

# The Hetrick Center Newsletter



## The Hetrick Center Purifies

Hippocrates once said, “The natural healing force within each one of us is the greatest force in getting well.” But what if that force is inhibited? What if that force is stifled due to toxins? Without the ability to heal and “get well”, we end in a state of unease. Sleeplessness, weight gain, headaches, lack of energy, and pain are all examples of this state of unease. We are exposed to foreign substances and chemicals through the air we breathe, chemically-treated and synthetically-produced food we eat, and water we drink. These substances can inhibit the body’s ability to function at it’s optimum level. Both these causes (toxins) and effects (unease and disease) are prolific in our society and, therefore, detoxification or purification programs have become more and more popular. These programs are designed to cleanse the liver, digestive tract, kidneys, bladder, lymphatic system, lungs, and skin. However, many of these programs are incomplete, synthetic, unreliable, and some are even dangerous. At The Hetrick Center, we have developed a detoxification program that is complete, all natural, reliable, and safe. We feel that detoxification as well as learning healthy eating habits are essential to a healthy system; therefore, we have dedicated the majority of this newsletter to the purification program and the testimonials of our staff that have completed the program.

Our program is run through our nutrition department and each patient is closely monitored by one of our doctors. The primary

goal is to aid and guide the individual through the initial detoxification. Each patient is provided with an initial nutritional counseling session where recipes and guidelines are provided. You will learn how to prepare great tasting, healthy meals for breakfast, lunch, and dinner using whole foods that you will continue to enjoy even after you have finished the program. Follow up sessions will occur throughout the program to provide support and answer questions. Following this phase, a counseling session will be devoted to teaching the individual how to continue with healthy eating habits as well as life-style changes that will aid in maintaining the wonderful changes experienced through the detoxification phase.

Many of our patients have experienced tremendous results with this program; therefore, last February all of The Hetrick Center doctors as well as many of the staff decided to go through the program together. Many of the participants re-

ceived blood work both before and after their purification in order to make the results more objective. The following are testimonials from our doctors and staff. Their names have been left off of their testimonial in order to protect their privacy, but please feel free to ask about our experiences. If you are interested in learning more about our program, please contact us today!

\* “I had many revelations throughout the purification program from start to finish. I was more than surprised from even before I (continued on p.3)



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## Employee Spotlight—Amy Beck

Amy falls into 2 articles in this issue; she is both our spotlight and a newbie. Her first day with THC was May 7th. She has been hired to assist Deb at the West Shore front desk and we are very excited to have her on board!

Amy was born in York, PA and lived there until 2003. She currently resides in Shermans Dale with her husband, Bill, and 2 sons, Christopher (15 years old) and Dylan (10 years old). In addition

to the humans residing in her home, Amy also has an Australian Blue Heeler, Dingo, and 7 parrots (2 Lovebirds, 3 Cockatiels, 1 Congo African Grey, and 1 Umbrella). She graduated from William Penn High School and has a sister, Becky, who lives in Yoe which is in York County. Her favorite hobby is quilting, and she is a member of the Letort Quilt Guild in Carlisle as well as the Perry County Piece Makers. Additionally, Amy is inter-

ested in Aviculture and attended her first conference in 2007.

Her favorite foods include anything high in carbs and she loves rock-and-roll. Her last vacation was with her family in Ocean City in 2003, but she does have a cruise planned for March 2008.

When asked about her new job, Amy says she love working with the patients and rest of the staff. Please join us in welcoming Amy to the team!



## THC Newbies



Melissa, Nicole, Chris, Zach, and Brandon

This month we would like to welcome Amy Beck to the West Shore team. Please read the above article to learn more about Amy.

We would also like to welcome a group of PT techs who will be working with the Physical Therapy department this summer (please see picture to the left). They

will be joining us as part of a community service paid internship/monitoring program. Many of them are heading to Physical Therapy school and need to do shadow time. Laurie attends Lebanon Valley College, Erin attends the University of Scranton, Brandon attends the University of Pittsburgh, Melissa attends

the College of Misericordia, Nicole attends Temple University, Zach attends the University of South Carolina, and Chris is a graduate of the University of Northern Colorado and will be attending the University of Colorado in the fall. Please welcome these newbies to THC!

