



KALEO

CHIROPRACTIC CLINIC, PLLC

VOLUME 1, ISSUE 2

JUNE 2010

newsletter

WE OFFER:

- Chiropractic Adjustments
- Acupuncture
- Hot/Cold Therapy
- Paraffin Wax Treatment
- Therapeutic Exercises
- Neuromuscular Re-education
- Taping/Kinesiology-taping
- Electrical Stimulation/TENS
- Manual Therapy
- Therapeutic Activities
- Nutritional Counsel

INSIDE THIS ISSUE:

- What's all the fuss about? 2
- Decoding an Ancient Therapy Continued 2
- Dr. Glenn's Blog 3
- Fisher's, Tennis & Golfer's Elbow 3
- Who is Dr. Glenn? 4

Decoding an Ancient Therapy - by Melinda Beck, Wall Street Journal High-Tech Tools Show How Acupuncture Works in Treating Arthritis, Back Pain, Other Ills

...As fanciful as that seems, acupuncture does have real effects on the human body, which scientists are documenting using high-tech tools. Neuroimaging studies show that it seems to calm areas of the brain that register pain and activate those involved in rest and recuperation. Doppler ultrasound shows that acupuncture increases blood flow in treated areas. Thermal imaging shows that it can make inflammation subside.

...Studies in the early 1980s found that acupuncture works in part by stimulating the release of endorphins, the body's natural feel-good chemicals, much like vigorous exercise does. Now, a growing body of research suggests that it may have several mechanisms of action. Those include stimulating blood flow and tissue repair at the needle sites and sending nerve signals to the brain that regulate the perception of pain and reboot the autonomic nervous system, which governs unconscious functions such as heart beat, respiration and digestion, ac-

cording to Alejandro Elorriaga, director of the medical acupuncture program at McMaster University in Ontario, which teaches a contemporary version to physicians.

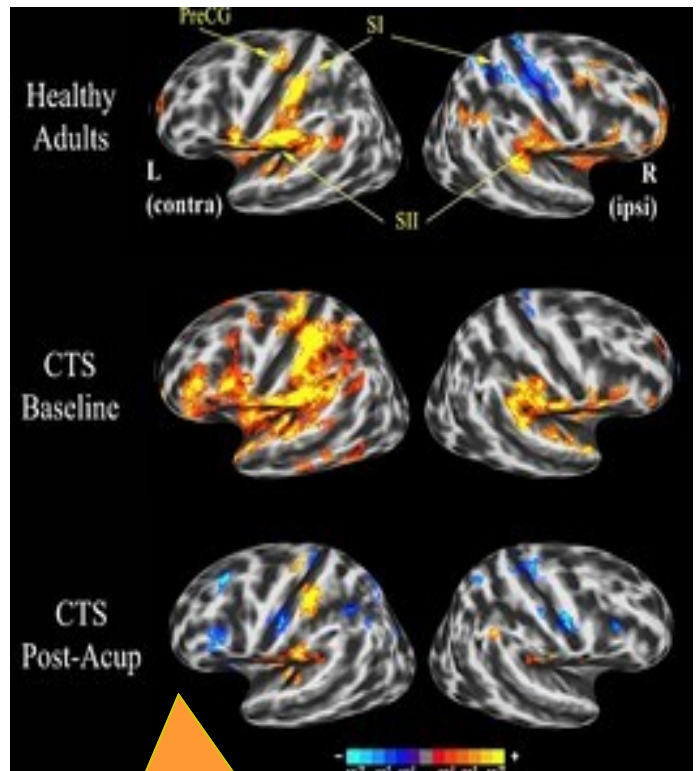


Photo source—WSJ

A specialized MRI scan shows the effects of acupuncture. The top two images show the brain of a healthy subject. In the middle two images, a patient with carpal tunnel syndrome registers pain (indicated by red and yellow). The bottom images show the calming effect (indicated by blue) in the brain after acupuncture.

Continued on next page...

What's all the fuss about?



“Your Natural Choice For Maximum Pain Relief”

Biofreeze is a topical analgesic used for pain relief from a variety of conditions. Different from common over the counter products, Biofreeze Cryotherapy works by creating a cooling sensation that is transmitted through the nerve endings to the brain. It transmits at speeds faster than most pain sensations or warming sensations. Unlike icing an area, Biofreeze allows blood to continue to flow to

the area so that it can be naturally repaired. Biofreeze contains an effective ingredient, Ilex (Ilex paraguariensis), which is part of the holly family of plants and grows in South America. The Paraguay Indians call it Yerba Mate and have used Ilex extract for centuries to enhance the effects of their balms.

Green Tea, that provide antioxidants, amino acids, vitamins, and saponins.

Want to know more about Biofreeze? We are happy to give you a free sample!

