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Anti-Aging with Eustress

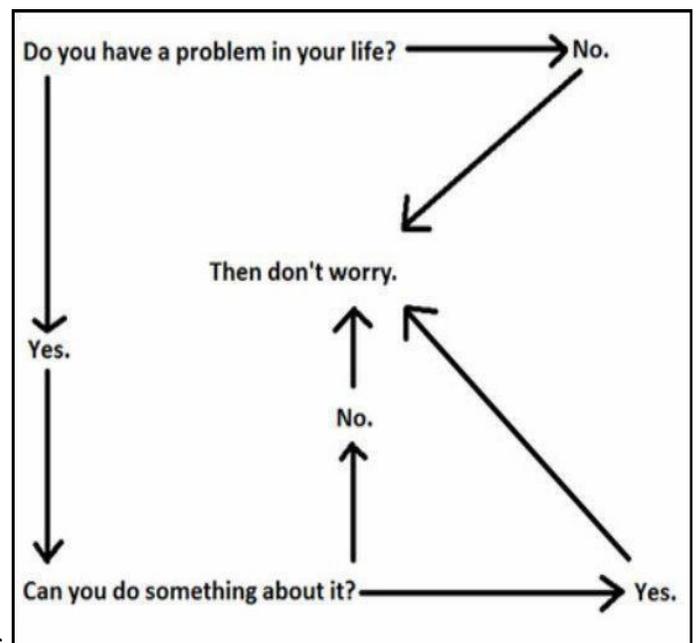
Lake Hiawatha, NJ, November 2015 — This time of year, as things at the office tend to heat up when the weather cools down, the academic semester peaks and the holidays approach, a majority of people report that stress negatively impacts all areas of their lives. Stress is an organism's response to a disruption of its comfort zone or homeostasis. In 1936, Dr. Hans Selye first published his findings about the adrenal glands and their stress response and coined the now commonplace phrase "fight or flight."

Bad Stress: Constant stress causes high levels of cortisol and adrenaline in the bloodstream which increases blood pressure and blood sugar, reduces digestive and immune system function, reduces sex hormone production, increases abdominal fat and causes brain cell death. It is easy to connect the stress dots to rising levels of heart disease, diabetes, depression and obesity. Moreover, constant stress ages us. Prolonged stress without adequate recovery time causes cellular breakdown through oxidative stress, glycation and diminishing telomeres (three cellular determinates of longevity). When stress is constant and the person in distress feels a lack of control over his or her stressful circumstances, it is especially harmful.

Good Stress: Selye's research revealed that constant stress is unhealthy, but the advice to "reduce stress" is like saying, "Since the air is polluted, breathe less." We need to understand that there are two sides to the stress equation. Selye also coined the lesser-known term "eustress." Eustress is "good stress." For example, eustress is the pleasurable excitement we feel when vacationing in a new place or learning a new game. Eustress is the feeling of being in control and confident of your ability to handle the demands and tasks required. Eustress is *you-handling stress*.

Anti-Aging with Eustress: Interestingly, successful strategies to reduce cortisol levels in children and adults include not only the typical stress-reduction techniques we often hear about (yoga, exercise and meditation), but also affirmations. When test subjects approached school or work stressors with the mental imagery that affirmed, "I can solve this task," their cortisol levels dropped. As Henry Ford famously said, "Whether you think you can or you think you can't, you're right."

Children tend to have a healthy outlet for stress - play. As adults we tend to be more stressed and play less. Do we stop playing because we age or age faster because we stop playing? To help turn our stressors into eustress in our lives, we need to rekindle our youthful spirits and enthusiasm by finding ways to nurture our inner child. It can be done and it's easier than you might think—learn something new, start a hobby, join a group activity, play a musical instrument—and the list goes on. You **CAN** change the results of your life and you **CAN** make a positive difference in your life and the lives of those around you.



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Home Remedies for Sinus Infections

Those who suffer from sinus infections know how uncomfortable they can be. Unfortunately, sinus infections are quite common—affecting 37 million Americans a year. Sinus infections are an inflammation of the lining in the sinus cavities and can be caused by colds, flu, bacteria or allergies. Fortunately, for those who prefer not to medicate yourself with conventional drugs, there are many natural and effective remedies for these infections



1. Elevate your head while sleeping.
2. Apply a warm compress to your face multiple times daily for 5 minutes each.
3. Take Vitamin C, an immune booster (1000mg, 1-3xs daily).
4. Drink hot liquids to help moisturize the mucous membranes and wash away mucus.

5. Push your tongue against the top of your mouth and finger between your eyebrows and apply pressure for 20 seconds.
6. Clean your house—especially your bedroom. Using a HEPA filter air purifier will also be beneficial.
7. Use or supplement Turmeric which contains the powerful anti-inflammatory compound curcumin, which can help to heal the sinus cavity and clear the airway.
8. Try a nasal saline rinse. If you have never done this before, ask us if this option might be right for you and for a free sample.
9. Apple cider vinegar (organic recommended)—just one of its many uses. Mix 8oz of warm water with 2tbsp of ACV and 1tbsp of honey OR simply take 1tbsp 3 times daily OR if not palatable mix 1/2cup ACV with 1/2cup of water, heat it on the stove and inhale the steam with mouth and eyes closed.
10. Sinus Drainage Work—Ask Dr. Scarano or Dr. Santiago what manual work they can do on your sinuses to help you find relief.

ICD-9 to ICD-10 Conversion?

As you may have seen or heard on the news, as of October 1, 2015, the US Department of Health and Human Services has required a revision of the International Classification of Disease's (ICD) 9th system which physicians and other providers were using to code all diagnoses, symptoms and procedures recorded in hospitals and physician practices to the 10th coding system (ICD-10). The implementation of ICD-10 as the standard code includes more than 68,000 diagnostic codes compared to the 13,000 found in ICD-9 and also includes twice as many categories. For example, ICD-10 provides codes to distinguish between left or right leg; ICD-9 did not. What does this mean for you? Ultimately, this is a positive and necessary transition for healthcare and while it should not effect you personally, you may want to offer a hug to anyone you know working in the Coding & Billing Field as they work through this transition (including our office manager, Hazel)!



Summer Intern Scores 1st Goal

Congratulations to summer intern, Maddie Snyder, who scored her first collegiate goal for Trinity College's division III women's soccer team on September 30 against the Wheaton College Lyons! The Trinity Bantams went on to win the game with a final score of 4-0 and are currently heading into the post-season with a 11-5 overall record and a 6-4 mark in the New England Small College Athletic Conference (NESCAC).



Maddie Snyder '18 scored her first career goal