

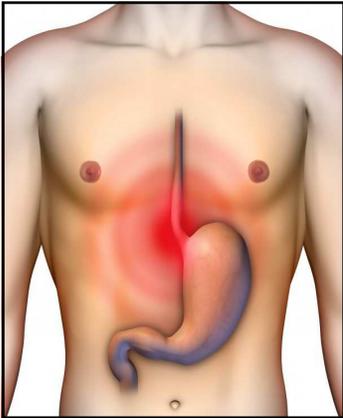


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Eat, Drink & Be Merry... Without Stomach Pain

Lake Hiawatha, NJ, December 2014—This time of the year, as family and friends get together to celebrate the holidays, not only do we socialize more, we also tend to eat more. The large quantities and variety of food make it hard for even the most disciplined people not to indulge and many suffer from indigestion and heartburn as a result.



Symptoms of indigestion can include abdominal pain, belching, bloating, fatigue, gas and nausea. There are certain foods and beverages known to

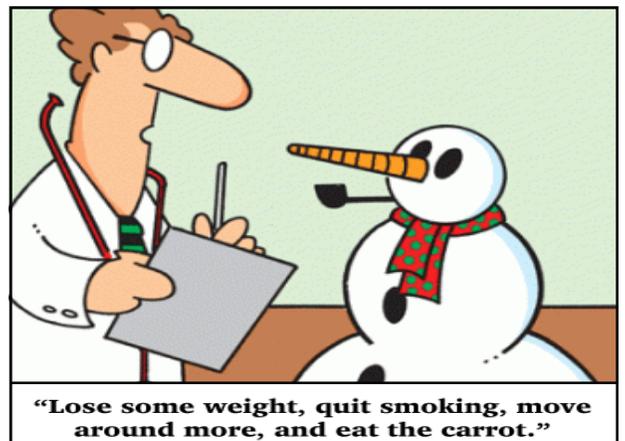
cause indigestion because they are irritating to the digestive tract. These include: alcohol, caffeine, beans, carbonated beverages, citrus juices, fried and fatty foods, peppers, potato chips, red meat and tomatoes. In addition, indigestion can be caused as a result of swallowing air by chewing with the mouth open, talking while chewing or eating food extremely fast. Drinking liquids with meals can also contribute to indigestion because it dilutes the digestive enzymes required for proper digestion. If you are prone to indigestion, consider the following tips:

- *Chew your food thoroughly. Digestion starts in the mouth and chewing signals the rest of the digestive system to prepare to break down the food for absorption.*
- *Consume well-balanced meals void of processed foods and with plenty of fiber-rich foods such as fresh fruits and vegetables.*
- *Take a brisk walk or stretch following your meal to help aid the digestion process.*
- *Maintain an exercise program which includes walking, biking or low impact aerobics as part of a regular routine.*

Indigestion is frequently associated with heartburn. Approximately 60 million people in America suffer from heartburn often occurring when hydrochloric acid, which is used by the stomach to digest food, backs up into the esophagus. This then causes the sensitive tissues in the esophagus to become irritated and pain to be felt in the middle of one's chest. Heartburn is sometimes referred to as gastro-esophageal reflux disease (GERD) and can strike anyone at any age. Recommendations for GERD are quite similar to indigestion in the regards of changing your eating habits, but additionally you should:

- *Eat more raw vegetables to counteract the actions of the hydrochloric acid in your stomach.*
- *Eat smaller and more frequent meals and make sure you chew your food well (eat slowly and enjoy your food).*
- *Slowly drink a large glass of water at first signs of heartburn.*
- *Wait at least three hours after eating before lying down (lying down eliminates the forces of gravity on the stomach acid increasing the risk of developing heartburn).*
- *Do not wear clothes that fit tightly around the waist, especially to bed.*

If you have any further questions regarding either indigestion or heartburn, please feel free to ask us for more tips during your next office visit.



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A Natural Approach to Managing Your Pain

How often are you taking Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)?

As needed? On occasion? Daily? Multiple times a day? While they may be helping with your pain, are you aware of the potential risks involved with taking these medications on a regular basis? NSAIDs are strong medications. Their job is to block the enzymes which produce prostaglandins – a chemical that promotes inflammation (most always necessary for healing), pain and fever, supports the blood clotting function of platelets and protects the lining of the stomach from the damaging effects of acid. While these actions may help one condition, they can cause problems in other ways including increasing the risk of heart attack, stroke, skin reactions and other serious stomach and intestinal bleeding. In fact, did you know you should never take even a nonprescription NSAID for longer than 10 days without consulting with your doctor due to these risks?

Are there alternatives? The good news is - **YES** - there are natural alternatives that come without these risks. Your body can utilize proteolytic enzymes such as Trypsin, Chymotrypsin and Bromelain to reduce pain and swelling, Tumeric to stimulate tissue repair, Ginger, Boswellia and Cayenne Pepper to reduce inflammation, and Quercetin, Lemon and Vitamin C to provide antioxidant protection.

What to Use, When? Depending on which phase of healing you are in – your needs may vary. If you are in the acute phase of healing (first 72 hours post injury), a combination of all of the aforementioned are highly recommended and can be found as an option in *Metagenics* new product, *Acute Phase*. *Acute Phase* is designed to provide highly targeted nutritional support for patients who may benefit from muscle tissue support and minor pain relief and is the ideal nutritional component for the first three days of healthcare practitioner-supervised care.

For active patients requiring muscle tissue support and pain relief beyond these three days or following intense exercise we recommend: *Metagenics, Inflammation Intensive Care* for short-term use as necessary.



If you have any questions regarding these products & whether or not they may be options you could use as alternatives to your preferred anti-inflammatory medication, please ask us during your next visit.

4 Tips to Avoid Bad Holiday Postures

- 1. While Wrapping:** Avoid sitting on the floor if possible. Keep all materials within easy reach or move around your workspace to avoid awkward stretches.
- 2. While Cooking:** Stand with your feet shoulder-width apart, shoulders back & knees soft. Be sure your work surface is approximately level with your wrists. Consider a sturdy stool or extra cutting boards to increase or decrease your height as needed.
- 3. While Traveling:** Sit with your legs uncrossed, feet flat on the floor & your spine straight avoiding a caving in of the chest which encourages shallow breathing. Take a minute to get up & stretch once/hour.
- 4. While at Parties:** Choose comfortable footwear. Fight fatigue while on your feet by balancing your weight evenly on both feet, keeping your knees unlocked and your belly button pulled in toward your spine.

