



# Chittenden County Chiropractic -Monthly Newsletter-

October-November 2006

Section A

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To Our Valued Patients, Friends and Family,

Chittenden County Chiropractic would like to take this time to thank you, our patients, friends and family, for your ongoing support.

Our business has officially reached its six-month anniversary! We sincerely hope that you enjoy the first publication of our monthly newsletter. Please feel free to forward it on to any family, friends or co-workers whom you think may benefit from the information contained within.

**As a token of our appreciation and in an ongoing effort to “spread the word” about Chittenden County Chiropractic, we would like to offer 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.

Cheers to health and happiness through the holiday season!

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

**Saturdays:** Closed

**Sundays:** Closed

# - TOPIC OF THE MONTH -

October-November 2006

Section B

## FREQUENT HEADACHES?

It's important to figure out what type of headache(s) you have. Reference the chart below to determine which kind you may have, the course of treatment will depend on this answer. It's possible that you may have more than one type!

<u>Migraine</u>	<u>Tension Headache</u>	<u>Sinus headache (sinusitis)</u>
Moderate to severe pain	Mild to Moderate Pain	Moderate to severe pain
Pain on one side of the head	Pain on both sides of the head	Pain at the front of the head
Pulsing, throbbing sensation	Tenderness in the scalp, neck and shoulder muscles	Pain in the face, ears or teeth
Visual disturbances		Onset with sinus problems
Nausea or vomiting		
Sensitivity to light or sound		
Aggravated by physical activity		

Keep a record of when your headaches occur, details of how they feel, and the remedies you use to treat them. You can never be too specific! Consult your doctor for a treatment plan.

Click on the link below to access an online headache diary. This can be used to track the frequency and severity of your headaches. The diary also allows you to quickly determine headache triggers and relief measures. <http://www.achenet.org/resources/diary.php>



### Chiropractic care

Recent studies indicate that over 14% of Chiropractic patients are seeking treatment for headaches. The problem is often successfully addressed by chiropractors without the use of medications. Most often, dysfunction with the vertebral column in the cervical spine is the underlying cause of headaches. Cervical spine adjustments help to reduce myospasm and increase range of motion; which in turn relieves pressure on the spinal joints and nerves. Deep tissue massage, myofascial release and manipulations can be a very powerful and effective tool in the treatment of headaches.

### Over the counter medication treatments

**Migraine:** Aspirin; Combination drugs with acetaminophen, aspirin, caffeine (Excedrin Migraine); and Ibuprofen (Advil, Motrin)

**Tension Headache:** Acetaminophen; Aspirin; Combination drugs with acetaminophen, aspirin, caffeine (Excedrin Migraine); and Ibuprofen (Advil, Motrin)

**Sinus headache:** Acetaminophen (Tylenol); Aspirin; Decongestants (Sudafed); Ibuprofen (Advil, Motrin); and Saline solution sprayed into nose several times a day.

# - LOCAL VERMONT EVENTS -

October-November 2006

Section C

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

## OCTOBER

### Oct. 20– 21 & 26-28 The Haunted Forest

Williston, Vermont



**Description:** Outdoor theater in the woods to celebrate Halloween.

**Location:** The Catamount Family Center

**Address:** 592 Governor Chittenden Road

**Hours:** Call for Times

**Phone:** 802-238-0923

### Oct. 28

### Church Street Marketplace Halloween Parade & Festival

Burlington, Vermont

**Description:** Goblins and princesses are invited to the Church Street Marketplace for trick or treating, a parade, and family fun.

**Location:** Church Street Marketplace

**Address:** 2 Church Street, 2 J

**Hours:** 10:30-4 pm.

**Phone:** 802-863-1648

## NOVEMBER



### Nov. 4 - 5

### 24th Annual Quilt Show - A Symphony of Quilts

Shelburne, Vermont

**Description:** Sponsored by the Champlain Valley Quilters Guild of Vermont.

**Location:** Shelburne Farms Coach Barn

**Address:** Harbor Road

**Hours:** 10-5 pm.

**Phone:** 802-859-9810

### 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






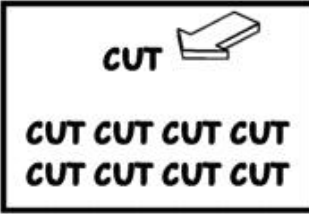
# - GAMES AND INFO -

October-November 2006

Section D

## REBUS PUZZLES

\*\*Answers to puzzles in Section E\*\*

1. 
2. 
3. 
4. 
5. 
6. 

## Dr. Pike's Health Tips:

### Stress management:

For every one-hour of work, take a five minute break walk, or meditate. With just a few minutes of exercise and/or you'll increase your physical activity, productivity and feel better throughout the day! When out of the office, experts agree that spending 30 minutes a day doing something you enjoy can drastically reduce stress. Soak in a hot tub, take a walk, play with your dog or listen to soothing music. Some simple suggestions to make you days brighter!



and stretch, relaxation,

### Move More:



Make it a daily challenge to find ways to move your body. Climb stairs when you have a choice. Walk your dog, chase your kids, toss balls with friends or mow the lawn. Anything that moves your limbs is not only a fitness tool but also a stress buster. Think, "Move in small increments". It doesn't have to be an hour at the gym or in a yoga class, though it is great when you're up for it. Thought for the day: Cha, cha, cha.....then do it!

# - DR. PIKE'S RECIPE PICK -

October-November 2006

Section E

## PUMPKIN SEEDS

Did you know that pumpkin seeds are indeed one of the most nutritious and flavorful seeds of all?

It is said that they can help lower cholesterol levels and are a rich source of minerals, protein and monounsaturated fats. Pumpkin seeds may also benefit prostate health, bone density and provide anti-inflammatory results in arthritic conditions. In addition, the shells are edible and a good source of fiber.

The freshest pumpkin seeds are, of course, when pumpkins are in season so dig in!!

**Here's a recipe to help.**



### INGREDIENTS:

- Pumpkin seeds
- Cooking spray, olive oil, or butter
- Optional: Salt, garlic powder, onion powder, seasoned salt, or other seasoning of choice

### PREPARATION:

Rinse pumpkin seeds. Use your fingers to remove all the pulp. Drain pumpkin seeds and discard pulp. Spread out on paper towels on a cookie sheet to dry overnight.

Preheat oven to 250 F. Line a baking sheet with non-stick foil.

Toss pumpkin seeds in olive oil, butter, or spray with cooking spray. Sprinkle with salt, garlic powder, onion powder, seasoned salt, cayenne pepper, or your choice of seasonings. Toss to coat.

Bake about 1 hour, tossing every 15 to 20 minutes, until golden brown.

Cool pumpkin seeds before eating. Store in an airtight container at room temperature up to 3 months or refrigerate up to 1 year.

If you like your toasted pumpkin seeds extra-salty, soak overnight in a solution of 1/4 cup salt to 2 cups of water. Dry an additional day, then proceed as above.

### REBUS PUZZLE ANSWERS

- |                       |                        |                         |
|-----------------------|------------------------|-------------------------|
| 1. Bigger & Better    | 2. For Instance        | 3. Too funny for words  |
| 4. Back to square one | 5. Once in a blue moon | 6. A cut above the rest |

References: Mayo Clinic Health Information Aug '06; The George Mateljan Foundation for the World's Healthiest Foods.