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*It's Springtime!  
Celebrate our Earth by  
Making Conscious Choices!*

## How Structurally Stable Are You? by Bob Gajda, RKT

**Stabilization strength can be thought of the glue that joins together all the body segments. Here are some easy tests to see how you measure up for static stability. If you've been injured, these tests are a good guide for judging to see what you need to improve and how ready you are to train for high-performance athletics. These tests should be done in front of a full-length mirror and with shorts and socks on.**

**First, lift one leg in front of you. Can you still stand still? Are you rocking back and forth on your foot? Now try with the other leg. If you cannot stand on either leg, you are unfit for any athletic endeavor, and it would be harmful for you to do any running.**

**If you passed the first test, do a quarter squat. Then do a half squat. If you cannot, you are not fit to run or play any sports at all until you have properly rehabilitated yourself.**

**The reason is, in running or any sporting endeavor, you spend much of your time on only one leg. If one of your legs cannot support you in your own room while standing, then there is no conceivable way that it is strong or stable enough to do so in an athletic setting, or to even withstand the stresses of running. The forces involved in running and in various sports are four to ten times greater than the forces involved in simply standing or trying a simple squat. You must be stable before you can perform. Without stability you risk injury and you cannot perform at your maximum.**

**The next test is the "mirror test". Stand sideways and look at yourself. Do you have what is commonly called a swayback, which gives you a potbellied appearance? Are you round-shouldered? Does your neck stick out like a road-runner's?**

**Now begin the test: Can you pull your head back and tuck in you chin? Can you pull your shoulders back? Can you suck in your gut as if you were going to be punched by Sugar Ray Leonard? Can you rotate your pelvis? You should be able**

to rotate your pelvis approximately 30°. If you can't do all of these maneuvers - that is, do them securely and hold them - then your important trunk muscles do not have a strong, stable core. You must have core stability before you can perform or return to performing any athletic endeavor with any kind of safety.

To get started with your core and stability program, contact us today.



## Happy Mother's Day

### *A Special Note of Appreciation for Mothers*

May 10th, 1908 was the first celebration of modern American Mother's Day. Anna M. Jarvis, whose mother tried to reunite families splintered by the Civil War, campaigned for an official day set aside to honor mothers in America. That tradition still continues today. Take a moment this Mother's Day to reflect on the many ways your Mom impacted your life. And if you're a Mom, enjoy your special day!

Gratitude and Love,  
Mary Lou, Susie, John and Bob



Mother Day Banner

## How To Manage Chronic Pain by John Stelnicki, Physical Therapist

Daily management of orthopedic pain (pain in muscles or joints) is essential for reducing the long term affects of pain in the body. Any acute injury or pain that lasts for more than a week should be checked out by a professional. Daily management of this pain should involve:

- 1.) Ice. Apply ice to the affected area for 15-20 minutes several times per day.
- 2.) Reset. Work the opposite muscles through their full range of motion in slow rythmical fashion. This will neurologically reset the affected muscle and help it to relax.
- 3.) Avoid stressful stretching. As the body naturally heals itself, stretching beyond its normal limits will retard the healing process, causing more scarring, slower healing time and tighter tissue. Work the limb or body part through its natural range of movement, without going past its limits.
- 4.) Massage. This helps the healing process, reduces congestion/inflamation in the tissue, reduces scar tissue, and reduces pain.
- 5.) Medications. As prescribed by your doctor.
- 6.) Protect. Any area that needs a brace, tape or splinting should be protected. Avoid any further stress if possible to the area. Exercise only when healing has occurred and no pain results after training.

Injuries follow a cycle in the body. Depending on their severity, the time to heal varies. The above methods help to slow and reverse the cyclical damage caused by injuries. Daily management using these methods will help the body heal, and reverse the downward cycle of an injury, progressing to the upward healing cycle.

Come in to see us for the finer points of the above methods and proper conditioning/training programs to strengthen the body's structural systems to heal injuries and prevent other injuries in the future.