## What Have We Been Up To?

Since our last newsletter, we have had a few exciting events. Dr. Ed Hevner worked with the Harrisburg Curves to provide both chair massages and educational lectures to their members. The lectures helped to educate members on what chiropractic can do for them and how it may aid in their work-

outs. Dr. Hevner enjoyed this opportunity to meet new people and help them to be more effective in their programs.

Dr. Krista Blome, Dr. Craig John, and Priscilla Rees participated in Celebrate Mama, a Mother's Day convention at The Whitacker Center. They

had a wonderful time and look forward to next year.

Finally, we have launched our new THC website. Please visit us at [www.hetrickcenter.com](http://www.hetrickcenter.com). Please bear in mind it is still a "work-in-progress". Let us know what you think!

## The Hetrick Center Purifies continued ...



to feel the best I have felt in a long time. I had energy, (without a jolt of coffee) I was sleeping great and waking early not feeling like I could sleep longer. I had a skin rash which I thought was from a ring which went away after the first week.

doctors to become educated about the marketing that is out there. You have to know what exactly you are buying. I also now feel no need to take as many supplements. My body is better absorbing what I am eating and the need to "supplement" my diet has decreased. This purification has changed my life forever."

When I found out about the purification program, I thought it would be a great, natural way, to spring clean my body and mind. What I was about to learn when I started, changed my eating habits all together. First of all I am a coffee drinker...the caffeine kind, my warning to all proud caffeine consumers: don't drop it cold turkey if you consume more than

16oz at one sitting, or you will go through withdrawal, and chances are that includes a mood altering headache. I did not have a problem transitioning to the green tea, which we were able to drink; it was a welcome change, and full of antioxidants, with a nip of caffeine. Over the course of the first week I struggled slightly with eating 5 or 6 times a day, that's a lot, and when most of your food has to be prepared in some way, I learned pretty quickly that things go more smoothly and cheaper if you plan and prep ahead of time. I was slightly awestruck and frankly disappointed with myself, when I realized on a daily basis just how many carbs I consume. As I mentioned before, I thought I was eating cautiously, and that proved to be wrong in the first week.

What I was also surprised with was the amount of energy I had everyday, all day. I did not have that mid afternoon lull in energy. You (continued on p.4)

began the purification when I received my blood work back. I thought I ate and cooked healthy and I take a good amount of supplements but the blood tests were not at all to my liking. My cholesterol was mildly elevated, triglycerides were elevated and blood sugar was slightly elevated. What a shock since I had blood work done right before the birth of my son and all was normal.

The first week of the purification was not easy. The first few days were the worst. I felt tired, cranky and I had the very first migraine of my life. It was awful! This made me have another revelation that I was more addicted to coffee than I thought. I had myself convinced I only had a cup or two a day but the second cup was a big mug that probably held 3 cups! The occasional afternoon coffee started to be a routine. If something is so difficult to stop drinking, it can't be good for the body.

After the severe migraine, I turned a corner and started

Believe it or not I had some grey hairs that were coming in that were no longer there! The cravings were gone. The fish, meat and vegetables never tasted so good! What a difference.

The biggest shocker was the blood work results after the purification. Cholesterol, triglycerides and sugar all fell way below the normal. It is amazing how much the foods we eat affect our bodies.

I now stay away from sugar/flour as much as I can. I only have an occasional cup of coffee, it is no longer part of my daily routine. Fruits and vegetables are always stocked in our refrigerator and we keep looking for new and exciting recipes. I have always read labels but now I am a fanatic about not buying anything with hydrogenated fats in it. The labels are tricky too. It will say no trans fats or hydrogenated oils yet it will have things like canola oil, soybean oil which are hydrogenated oils. I recommend that every person meet with one of nutrition

\*"While I was on the program I noticed more and steady energy levels, less "heavy" feeling in the abdominal region, flatter/tighter mid section, slept better, lost 4-5 pounds."

