

The Hetrick Center Newsletter

Volume 4, Issue 3

May/June 2008

Spring Fever By: Craig John, D.C.



Medical Dictionary, “an allergy is an altered bodily reactivity (as hypersensitivity) to an antigen in response to a first exposure.” Basically, the body over-responds to something that would normally not affect it. But in the case of an allergic person, the body sees the allergen - which is a protein usually induced by windborne pollens from trees (e.g., oak, elm, maple, alder, birch, juniper, olive), grass, ragweed, dust, cockroaches, pet dander, mold spores, foods, and medicine - as foreign invaders/offenders to the body. The body tries to counteract the allergen by producing an immune response (allergic reaction). The term “allergy” was coined by an Austrian pediatrician Clemens Pirquet (1874-1929). The word itself is (continued on p.3)

Itchy eyes, runny nose, post nasal drip, sneezing, coughing, difficulty breathing, skin rashes, and headaches are all good indicators that you might be one of 50 million Americans suffering from allergic rhinitis, commonly known as hay fever. What many people don't know is that over six million children experience the same problems, especially during the spring and summer months.

What are “allergies”?

According to *Merriam-Webster's*

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Employee Spotlight - Krista Blome, D.C.

This month's employee spotlight is one of The Hetrick Center's ten chiropractors and author of our newsletter. Krista Blome, D.C. practices out of our Middletown office and is in her fourth

year of service with THC.

Krista was born in Walnut Creek, CA and grew up in the Bay Area, approximately 30 miles outside of San Francisco. After high school, she at-

tended UC Davis, just outside Sacramento, and graduated with a B.S. in Psychobiology in 2000. Following college, she attended Life Chiropractic College West in Hayward, CA, just outside (continued on p.2)

THC Newbies

As the summer approaches, many physical therapy students are searching for internships. We are pleased to have accepted six interns to act as aides through the summer months.

Daniel Reeves will be joining us from Mercy College. Daniel was the captain of his cross country team in high

school and college and is a Life Scout in the Boy Scouts of America.

Beth Troutman attends Seton Hall University. She is First Aid and CPR certified and has her B.S. in Biology.

Amanda Hess attends Penn State University where she is completing her B.S. in Kinesiology with a minor in Bi-

ology. She has done a great deal of volunteer work including a Hands-On Therapeutic Riding program.

Laura Cherchuck is in her 3rd year at Duquesne University. Laura is a coxswain for the Women's Rowing team at Duquesne; she faces the rowers and helps coordinate the (continued on p.5)

Chat Nutrition with Kim

By: Kim Remeta, M.S., R.D., L.D.N.



How many of you are confused about what you should be eating each day? Are you so desperate to achieve your wellness goals that you are becoming overly obsessed or complacent about food? I am going to take this opportunity to give you hope that

there is a simple way to obtain a healthy lifestyle ... for life!

What I want to share with you is an eating plan for life that will allow your body to work for you, not against you. Diets are detrimental. When you diet (restrict calories

for weight loss), your body is programmed to slow itself down (decrease metabolism) in order to preserve energy because it believes it is facing starvation. Your body does not know that there is food within arm's reach at any (continued on p.5)

Employee Spotlight continued ...

San Francisco, and graduated in 2004 with her Doctorate of Chiropractic.

Krista moved to PA in 2004 and currently resides in Hummelstown, PA with her husband, Matt, and two cats, Hershey and Snitch. Still in California, Krista's brother is attending college in northern

California and will be moving to France for a year abroad in August.

In her free time, Krista enjoys GeoCaching, cooking, reading, and spending time with family and friends. She enjoys all types of music and foods, except curry (she's allergic!).

Her last vacation was to

California to visit family and friends, including two very pregnant best friends. When asked about her job, she reports that she most enjoys developing relationships with her patients and helping them to feel better.

Spring Fever continued . . .

derived from the Greek words "allos," meaning different or changed and "ergos," meaning work or action. In 1905 the term "allergy" was used to describe the adverse reactions of children who were given repeated shots of horse serum to fight infection.

Most allergies are inherited, which means they are passed on to children by their parents. People inherit a tendency to be allergic, although not to any specific allergen. If a child develops an allergy, it is very likely that at least one of his or her parents has allergies. Being exposed to allergens at certain times when the body's defenses are low or weak, such as after a viral infection or during pregnancy, also may contribute to the development of allergies.

Your powerful immune system!

Inside your body, there is an amazing protection mechanism called the immune system. It is designed to defend you against millions of bacteria, microbes, viruses, toxins and parasites that would love to invade your body. The immune system has the

remarkable ability to recognize these foreign invaders and develop antibodies - which impedes these bugs from spreading out of control within the body. This is why you usually get some infectious disease only once (i.e.: measles or chicken pox). Those antibodies then cause mast cells (allergy cells in the body) to release chemicals into the bloodstream to defend against the allergen "invader." It's the release of these chemicals that causes allergic reactions, affecting a person's eyes, nose, throat, lungs, skin, or gastrointestinal tract as the body attempts to rid itself of the invading allergen.