Ilex contains many wonderful compounds, similar to



“acupuncture affects a network of systems in the brain”

Decoding an Ancient Therapy Continued...

...Meanwhile, neuro-imaging studies at the Martinos Center for Biomedical Imaging at Massachusetts General Hospital in Boston have shown that acupuncture affects a network of systems in the brain, including decreasing activity in the limbic system, the emotional part of the

brain, and activating it in the parts of the brain that typically light up when the brain is at rest.

and fear, but after acupuncture, their brain patterns more closely resemble those of healthy subjects.

...Other studies at the Martinos Center have shown that patients with carpal tunnel syndrome, a painful compression of nerves in the wrist, have heightened activity in parts of the brain that regulate sensation

You can read the entire article written by Melinda Beck on the Wall Street Journal's website.

If you are interested in acupuncture to treat your health problems, call today to schedule an appointment!



Photo source—WSJ

Dr. Glenn's Blog



Visit Dr. Glenn's Blog to learn more about healthy living. Some of the topics he has written on include:

The truth about vaccines and vaccinations, How-to-guide for proper stretching, Essential Fatty Acids, To Ice, or not to Ice, Antioxidants and many more. We aim to help make people aware of the many different things they can do to stay happy and healthy. On our website,

you can also learn how Chiropractic Care and Acupuncture have helped others maintain good health.



"First of all it is important to stretch your extensor muscles of the wrist."

Fisher's, Tennis & Golfer's Elbow

Many people think of fishing as a relaxing past time, or a time for peace and quiet on the lake. Anglers should beware, however, of the dreaded "fisher's elbow." Fisher's elbow, A.K.A Tennis elbow, causes pain and swelling over the lateral portion of the elbow. The injury is caused by repetitive casting and retrieving, and the constant stress this repetitive motion puts on your muscles (especially the wrist extensors). The medical term for this injury is "lateral epicondylitis."

Golfers are also susceptible to elbow injuries and they too have their own name for the injury: "medial epicondylitis." This injury is caused by overuse of the muscles in the forearm. This injury also causes pain and swelling at the elbow. In extreme cases these injuries can cause swelling or cause entrapment of your nerves, which can lead to tingling and numbness in your

hands. If this occurs you should consider seeing a medical professional for an accurate diagnosis. The good news is, however, that you can take steps prevent these injuries from ending your fishing, tennis, or golfing:

1. First of all it is important to stretch your extensor muscles of the wrist. To achieve a good stretch, simply push your hand down and bring the fingers towards your forearm. Hold this stretch for around 35 seconds. Doing this stretch before the event will help prevent both Fisher's and Tennis elbow. It is also a good idea to stretch the wrist flexors by pulling the hand back. This will help prevent medial epicondylitis/golfers elbow, which can also occur with fishing. These stretches are a great way to prevent the injury from occurring in the first place.

2. It is also not a bad idea

to bring a bag of ice with you. You'll probably already have ice in the ice chest, keeping your drinks cool. Bring a bread bag, and there you have it, a homemade cold compress, and one of the best therapies available. If you notice any pain or swelling around the elbow, place the ice pack on the area for 20 minutes (with towel, so you do not get burned). Continue to apply ice for 20 minutes every hour. Be sure not to burn yourself with the ice, and be careful to not leave the ice on for more than 20 minutes.

3. A pain relieving gel such as BIOFREEZE can help provide relief from your pain, without the harmful side effects of many over the counter and prescription pain relievers.

There are also other things you can do to get relief. Read Dr. Glenn's blog for the rest of the article.



Who is Dr. Glenn?

Dr. Glenn's interest in health and the human form extends far back into his childhood. He has been an active participant in numerous sports and activities all his life, and has always believed in the importance of staying healthy. Dr. Glenn feels as though he has been called to help others stay healthy, and recover from pain and injury.

Credentials-

B.S. Biology/Pre-Med - University of Tulsa

B.S. Human Biology - Logan College of Chiropractic

M.S. Sports Science & Rehabilitation

Doctor of Chiropractic - Logan College of Chiropractic

Certifications-

National Board of Chiropractic Examiners Certified

National Board of Chiropractic Examiners Acupuncture Certified

National Board of Chiropractic Examiners Physiotherapy Certified

Texas Board of Chiropractic Examiners Certified



Dr. Glenn has also spent a great deal of time studying Sports Science and Rehabilitation techniques. He has helped athletes enhance their performance after struggling with an injury, as well as those who merely want to maintain mobility and flexibility.

KALEO
CHIROPRACTIC CLINIC, PLLC

408 S. Broadway Ave

Tyler, Texas 75702

903-595-5190

KaleoChiropractic@gmail.com

www.KaleoChiropractic.com

