



To Our Valued Patients, Family and Friends:

April is a special time at Chittenden County Chiropractic as we celebrate our one-year anniversary. It's been a truly amazing year, filled mostly with high points and an abundance of success. The staff of Chittenden County Chiropractic cannot thank all of you enough. The support of our patients, family and friends has been incredible. We sincerely appreciate having all of you on our side.

**Chittenden County Chiropractic would also like to announce its proud participation as a sponsor of the MS society walk this year taking place on April 21<sup>st</sup> at Burlington High School. We will be donating a specified dollar value to the MS Society for any current or new patient visit during the weeks of April 16<sup>th</sup> through April 27<sup>th</sup>. In this way, our patients will also be helping the MS Society. In addition, we will be present at the MS walk with an informational booth and a team participating in the walk. Anyone interested in walking with us or donating to this very important cause, please contact Renee at 802-879-3900.**

Enjoy this publication and as always feel free to pass this along to any friends, family or co-workers who you think might benefit from the material.

Happy Spring!

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 -

April 2007

Section A

---

## MULTIPLE SCLEROSIS

Multiple Sclerosis is a chronic, unpredictable disease of the central nervous system – meaning the brain, optic nerves and spinal cord. It is thought to be a disorder in which the immune system incorrectly attacks healthy tissue, specifically myelin which is the protective insulation around nerve fibers. The myelin is destroyed and replaced with scars of hardened tissue, rendering some nerve fibers permanently damaged. MS can cause blurred vision, loss of balance, poor coordination, slurred speech, tremors, numbness and tingling, extreme fatigue, problems with memory and concentration, paralysis and blindness. The problems can be permanent or they can come and go. The disease itself is very hard to diagnose because there is no laboratory test to prove it but an MRI is a great tool in reaching a definitive diagnosis.

Most people with MS are diagnosed between the ages of 20 and 50 although people as young as 2 and as old as 75 have developed it. Most people who have MS live a normal life span with the disease and it is therefore not considered fatal. Individuals may struggle to live because of increasing physical limitations, which they may face. Two thirds of people with MS will remain able to walk, though many will need an aid such as a cane or crutches, and some will use a scooter or wheelchair because of physical limitations.

Anyone can contract MS but there are some patterns. Twice as many women as men have MS and studies have shown that there may be some genetic predisposition to the disease but there is no evidence that MS is directly inherited. It tends to occur more often in people with northern European ancestry but no one is immune to it. Approximately 400,000 Americans have MS and 200 more are diagnosed every week. MS affects 2.5 million people worldwide. It is thought that these numbers are actually very low because the CDC does not require new cases to be reported. There are likely many more Americans suffering from the disease who have not reported it.

Unfortunately, MS has no known cure. There are however, FDA-approved “disease-modifying” drugs which help to decrease the frequency and severity of MS attacks, reduce the accumulation of lesions in the brain and slow the progression of disability. In addition to drugs that address the basic disease, there are many other therapies that address symptoms such as spasticity, pain, bladder problems, fatigue, sexual dysfunction, weakness and cognitive problems.

Although it should be noted that Chiropractic care cannot alter the underlying disease process in the Multiple Sclerosis patient, it can be a valuable treatment option aimed at reducing chronic musculoskeletal pain that patients often experience. Ongoing studies have shown that patients are benefiting from alternative care procedures including chiropractic care for pain relief.

# - EASTER EGG FACTS -

April 2007

Section B

---

## SOME INTERESTING FACTS ABOUT THE REAL EASTER EGGS

Have you noticed over the past few years that buying eggs has become a lot more complicated? Grocer's shelves are inundated with different types of eggs from cage-free to free-range to vegetarian fed and so on. Here is some information to set your mind at ease and help you decide the eggs that are best for you!

**Pasteurized Eggs:** Eggs that have been heated to kill bacteria that may be present. They will still whip to stiff peaks but may not have the same volume as unpasteurized eggs.

**Certified Humane:** Essentially are eggs from hens that are treated humanely. These hens live outside of cages with suitable room for nesting. These farms are monitored by a nonprofit organization that works with the FDA to ensure humane living conditions for the hens.

**Cage-Free:** Eggs from hens who can roam free indoors with room to walk and spread their wings. They do not generally have access to the outdoors.

**Natural:** Don't be fooled. This term describes all eggs because they do not contain any artificial flavors or colors.

**Omega-3 Eggs or DHA:** Eggs produced by hens which are fed grains high in omega-3 fatty acids. The feed in turn raises the amount of omega-3 fatty acids in the eggs.