Treatment:

The most effective form of treatment is to identify and completely eliminate or decrease your child's exposure to these allergens. To minimize exposure follow these suggested guidelines:

Stay indoors when the pollen count is high (between 5 a.m. and 10 a.m.) especially on dry, windy days.

Don't hang clothing and bedding out to dry.

Wash bedding at least once a week in hot water (130°F) and dry in a hot-air dryer.

Encase bedding (mattress, box spring, pillows) in airtight plastic or hypoallergenic covers.

Avoid laying carpet directly on concrete.

Vacuum weekly using an air filtered or double bag vacuum.

Get rid of your carpets for they compile allergens; use washable rugs.

The best cockroach strategy is cleanliness: (researchers found that 73% of the children's homes had roaches, and 70% had dampness).

Ban your pets from the bedroom.

Give your pet a weekly bath to reduce the allergen count.

Routinely wash your pet's bedding.

Another highly effective method is specific chiropractic spinal manipulation - which is a technique that emphasizes manipulation of the spine in order to help the body heal itself. Scientific research (continued on p.4)

Spring Fever continued . . .

has shown that chiropractic adjustments increase the body's immunity/tolerance to allergens. Recent statistics prove that nearly 40 percent of Americans try some form of alternative medicine to alleviate their asthma or allergy symptoms.

Prescription medications – the most common class is “antihistamines” – are used to treat allergies by blocking symptoms caused by a substance in the body called histamine. The next class of medication is antihistamine-decongestant combinations. The third class available is called intranasal steroids, and the fourth class is the intranasal antihistamine. According to Morris Nejat, MD, “most of these sedating antihistamines or first-generation antihistamines are effective;

however, they can make the child tired, and give them a dry mouth.”

This can pose a major problem in children participating in sports such as football, baseball, soccer, tennis and other outdoor sports that begin in the spring, summer, and fall seasons when allergy counts are at their highest. Numerous scientific studies have shown that children with allergies do not perform optimally nor do they learn as well as children that don't have allergies. Children with allergies that interrupt their sleep, often times will be more tired and easily annoyed. They will also have less energy to compete both academically and athletically.

We must be mindful of the self-esteem issues that may arise as a result of the child withdrawing from social gatherings due to the embarrassment of a runny nose, stuffiness, coughing, etc. Why wait? Have your child checked for spinal misalignments immediately, and begin to enjoy the best seasons of the year...Spring & Summer!



Biggest Loser Update

As reported last month, ten of THC's employees have been participating in our own version of *The Biggest Loser*. The competition began in January and ended the first Monday in May. Body fat and weight have been charted over

the last several weeks. The numbers have been tallied and there is now an official Biggest Hetrick Center Loser! Everyone did a fantastic job and it was nice to see the support shared by the staff to become a healthier group!! So,

here are the results. Overall total weight loss was 92.5 pounds! Overall total percent of weight loss was 49.1%. Overall percent of body fat lost was 24.44%. Our overall Biggest Loser was Becky “the animal” Biter with an

astounding 40.25 pounds lost and a 9.8% body fat loss. Right behind “the animal” was Jared “crazy shreck” Goughnour with 23 pounds lost and 3.7% body fat loss. Congratulations to all participants for this amazing accomplishment!

Chat Nutrition with Kim continued ...

given moment. Your metabolism will decrease 5-10%. Any weight loss you may see will be muscle weight. Muscle loss results in a further decrease in metabolism, because muscles drive your metabolism. Studies have shown that greater than 90% of people who lose weight regain most of the weight over several months. Instead of making progress with your weight loss and wellness goals, you have taken several steps back.

Achieving and maintaining a healthy weight is not about how much you are eating - it is

about *what* you are eating. Eating mostly low glycemic index foods has been shown to reduce your risk of heart disease, diabetes, disordered eating, and is key to sustainable weight loss. The glycemic index (GI) is a way to rank carbohydrates based upon the impact they have on blood glucose levels. Low GI foods slowly trickle glucose into your blood stream and keep your energy levels balanced. This means you will feel fuller for longer between meals. Your body will be constantly in a fat burning mode because it will not have to correct an imbalance in blood sugar.

The greatest benefit of eating this way for life is that you will be eating Power Foods - whole foods rich in vitamins, minerals and phytonutrients. Your body will get the nutrition it needs to prevent and possibly manage many disease processes.

There is no measuring, no deprivation, and no gimmicks. Get healthy for life; Get Back to the Basics of eating well!

For more information on scheduling a one-on-one session with Kim, please call our office today! Take this opportunity to improve your health and achieve your goals!

THC Newbies continued ...

power and rhythm of the rowers.

Janelle Joerger attends Shippensburg University. She graduated from Mechanicsburg Area High School and has an extensive history in customer service.

Lonni Wagner is attending Lebanon Valley College and will graduate in May of 2011 with a B.S. in Health Sciences and a D.P.T. in Physical

Therapy.

Amber Keefer is currently working out of our West Shore office as a P.T.A. She has two Associates Degree, one in Medical Business from Penn College and the second in Physical Therapy Assisting from Central Penn College.

