes:** Unfortunately, the exact cause of muscle cramping is largely unknown. Researchers believe that there are many factors which may be contributory to cramping such as:

- Inadequate stretching
- Muscle fatigue
- Working in intense heat
- Dehydration
- Depletion of Salt and Minerals
- Structural Disorders (ie: Flat Feet)
- Prolonged sitting

Less common causes of cramping include diabetes, Parkinson's disease, hypoglycemia, anemia, thyroid and endocrine disorders as well as the use of some medications.

**Who Gets Cramps:** Just about everyone will experience muscle cramps at some point in their life. It can happen when you do any form of exercise. It can also happen while you sit, walk, or sleep. Some people are predisposed to muscle cramps and get them regularly with any physical exertion. Those at greatest risk are infants and young children, people over 65, and those who are ill, overweight, or use drugs or certain medications. Cramps are also very common in people who overexert themselves and in endurance athletes. Don't be fooled though, cramps can affect anyone!

**Treatment and Prevention:** Cramps usually go away and do not require medical attention. Consider the following tips to reduce the chances of experiencing cramps:

- Stop doing the activity that caused the cramping!
- Massage!
- Drink six to eight glasses of water daily to prevent dehydration
- Gently stretch the cramping muscle, holding it in the stretched position until the cramp goes away
- Take a hot shower or warm bath while you're cramping
- Stretch regularly throughout the day and in the evening before bedtime
- Apply heat to tense/tight muscles and cold to sore/tender muscles
- Wear proper footwear with adequate support
- Keep blankets loose at the foot of the bed to limit nocturnal cramps
- Work towards better overall fitness



**When to See your Doctor:** Although most muscle cramps are benign, sometimes they can indicate a serious medical condition. You should seek further care if cramps are severe, happen frequently, respond poorly to simple treatments or are not related to obvious causes like dehydration or strenuous exercise. Persistent, severe cramps are often treated with medication. Quinine sulfate is considered the most effective drug, but it can be unpredictable in terms of side effects. It should be used with caution and under the supervision of your physician.

# - LOCAL VERMONT EVENTS -

November - December 2006

Section C

Here's a look at a few events on the Vermont Calendar in November and December. Enjoy!

## NOVEMBER

Nov. 24

### Santa Claus Parade

Burlington, Vermont



**Description:** A very merry visitor helps to usher in the Holiday season on the Church Street Marketplace.

**Location:** Church Street Marketplace

**Address:** 2 Church Street

**Hours:** 11:45 am.

**Phone:** 802-865-7596



Nov. 24

### Annual Holiday Lighting Ceremony & Show

Burlington, Vermont

**Description:** The holiday season gets a cheery start as the day of celebration continues.

**Location:** Church Street Marketplace

**Cost:** Free

**Phone:** 802-863-1648

**Website:** [www.churchstmarketplace.com](http://www.churchstmarketplace.com)

## DECEMBER

Dec. 4 - 6

### The Art of Holiday Baking

West Dover, VT



**Description:** Come to Vermont to do your holiday baking in this delicious workshop.

**Location:** Deerhill Inn

**Phone:** 802-464-3100

**Website:** [www.deerhill.com](http://www.deerhill.com)

Dec. 5 - 31

### Festival of Trees & Light

Stowe, VT



**Description:** Palettes of Vermont Event: A selection of palettes will be for sale at Helen Day Art Center

**Location:** Helen Day Art Center

**Phone:** 802-253-8358

**Website:** [www.helenday.com](http://www.helenday.com)

Dec. 6 - 10

### Event: Winter Tales 2006

Burlington, VT



**Description:** Presented by the Vermont Stage Company.

**Location:** FlynnSpace

**Phone:** 802-863-5966

**Website:** [www.vtstage.org](http://www.vtstage.org)

# - HEALTH TIPS -

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Section D

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## Dr. Pike's Health Tips:



### Water Works for Weight Loss!

Nothing quells the appetite quite like water, lots and lots of water. Start out with a two-quart bottle in the morning and carry one with you everywhere you go. If you like, divvy up the 64 ounces of water into eight (8-ounce) bottles or four (16-ounce) bottles to carry with you all day. Freeze half of them the night before and they'll stay cold all day, even in a hot car.

