



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complimentary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition



Summer Is Here, Garden Back Aches Abundant

This year, more than most that I remember, I have seen more people with **back pain after weeding** in the garden. When I ask them to show me how they were bending as they pulled weeds, inevitably they bent over at the waist with minimal bend in the knees. Let's go back to a report I sent out about two years ago "**It's not what you do, but how you do it**" and review the basics of bending correctly. Just to get a concept, **picture the posture a short stop in baseball** assumes getting ready for a play. He is bent over with his hips pushed back and head up. His knees are over or slightly behind his toes and legs are spread apart. From this posture, he can move quickly and with balance to respond to any direction a ball may arrive. Now get up and try this position. To get to those weeds or to pick something up, you now just sit back as if you were going to carefully sit into a chair. Your hips push back farther and you bend your knees a little more, keeping your head up. The back does not bend. You may initially feel like you are going to fall backwards but you will quickly learn to balance by bending more at the hips, pushing them farther back. This is called **hip hinging** and if there is one important concept in rehabilitation that is **vital to avoiding back injury**, this is it. A great training tool to help learn this movement is to get a broom stick and hold it in back of you touching it against your head and tailbone and then do the hip hinging as described. You will quickly learn if you are bending your back if the stick comes away from your head or tailbone.

If you find you can't do this easily, you may need to be examined at the office to make sure you have proper movement in the hips, knees and ankles and correct those restricted areas.

More Drug Warnings

Tylenol (acetaminophen) is the latest over the counter drug to have cautions placed on it due to its common overuse and direct relationship to **liver failure**. This sends 56,000 people to emergency rooms and about 200 die each year. Not only are people taking excessive doses of this drug, it is also in many other over the counter (OTC) drug combinations, adding to the toxic overload of the liver. Other OTC drugs, **ibuprofen and Aleve**, have already been proven to have disastrous effects on the stomach and small intestine, causing bleeding and altered absorption, leading to a host of health problems and **thousands of deaths** each year. **What are you to do?**

Reducing inflammation without harmful drugs can be accomplished. Following an anti-inflammatory diet is a very healthy way of keeping ahead of pain. I reviewed this in the January 2008 newsletter available on my website www.weberchiro.net. I would also be happy to give you a copy at the office. Other natural alternatives are herbs that fight inflammation, such as turmeric and ginger as well as proteolytic enzymes. Our Total Inflamm product at the office contains all of these. It is also important to keep the acid/alkaline balance in the body slightly alkaline. Personally I use the Green Energy product available at the office which provides the equivalent of 8-10 vegetables and fruit, as well as probiotics and enzymes to keep antioxidants high in the body. Lastly the use of high quality fish oils helps dramatically to reduce the inflammatory process in the body. Remember, inflammation is the root cause of many of the chronic degenerative diseases that people use the OTC drugs for. Controlling inflammation through good food and natural supplements can make life a whole lot easier and healthier. If cost is a factor, consider what one trip to the emergency room costs. With national health care on the horizon, you'd better stay healthy.

***Again, thank you for being our patient!
We appreciate you and look forward to serving you.***

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