**Vegetarian:** Eggs produced by hens that are given feed free of any animal products.

**Certified Organic:** Eggs that come from hens who are not administered any antibiotics or growth hormones. These farms are governed by the USDA's national organic program.

**Free Range or Free Roaming:** Eggs from hens that live outside of cages, generally indoor but they have access to the outdoors. The amount of access to the outdoors is up to the farmer.

**Hormone Free:** Don't be fooled again. This term is meaningless because it applies to all eggs – organic and conventional. Poultry is rarely treated with hormones.



# - LOCAL VERMONT EVENTS -

April 2007

Section C

---

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

**Apr. 14**

**Bobby Watson Quartet**

**Location:** Flynn Center for the Performing Arts - FlynnSpace

**Town:** Burlington

**Description:** *Bobby Watson is one of the top alto saxophonists in jazz, a flexible player able to play swing, hard bop, and free jazz.*

**Phone:** 802-863-5966

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



**Apr. 15**

**14th Annual Vermont Antiquarian Spring Book Fair**

**Location:** Sheraton Burlington

**Town:** Burlington

**Description:** *More than 30 dealers selling used, rare and antiquarian books and ephemera in all subjects.*

**Phone:** 802-527-7243

**Website:** [members.valley.net/~vaba/events.html](http://members.valley.net/~vaba/events.html)

**Apr. 24**

**Broadway National Tour - I Can't Stop Loving You**

**Location:** Flynn Center for the Performing Arts

**Town:** Burlington

**Description:** *A high-energy, joyous celebration of the life and music of the legendary Ray Charles.*

**Phone:** 802-863-5966

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



**Apr. 27 - 29**

**41st Annual Vermont Maple Festival**

**Location:** Downtown

**Town:** St. Albans

**Description:** *Parade, crafts, antiques, talent show, carnival, maple exhibits and more.*

**Phone:** 802-524-5800

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

**Now through April 24, 2007**

**It's a Frog World After All**

ECHO Lake Aquarium and Science Center -- Burlington

**Description:** The red-eyed tree frog is one of the many beautiful and bizarre amphibians that make up FrogWorld, ECHO's exhibit in a new series featuring world creatures to compare to our regional critters. The permanent exhibit is highlighted by interactivities, educational displays, and a bevy of fantastic and otherworldly frogs.

**Location:** 1 College Street. Time: Open year-round, 10 a.m.-5 p.m.; closed most Mondays in winter. **Phone:** 877-ECHOFUN.



# - WORD MATCH & RECIPE -

April 2007

Section D

Match the word on the left with the description on the right. Good Luck!

(Answers are at bottom of page)

- 1. Central Nervous System
- 2. Cartilage
- 3. Marrow
- 4. Tendon
- 5. Ligament
- 6. Disc
- 7. Trigger Point

- \_\_\_ Hyperirritable spots in skeletal muscle that are associated with palpable nodules in taut bands of muscle tissue
- \_\_\_ System of the body including the brain and spinal cord
- \_\_\_ Fibrous connective tissue that connects muscle to bone
- \_\_\_ Strong connective tissue which serves to reduce rotational and compressive forces on the spine
- \_\_\_ Fibrous connective tissue that connects one bone to another bone
- \_\_\_ Soft tissue found in the hollow interior of bones. It is the place where most new blood cells are produced
- \_\_\_ A dense avascular connective tissue which supplies a smooth surface for articulating bones

## TRY THIS FOR A SIMPLE, DELICIOUS SPRING SALAD!

### Cucumber, Mango and Red Onion Salad

Ingredients

- 1 medium cucumber, peeled and thinly sliced
- 1 mango, pitted and cut into large dice
- 1 red onion, sliced into thin rounds
- 2 tablespoons lime juice
- salt to taste
- 3 tablespoons cilantro

Cooking Instructions

1. Place the cucumber, mango and red onion in a medium bowl.
2. Season to taste with the lime juice and salt.
3. Garnish generously with cilantro leaves.

### Nutrition Information

Number of Servings: 4

Serving Size: about 1/2 cup

Per Serving			
Calories	58	Carbohydrate	14 g
Fat	0 g	Fiber	2 g
Protein	1 g	Saturated Fat	0 g
Sodium	76 mg		

\*\*\*Answers to Word Match in order are 7, 1, 4, 6, 5, 3, 2\*\*\*