**Words of Wisdom by Mary Lou Gajda**

*The rolling river,*

*the morning bird;  
Beauty through my senses stole;  
I yielded myself to the perfect whole.*  
- Ralph Waldo Emerson

***"This Is For Everyone"***  
**Universal principles of healing and the Jewish Mystics**  
**by Douglas Goldhammer, DD and Melissa Stengel, LCSW**

***"Vibrational Medicine"***  
**Handbook of subtle-energy therapies.**  
**by Richard Gerber, MD**

***"In Nature's Hands"***  
**An Organic Gardening Potpourri, from Armadillos to Zucchini**  
**by Louise Riotte**

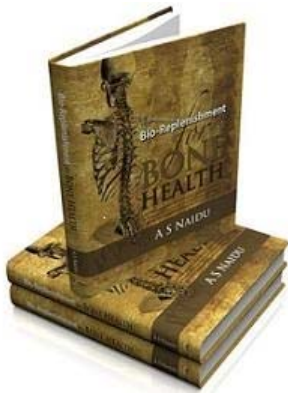


## **Bone Health & Wealth by Bob Gajda, RKT**

Thanks to an invitation from Judy Finnell, Nikken Wellness Consultant, I had the opportunity to sit in on a lecture on Bone Health and Wealth by International Microbiologist, A.S. Narain Naidu, Ph.D. My usual sitting discomfort was negated because Dr. Naidu was quite interesting, an excellent speaker. He popped out information in a way that a junior high school student could comprehend, an excellent teacher. I could go for more. I promise to share his book, Bio-Replacement for Bone Health, with my staff and patients on their way to wellness. The auditorium was excellent and the crowd attentive and anxious for knowledge.

Judy, along with Karla Walter and Ruth Loh, gave a great effort and were very professional - congratulations goes out to them! Take a bow! Thank you for this first class community education.

For more information on Nikken products contact Bob Gajda.



**Bio-Replenishment for Bone Health**

**Judy Finnell and Dr. Naidu**

## **Relieve Chronic Headaches with Acupuncture, by Cliff Morland**

If you happen to suffer from chronic headaches, you should know that you are not alone. A recent survey discovered that approximately one-third of the global population suffer from headaches, and an estimated 10 million people in the United States visit a general practitioner for pain relief annually. A report published in the December, 2008 issue of the *Anesthesia & Analgesia Magazine* has combined data from several different studies and shows evidence that acupuncture can help significantly with this painful problem. The studies showed that acupuncture is an effective treatment for chronic headache. The researchers also found that there were significant fewer side effects with acupuncture and reduced intensity of the headaches, compared to medication in three separate trials. The researchers from Duke University compared terms such as headache, tension headache and migraine and found significant evidence that acupuncture can help to lessen and relieve the pain that comes with headache. So if you are looking for an safe and effective alternative to traditional therapies, try acupuncture.

Give Gajda Health Plus a call to schedule an appointment with Cliff.



## **Team Concept New To Sports Medicine by Dr. Robert Weil**

The athletes of today, at all levels, enjoy great advances in sports medicine. Emphasis on prevention, maintenance, nutrition, and performance are

examples. What was once strictly the orthopedic surgeon's position as team doctor has expanded greatly. The new sports medicine "team" involves doctors in many specialties along with trainers and therapists and strength coaches.

The old thinking that sports medicine was mostly surgical has changed to the understanding that over 90% of problems and concerns are everything else. Overuse injuries, sprains and strains, training methods, nutrition are all examples of areas of attention, only for on the field, on court injury evaluation, but also for their role as rehabilitation specialists. They work closely with all the various doctors and therapists involved with the new sports medicine.

Sports specialists in podiatry, chiropractic, physical medicine, pediatrics, orthopedics, osteopathic and dentistry all can be part of these inclusive approaches. Add massage therapy, acupuncture, optometry and sports psychology.

I find that often in my sports podiatry practice, I'm helping "quarterback" referrals to these various experts for my young athletic patients.

The areas of sports nutrition has grown tremendously. Great attention to everything from sports drinks to sports supplements, to water. For the recreational athletes as well as the baby boomers, information regarding diet and nutrition is important. The mental side of sports continues to grow in attention.

Sports psychology and mental training is huge today. As participants - walkers, runners, bike riders - parents of young athletes, or serious athletes, it's great to see these positive changes in sports medicine.

