



Gajda Health "Pulse"

January, 2010

**Happy New Year to All!! Here's Hoping the New Year Brings Peace, Joy and Good Health to Everyone!!**

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### The Wonders of Ginger by Bob Gajda, RKT

**Health Questers.....Health Suckers:**

**Do you use the half baby aspirin daily? Are you not concerned over the ulcer-liver-death continuum? Well for the sake of your stomach, try Ginger, Garlic or Onions. They all work as good, or better, than Nsaids (non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen). Ginger, like aspirin, holds the potential to prevent thousands of deaths from heart attacks and strokes as well as colon cancer. But unlike aspirin, it will have no side effects.**

**Ginger offers a variety of therapeutic effects which no modern drug can rival. Unfortunately, due to a monopolistic health-care system and a historically biased regulatory environment, full awareness of ginger's value has been limited.**

**Ginger has been recognized as an herb of choice for lessening the severity of the common cold. It has also been noted medicinally for thousands of years**

as a motion sickness remedy, blood thinner and common cold reliever.

Anisakis, a parasitic infection which is principally acquired through the consumption of sushi or raw fish, is increasing markedly in the U.S. No effective drug treatment exists to eliminate the worms which typically become embedded in the stomach or bowel wall. A study demonstrated that an extract of ginger caused more than 90% of the larvae to lose movement within 4 hours and to be destroyed completely within 16 hours. It is not surprising that ginger is traditionally eaten with sushi in Japan.

The introduction of ginger into the diet should be gradual. Both fresh and dry ginger are recommended forms. It is available commercially in many forms including fresh, dried, syrup, capsules and extract.

Read more about ginger in "Ginger, Common Spice and Wonder Drug" by Paul Schulick.



Words of Wisdom by Mary Lou Gajda

***"All That We Are Is The Result Of  
What We Have Thought"  
-Buddha***

January Reading Recommendations:

***"Behavoir Never Lies"  
by Richard Flint***

***"Science of Being Great"  
by Wallace Wattles***

***"Self Matters"***  
***by Phillip McGraw, PhD***



For Tips on Ways to Improve Your Health and Happiness in the New Year,  
log onto [www.naturalnews.com](http://www.naturalnews.com)

## **Avoiding Slips and Falls by John Stelnicki, LPT**

Every winter in Physical Therapy, we see current patients and new patients who have hurt their backs, hips or knees from slipping on the ice, almost falling, or falling. I can't emphasize enough, **TAKE YOUR TIME, TEST THE SURFACE FOR ANY BLACK ICE, DON'T BE RUSHING AROUND, DON'T FALL!** These injuries are 100% preventable. Don't be a victim.

In the extreme, some fracture a bone or have to go to the ER. Mostly, it's a minor or moderate injury that we can treat when they come in for therapy. Typically, for any strains, we will treat with ice, gentle massage, electrical stimulation, range of movement exercises and stabilizing exercises for adjacent body parts, all to help the healing process proceed smoothly, to avoid any abnormal healing, and restore function as early as possible. As pain subsides, further massage will correctly align the tissue for proper functioning along with strengthening exercises to build up the tissue that has weakened from the damage.

Falls/injuries are too costly. Take precautions and be careful. As snow melts, it will freeze again overnight and be pure ice in the morning. Also, snow shovelling can be treacherous for the back. Check with your therapist for proper body mechanics. Good luck!



## **Stick To Your New Year's Resolutions by Susie**

## Lawrence

Did you make a New Year's resolution? Studies show that everyone's good intentions are usually a memory come February. Following are things that help a resolution work.

1.) Desire to Change - This must come from inside yourself and you must be in a state of readiness. If you aren't ready to make the changes, chances are you will not succeed. Sit down and analyze what you really want.

2.) Ability to Change - You must have the tools and skills. If you are looking to lose some pounds, research diets now. If you are looking to get sober, look into AA meetings. Think ahead and have the tools in place before the new year. Lots of people don't have time during the holidays. There's no time like the present to get that change in action.

3.) A Supportive Environment - Do other people want you to change? Stay away from non-supportive people. Try to find people that are excited about the new you. They will help you if you slip a little.

4.) Confidence - Those who truly believe they can change, do. Doubters will more likely fail.