Yes, you will have to make more frequent bathroom trips, but it is worth it. Drink your 64 ounces of water before dinnertime so you aren't up half the night going to the bathroom.

Water not only fills you up and lessens your appetite, it prevents hunger horrors which we all encounter that cause us to reach for our favorite candy, ice cream, chips or other high calorie treat. Water also flushes out the system, rids the body of bloat and toxins and rosies up the complexion. Now, start splashing!

### Eat Anti-Oxidant Rich Foods!

Antioxidants are intimately involved in the prevention of cellular damage -- the common pathway for cancer, aging, and a variety of diseases. Antioxidants are molecules which can safely interact with free radicals and terminate the chain reaction before vital molecules are damaged. Although there are several enzyme systems within the body that scavenge free radicals, the principle micronutrient (vitamin) antioxidants are vitamin E, beta-carotene, and vitamin C.

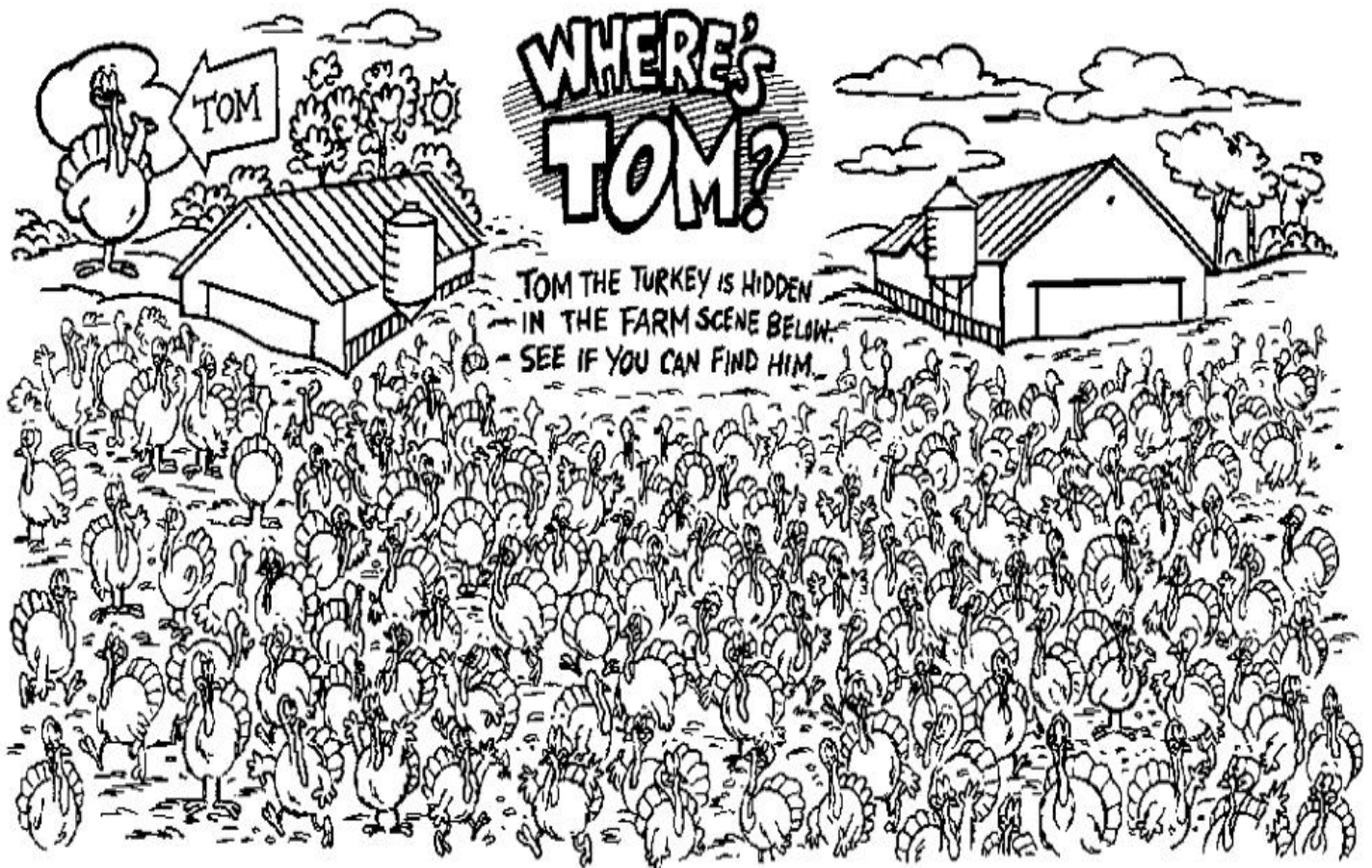
Although everyone seems to be loading up on vitamin C and E for their proven antioxidant effects, studies show that the best antioxidant dosages are not necessarily in pill form. Eating your 10 servings a day of fruits and veggies could be the best way to increase antioxidant capacity. Although all fruits and vegetables have them, the best foods for antioxidants are cauliflower, peas and oranges. So remember, eat those fruits and veggies, just like mom used to say!