Jennifer Venet is currently attending Slippery Rock University. Jennifer enjoys developing fitness programs

for people with disabilities. She is the captain of the Slippery Rock field hockey team and also plays on the women's lacrosse team.

Please join us in welcoming these students to The Hetrick Center. We are excited to have them with us and to participate in furthering their education.

Coming Out of Hibernation

By: Edward Hevner, D.C.

As the weather changes from dark and gloomy to sunny and warm, we begin to reenter the outdoors. Most people pick up their outside interests such as gardening, biking, golf, hiking and general yard work. With these activities come sore, achy joints that can hold us back from the activities we enjoy. Taking care of our bodies and preparing ourselves for new activities is vital to staying in the game and really enjoying the outdoors.

There are several simple, but effective methods for allowing our bodies the fullest range of motion and reducing the sore muscles and joints that occur very often with new activity. Developing a stretching program targeted for your choice of activities is a great way to help



reduce injury. For example, your golf game may be helped by making sure all the large muscles in the lower extremities are well stretched allowing for more free movement in the low back and a better swing. Warming up your swing in both directions before teeing off may just help you hit the ball farther and straighter. Staying hydrated before and during the game helps your physical stamina and your muscles perform better.

Warming up is not just for sports but should be performed prior to any physical activity, even weeding. As you bend and pull weeds your low back may become quite sore. Stretching hamstrings and the low back muscles prior to picking your favorite weeds may just be the ticket for a beautiful garden. Your healthcare practitioner can help develop the stretching plan you need.

Chiropractic is another very effective way to increase ranges of motion throughout the body and allow for reduction in soreness associated with increased



physical activity. Chiropractic restores normal position to each spinal vertebra which improves flexibility, reduces nerve pressure and pinching and reduces injuries. For example, the top two neck vertebra actually allow for eighty percent of head rotation. If these bones are out of place they can greatly reduce the ability to rotate one's head. The same is true for other areas of the spine. When the spinal bones are in the normal position muscles work more efficiently and increased free motion can be enjoyed.

As the temperatures rise we must make sure our bodies' receive the proper amount of fluids. Water is the best way to ensure adequate hydration. Try and reduce the amount of caffeinated beverages and replace these drinks with water. (continued on p.7)

Coming Out of Hibernation continued . . .

Water is like fuel and lubrication for our bodies and is essential in many normal body functions. Our hearts beat easier and our spinal discs last longer with good, prolonged hydration. Increasing your water intake is a very simple but effective way of improving health. Hydration has been shown to improve digestion, reduce headaches, reduce weight, increase stamina and detoxify the body. It is also cheap and readily available.

Lastly, nutritional supplements that nourish our joints and muscles may also be a great way to avoid joint pain. For example, glucosamine and chondroitin may help repair and nourish the cartilage which pads and lubricates our joints and may allow for more pain free motion. Taking a calcium supplement has been shown to allow for better muscle function and quicker muscle recovery. Avoiding foods that increase inflammation is also something to consider. Refined sugars, caffeine, artificial sweeteners and processed foods increase the inflamma-

tory process and increase pain levels after physical challenges. For people who have rheumatoid arthritis or osteoarthritis, avoiding the night shade family of foods may prove to be beneficial. Some of these include tomatoes, peppers, potatoes and eggplants. It is also a good idea to consider supplementing with fish oils. Reducing inflammation in the body is critical for slowing joint decay and increasing joint life.

It is important for both your physical and mental health to continue to engage in the activities that bring you the most joy and physical activity. Being proactive and taking time prior to engaging in your favorite outdoor activities will help ensure less pain, injuries and may even improve your game. Ask your THC healthcare professional for help developing a nutritional, stretching or supplement plan to meet your needs.





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Up-N-Coming Events

- Sports Performance Training Program begins on June 10th.
 - OH Logistics Health Fair
- “Don’t Monkey around with Safety”
 being held on June 18th.
- Dr. Hetrick will be teaching in England on June 6th, 7th, and 8th.
 - THC’s quarterly Fun Day will be held on May 8th.

Keep yours eyes open for the soon to be scheduled grand opening of the new West Shore office!

Visit our updated
 website at:
www.hetrickcenter.com

Beef Picadillo – From *Every Day with Rachael Ray*

- 2 Tbsp. olive oil
- 1 small onion, chopped
- 1/2 small red bell pepper, finely chopped
- 8 large pimiento-stuffed olives, coarsely chopped
- 3 cloves garlic, finely chopped
- 1 lb. ground beef
- 2 Tbsp. tomato paste
- 1 cup frozen peas and carrots
- 1 Tbsp. cilantro

- Salt and pepper to taste
1. In a medium skillet, heat the olive oil over medium-high heat. Add the onion, pepper, olives, and garlic and cook until tender, about 5 minutes.
 2. Crumble in the ground beef and break up clumps. Increase the heat and cook until the liquid is reduced.

3. Stir in the tomato paste into the meat mixture and simmer over medium-low heat, stirring, for 2 minutes. Stir in 2-3 Tbsp. water to loosen sauce. Stir in the peas and carrots, cover and cook until just cooked through, about 4 minutes. Stir in the cilantro, salt, and pepper. Serve over brown rice. Serves 4.

