



SANTIAGO CHIROPRACTIC ASSOCIATES

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Don't Let Holiday Stress Hinder Your Health

Lake Hiawatha, NJ, December 2013 — The holiday



season is a busy time of year and is often associated with an increase in stress and/or anxiety in many individuals. Are you someone whose pain increases around the holiday season? Or perhaps you have noticed your body's immune system seems run down in December? Ever wonder why?

Studies have shown decreased amounts of sleep, an increase in social stress, busier schedules and eating more sugary foods are all factors which lower your tolerance for pain and can decrease your immunity around the holidays. Viruses and colds thrive on sugar as their food source giving them the perfect environment to take over your immune system.

As the holidays quickly approach, follow these tips to help keep your body happy, healthy and ready for the New Year:

1) Exercise: Exercising regularly will help boost your immune system and speed up your metabolism. Increasing your daily activity will help you burn off any excess sugar you will eat during the holidays and help your body produce hormones which decrease pain and allow you to sleep deeper at night.

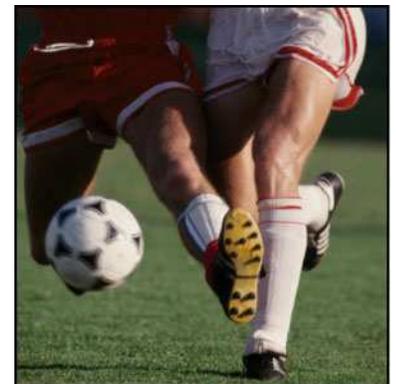
2) Vegetables: While all those baked goods are appealing to the eye and your taste buds, do yourself a favor and remember to visit the vegetable platter too. Dark green vegetables for example contain Vitamins A, K, C, and B just to name a few, whereas baked goods rarely contain any essentials for staying healthy.

3) Laugh: Have you ever heard the phrase, "Laughing is the best medicine?" It's true! Laughing decreases stress and muscle tension in the body and increases one's mood. Take along a joke to tell your friends and family at a holiday party. Chances are others will have a joke to tell and make you laugh as well.

The Benefits of Chiropractic for Athletes

A recent study performed in Australia confirms conservative chiropractic care benefits football (soccer) athletes in decreasing the amount of leg injuries, hamstring strains and low back pain. According to the study, the amount of time absent from playing football (soccer) was also clearly decreased due to a lower incident of injuries occurring/reoccurring. Treatments included in the study were chiropractic manipulation, muscle stretching and rehabilitation exercises. Additionally, the population of athletes utilizing sports chiropractic demonstrated improvements in overall health as well as measured by the SF-39, a patient reported health survey.

<http://www.ncbi.nlm.nih.gov.ezproxy.nycc.edu:2048/pubmed/20374662>





Shining Light on Laser Light Therapy

Laser therapy is growing in popularity in the medical community for treating a wide range of musculoskeletal conditions. Laser therapy works by utilizing a penetrating laser light source flooding the tissue with photons, energizing the damaged cells and increasing circulation to the area of injury. As a result, a cascade of healing responses is produced in the body, reducing inflammation, thereby reducing or even eliminating your pain.



Laser therapy treatment time lasts approximately 4-6 minutes and each time a treatment is rendered, the laser's therapeutic effects increase. So, although many patients experience initial improvements after one treatment, often 5-10 cumulative treatments yield better results. In the sports arena, coaches and team doctors are utilizing

laser therapy to decrease healing time and facilitate a shorter return to play time.

Laser therapy is supported by over 4000 clinical studies. It is a safe and non-invasive approach to treating musculoskeletal conditions with no known side effects and should be considered as one of the leading conservative options prior to utilizing drugs or surgery in conditions such as:

<i>Tendonitis</i>	<i>Bursitis</i>	<i>Arthritis</i>
<i>Sport injuries</i>	<i>Headaches</i>	<i>Post surgical recovery</i>
<i>Plantar fasciitis</i>	<i>Sciatic pain</i>	<i>Carpal tunnel syndrome</i>
<i>Disc herniations</i>	<i>Ankle sprains</i>	<i>Muscle spasms</i>

Different classes of lasers differ in the energy wave length and depth of penetration. Santiago Chiropractic is the only chiropractic facility in the region with three different classes of lasers on site—each with different treatment capabilities. While laser therapy couples very well along with chiropractic care, appointments can also be made for laser treatments independently. If you feel you or a loved one may benefit from laser therapy, please feel free to call our office for more information or to schedule a consult.



A Special Thank You: I would like to take this opportunity to give a special thank you to Dr. Santiago, Dr. Scarano and Santiago Chiropractic Associate's staff and patients for an incredible learning experience and for your hospitality during the month of November. May you all enjoy a wonderful Holiday Season in good health.

Best Regards,
Dr. Jonathan

Need a gift idea for someone you



Treat them to a relaxing massage this season at SCA!



(Gift Certificates are available at the front desk)



For more health tips and ways to eat well, move well and think well:

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