# - GAMES & FUN INFO -

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Section E



## Did you know this about turkeys???

- Ben Franklin, in a letter to his daughter, proposed the turkey as the official United States bird.
- In 2003, the average American ate 17.4 pounds of turkey.
- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- Wild turkeys can fly for short distances up to 55 miles per hour.
- Wild turkeys can run 20 miles per hour.
- Turkeys' heads change colors when they become excited.
- Six hundred seventy-five million pounds of turkey are eaten each Thanksgiving in the US.
- It takes 75-80 pounds of feed to raise a 30-pound tom turkey.
- Forty-five million turkeys are eaten each Thanksgiving.
- The ballroom dance the "turkey trot" was named for the short, jerky steps that turkeys take.
- Turkeys don't really have ears like ours, but they have very good hearing.
- Turkeys can see in color.
- A large group of turkeys is called a flock.
- Turkeys do not see well at night.
- Eating turkey does not cause you to feel sleepy after your Thanksgiving dinner. Carbohydrates in your Thanksgiving dinner are the likely cause of your sleepiness.
- For their first meal on the moon, astronauts Neil Armstrong and Edwin Aldrin ate roast turkey in foil packets.

# - DR. PIKE'S RECIPE PICK -

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Section F

## SWEET POTATOES

**Nutrition:** These un-potatoes — they're related to the morning glory, not the white potato — are an excellent source of vitamin A, beta-carotene, vitamin C, potassium, and fiber. And sweet potatoes make a delicious dessert. Try this fun recipe!

### Sweet Potato Pudding (Dessert)

Makes 4 servings (2/3 cup per serving)

#### Ingredients

1 1/3 cups mashed, cooked sweet potato  
1/2 cup sugar  
2 teaspoons ground cinnamon  
2 teaspoons grated orange rind  
1 teaspoon salt (omit if on a low-sodium diet)  
1 teaspoon ground ginger  
1/2 teaspoon ground cloves  
1/3 cup egg substitute  
16 ounces evaporated skim milk  
Cooking spray



Combine sweet potato and the next 7 ingredients in a large bowl. Beat at medium speed with a mixer until smooth. Add milk; mix well. Pour mixture into a 2-quart casserole coated with cooking spray. Bake at 375° F for 1 hour or until a knife inserted near the center comes out clean.

For individual servings, pour 2/3-cup potato mixture into each of 4 custard cups. Bake at 375° F for 40 minutes or until a knife inserted near the center comes out clean. Let pudding cool. Cover and chill for 2 hours.

Nutrition information per serving	
Calories	83
Fat	0.86 grams
Saturated fat	0.20 grams
Monounsaturated fat	0.20 grams
Polyunsaturated fat	0.43 grams
Carbohydrates	15 grams
Fiber	0.40 grams
Cholesterol	1 milligram
Sodium	116 milligrams
Protein	3.5 grams
Carbohydrate choices per serving	1