

# Neuromechanical Pain Management Associates Newsletter

## “Where we serve more people and serve people more!”

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August 2015 Issue

### Healthy dose of vitamin D

There have been lots of fun outdoor activities this summer – swimming, fishing, biking, walking, amusement parks, picnics, and beach vacations. After hearing the countless warnings regarding sun exposure, we know the significance of sunscreen and the proper coverage of our skin. However, there is a new trend building momentum that has caused the experts to rethink how much we are avoiding the sun.

Recent evidence is connecting excessive avoidance of the sun to a lack of Vitamin D. This essential vitamin is “used by the body to manage the amount of calcium in your blood, bones and gut, and help the cells all over your body communicate properly. However, with the inherent risks associated with excessive sun exposure finding a balance is critical, but it can be done with discipline and awareness.

There are three key benefits to adequate sun exposure:

1. The sun allows the body to produce Vitamin D.
2. The sun gives us our healthy sleep patterns by regulating circadian rhythms.
3. The sun promotes a happier disposition.

Still, we need to understand what it requires to ensure we don’t overdo it and increase our risk of sun damage.

### Spinal Decompression at Neuromechanical Pain Management

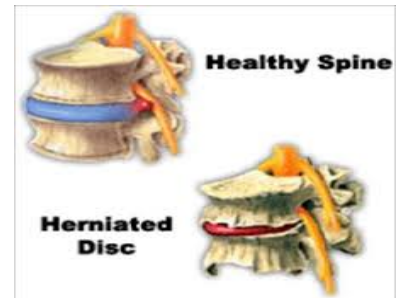
What makes our office unique, is it is one of the only Chiropractic office’s in the Levittown area that had Spinal Decompression. What is Spinal Decompression?

Spinal Decompression Therapy involves stretching the spine, using a traction table or similar motorized device, with the goal of relieving back pain and/or leg pain.

This procedure is called *nonsurgical* decompression therapy (as opposed to surgical spinal decompression, such as laminectomy and micro discectomy).

#### Theory of Spinal Decompression

Decompression of the involved disc creates a negative intradiscal (“within the disc”) pressure which, in turn, creates a vacuum effect which reduces (“sucks in”) the size of the herniation, and which then takes pressure off the involved nerve root, reduction or elimination of extremity (leg/arm) pain and/or numbness, while at the same time the pumping motions, due to Non-Surgical Spinal Decompression, called, “imbibition”, allows nutrients to be exchanged at the level of the disc and inflammation around the nerve root to be dispersed resulting in reduction or elimination of low back pain.



#### **\*New Patient Health Pass\***

**For new Patients and their Families**

**Health history and consultation with doctor**  
**Spinal Examination**  
**Doctor’s Report of Findings**

## Is Chiropractic Good For Children?

Many parents are beginning to introduce chiropractic care into their children's lives from birth to young adulthood. Highly trained chiropractors specializing in pediatric care offer a drug-free complement to traditional pediatric care. Chiropractic care is based on the relationship between the spine and the nervous system, and pediatric chiropractors believe that by keeping the spine in alignment as a child grows, a high level of preventative care and wellness is achieved. Chiropractic care during childhood maintains a child's structural health, which, in combination with regular pediatric care by the child's pediatrician, promotes better overall health and wellness.

Developing children experience physical stresses on their spine beginning during fetal development and continuing into adulthood. Chiropractic care is a safe method of maintaining spinal health, and many parents begin chiropractic care in infancy. In utero, the spine adapts to the confines of the mother's uterus and then undergoes further stress during delivery. Early disruptions in spinal development and alignment interfere with developmental milestones like holding up the head, sitting up, crawling and walking. These early milestones depend on the health and balance between the spine, cranium and nervous system. Other issues in both infants and children that are preventable with pediatric chiropractic care are disrupted sleeping patterns, breastfeeding difficulty in infants, restricted neck movement and misalignment of the shoulders. By using chiropractic care in addition to regular pediatric care, you can improve the health of your developing child.



## Ten Minute Meal- Maple-Chili Glazed Pork Medallions Recipe

Recipe Source 1 teaspoon chili powder

- 1/2 teaspoon salt
- 1/8 teaspoon pepper(s), chipotle chile, ground
- 1 pounds pork, lean tenderloin, trimmed and cut crosswise into 1-inch thick medallions
- 2 teaspoon oil, canola
- 1/4 cup(s) apple cider
- 1 tablespoon maple syrup
- 1 teaspoon vinegar, cider

Preparation

1. Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.
2. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side.
3. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits.
4. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.



## Chiropractic Benefits for Pregnant Women

Currently, the International Chiropractic Pediatric Association (ICPA) recommends that women receive chiropractic care throughout pregnancy to establish pelvic balance and optimize the room a baby has for development throughout pregnancy. With a balanced pelvis, babies have a greater chance of moving into the correct position for birth, and the crisis and worry associated with breech and posterior presentations may be avoided altogether. Optimal baby positioning at the time of birth also eliminates the potential for dystocia (difficult labor) and therefore results in easier and safer deliveries for both the mother and baby. Establishing pelvic balance and alignment is another reason to obtain chiropractic care during pregnancy. When the pelvis is misaligned it may reduce the amount of room available for the developing baby. This restriction is called intrauterine constraint. A misaligned pelvis may also make it difficult for the baby to get into the best possible position for delivery.