5.) New Habits Take Time - New behaviors must be repeated over and over before they can become habits. Give yourself small rewards instead of a pass or fail grade. Reward behaviors, not results. If you stayed on a 1500 calorie-a-day diet all week and have promised yourself one dessert on Friday night, give yourself the reward even if you haven't lost the few pounds you intended to lose.

6.) Falling Off the Wagon - Look at this as important part of change, not a permanent setback. Nobody gets it right the first time. Get back to your positive behaviors and don't beat yourself up. Feeling like a failure will create one. Feeling like a champion will help you win.



## Proform Body Contouring

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## Rest Remains Crucial To Athletic Development by Dr. Robert Weil, Sports Podiatrist

If you're a pro-athlete and getting paid millions of dollars, you're expected to learn to play with pain. I really don't know when and where that started, but it's still not smart.

Minor injuries can become worse or recur because athletes don't back off when they're hurt. I like to call the opposite approach "intelligent rest". It's not an exact science and setting expectations and time frames requires some thinking. This can be tough to do because the pressure is always on - from coaches, parents, teams and the athletes themselves.

This is one of sports medicine's greatest challenges - how to get the athlete back into action with not really enough time to heal.

What's alarming is how often the same "no time off" philosophy is applied to youth sports. The more serious the sport, the more difficult it is to get enough rest and recovery. Today, many sports are year-round, factoring in club and school seasons. If it is the offseason, there is always sports conditioning and weight-training activities.

Specialization at younger and younger ages is almost the norm now. And not surprisingly, some over use problems or injuries are the result of too much

repetitive motion. One of the great ironies in pro, college and top-level amateur sports is that while athletes often get the best care, they almost never get enough healing and recovery time. Of course, very few of us are professional or even high-level amateur athletes, but the need for proper rest and recovery time is still very important.

Recreational athletes who do aerobic, running, resistance and strength exercises often fall into the same mistake patterns - engaging in more activity more often with greater intensity than they should. The key is to listen to your body. If you're consistently tired or dealing with persistent soreness and pain you need to back off! Reduce the amount and intensity of the workout and allow things to calm down.

For example, if you're a jogger or runner who experiences pain, become a walker for a week or so. If problems persist, see somebody who can evaluate your problem and recommend a solution. If a young athlete complains of or displays persistent pain or discomfort, the parent needs to step in and prescribe some "intelligent rest." Seek out a diagnosis, treatment and sensible guidelines for a return to action from a sports doctor or physical therapist. Proper amounts of rest and recovery are essential keys to injury prevention and enhanced performance.

Visit Dr. Weil's website at  
[www.sportsdoctorradio.com](http://www.sportsdoctorradio.com).



## Holiday Greetings from a Special Friend

Dear Bob, Mary Lou, John and Susie,

Thank you once again for another year of your sweet and kind devotion and care to me. I can't imagine where I'd be without you! You all mean the world to me.

Pat Tyma



**Pat with daughter Elise**

## *Patient Testimonial*

Dear Mr. Gajda,

It has been almost three years to the day since my friend and former soccer teammate, Jake DeClute, introduced me to you at your office. At the time, I was preparing for Navy SEAL training and had an injury in my abdomen that was causing me much grief. After working with you for several sessions, and taking your advice to receive prolotherapy from Dr. Kohn, I found relief and was able to begin SEAL training.

After nearly two years of training at the Naval Special Warfare Center in Coronado, CA, I accomplished my goal of becoming a Navy SEAL and have since fought in Iraq in support of Operation Iraqi Freedom. Currently, I'm preparing to deploy once again, this time to Afghanistan in support of Operation Enduring Freedom.

Please accept the enclosed photograph as a small token of my appreciation for your help in launching my SEAL career. I would not have been able to complete the training and serve in the SEAL Teams without your help.

Sincerely,

**SO2 Peter A. Chamois  
SEAL TEAM THREE**



## *Haiti Earthquake Relief*

We can all help the victims of the devastating earthquake in Haiti by making a donation to the American Red Cross International Response Fund. You can call 1-800-RED-CROSS, mail donations to American Red Cross, P.O. Box 37243, Washington DC 20013 or log onto [www.redcross.org](http://www.redcross.org).

**Thank you for your continued patronage. We look forward to continuing our relationship with you.**

**Yours in Health,  
The Gajda Health Plus Network Team**