**Terrible twos:**

Take some caution now that spring is "finally" here. Take it easy with your return to physical activity if you haven't done much over the winter. Too often, the recreational athlete's jumps into the outdoor running, tennis, golf, biking, etc. activities too aggressively. I've called it the "terrible twos" too much - too soon - too aggressive. I recommend becoming a walker for the first few weeks, then graduate into your particular program at about 50 percent (time, distance, intensity) for another week or so. Everything good, then pick it up. Especially if you've had problems with previous injuries, or overuse problems.

Make sure that you're in good shoes for whatever the sport. Be fitted properly for the shoe that's best for your foot type. If your previous shoes have worked well for you, stick with the same brand and style. Don't depend on shoes over a year old - treat yourself to a new pair. Questions about what is the best shoe for your foot type? Check out my free foot screenings at the office.



## How To Accelerate Your Healing By Listening To Your Symptoms

Click on this link to read the latest from Natural News that teaches you how to accelerate your self healing by listening to your body's own messages.

[http://www.naturalnews.com/028610\\_symptoms\\_self\\_healing.html](http://www.naturalnews.com/028610_symptoms_self_healing.html)



### *Patient Corner*

Claudia Bowen, one of our long time friends and patient of GHPN, brought in some delicious homemade Garlic Parmesan Flax Seed Crackers. They are a great high fiber, crunchy, nutritious and tasty snack. They're good with dips, spreads, or plain. We tasted them and they're great! She was kind enough to pass the recipe along.

Prep Time: 10 minutes

Cook Time: 15 minutes

#### Ingredients:

- 1 cup flax seed meal
- 1/3 cup parmesan cheese, grated
- 1 and 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 cup water

Heat oven to 400°.

- 1.) Mix all ingredients together.
- 2.) Spoon onto sheet pan which is covered with a silicone mat or greased parchment paper.
- 3.) Cover the mixture with a piece of parchment or waxed paper. Even out the mixture to about 1/8 inch. A straight edge, like a ruler, works well, though you can use a rolling pin or wine bottle, too. The important thing is not to let it be

too thin around the edges or that part will overcook before the center firms up. So after you spread it out, remove the paper and go around the edges with your finger and push the thin part inwards to even it up.

4.) Bake until the center is no longer soft, about 15-18 minutes. If it starts to get more than a little brown around the edges, remove from oven. Let cool completely - it will continue to crisp up.

5.) Break into pieces.

The whole recipe is 6 grams of effective carbohydrates plus 35 grams of fiber.



## Doctor Offers Right Prescription For Sports Talk Radio by Paul LaTour, Special to the Tribune

(Following is a summarization of an article which appeared in the Chicago Tribune on May 4, 2010)

Dr. Robert Weil and Chris Fox sit across from each other in a small studio inside the offices of WDCB, the radio station operated out of College of DuPage. They are talking sports. Judging from their on-air conversation, the two could just as easily be sitting in a bar, chatting about the Bulls or the Olympics or whatever else springs to mind when two admitted sports junkies get together. But more often than not, the topics quickly turn to areas of sports medicine and sports psychology.

"I pride myself in the importance of the educational component of the show," said Weil, a sports podiatrist who lives in Naperville. "The culture of sports and the art of sports medicine, that's really what our show is about."

"It's topical as far as what's going on in the world of sports that I'm paying attention to," Weil said. "there's always something. I'm trying to mix a minimum of three topics. Rarely, if ever, do I spend all show on one thing."

Weil began the show nearly 15 years ago, and Fox, sports editor of the weekly Lombardian, has been with him almost from the start. They've developed a camaraderie that comes across on the air.

The real charm of Bob's work with this is he's addicted to sports - they are a huge part of his psyche. WDCB general manager Scott Wager said. "As such, he's very tuned in with so many different aspects. I continue to be amazed by the different avenues he goes into. The range of guests is unbelievable."

Weil generally dislikes sports-talk radio, saying it's all about arguing and never offering solutions. By offering his expertise and that of his guests, Weil has created a unique enterprise.

"I'm the biggest secret in sports radio." Weil said. "Nobody does what we do."



[www.sportsdoctorradio.com](http://www.sportsdoctorradio.com)

**As always, we'd all like to thank you for your continued trust in us.**

**The Gajda Health Plus Family**