\*"My experience with the purification program was wonderful. To begin with I was struggling with a variety of symptoms. I had returned from Iraq last June after working with and around toxic chemicals and a variety of environmental hazards. I was also consuming a lot of preservatives that were in the food. When I came home aside from the normal side affects from combat tours, I was also experiencing a lack of energy, feeling sluggish and tired all the time. I did not feel at 25 years old I should be feeling like I was. I am not a person who consumes a lot of junk food, I am relatively cautious about what I eat on a daily basis, I take a variety of vitamins and drink plenty of water, yet none of this was helping me.

## The Hetrick Center Purifies continued ...

would be surprised at what that candy bar or bag of chips you ate at lunch can do to your energy level at 3pm when you are coming off of a sugar high. I felt as though my body was operating more energy efficient and that it was more stable, so when I got home at 10pm after working all day and going to school, I was ready to go...to the bar... just kidding. I was able to get things accomplished instead of crashing when I walked in the door. Another great thing about this program, because of the way you are eating, and what you are not eating, you tend to shed some weight. I lost 12lbs throughout the 21 day program. The weight loss was not a guarantee, or solely, a reason you should try this program, but it tends to walk hand in hand with lifestyle. I have to say that I was ready at the end of the 21 days to eat a slice of pizza, but I attained some very valuable tools, when it comes to nutrition, and balancing a diet. I learned how to interpret what my body is trying to tell me, and what foods and things it really craves, nutrient wise. Now two months later, I have slipped back to some old habits, like coffee, however, with moderation. Overall I had a

phenomenal experience with the program, and took away from it, the knowledge and ability to change behaviors, and habits that hinder the already complex but incredibly efficient operating system that is the human body."

\*"My experience with the detoxification program was very beneficial. The morning after I started the program, I awoke and felt a very strange feeling that I couldn't place right away. I ended up hitting the snooze three times, which is unusual for me. While lying in bed I was trying vaguely to make my mind figure out what it was I was feeling. First, I noticed that I had dreamt during the night, which I can't remember when last I had a dream. Then slowly, like dripping molasses did I come to realize that what I was feeling was relaxed, very relaxed. My muscles felt relaxed "from the inside out". I didn't wake with pain or tenderness or ache anywhere. I haven't felt that good in a very long time! It felt so good to hit the snooze button a few times and just relish in the feeling of relaxation! During the second day I did notice that I felt hungrier than usual, but I was prepared for that by having

lots of fresh veggies available to snack on at work. After the second day I did not feel hungry between meals and I felt satisfied, not full, or bloated, just satisfied. That was a great feeling too.

As the first week passed by I did realize that I had "better energy". I felt better refreshed with the sleep I had and it was easier getting to the wakeful mode after waking, especially without the aches and tenderness I was used to. I have also enjoyed getting "to know" a greater variety of fresh vegetables and how to prepare them thanks to Dr. Blome's recipes which she included in our packet of information. These recipes opened up a whole new way of preparing (more easily) fresh veggies which I do enjoy. Her recipes were easy and quick to prepare and delicious! My daughter who is 14 really enjoyed the new

dishes as well. The program and the recipes together helped me to think differently and more healthfully regarding my grocery shopping and my consumption of food.

I shop smarter now and eat smarter and my daughter has gone right along with it eating all of the new dishes I have tried so far. I know with the knowledge she is gaining through what I learn and pass on to her that she has the foundations to live, eat, and be truly healthy as she becomes a young adult with the increased responsibility of her own decisions. As the weeks passed, I did lose inches. Along with feeling physically better, I felt better in the knowledge I was truly eating healthier and purging my body of (continued on p.5)



## The Hetrick Center Purifies continued ...

the built up toxins and wastes from the non-foods I had been eating which can honestly be called pollution. That knowledge has a certain freeing feeling. To know you are ridding your body of toxins and wastes and to see and feel its positive effects is priceless."

\*"Through the detoxification I lost 16 pounds, my total cholesterol dropped from

202 to 176 (HDL 68 and LDL 90), my triglycerides dropped from 196 to 45, and my C-Reactive Protein dropped from 14.6 to 0.6. I felt more energy, especially late in the afternoon. I was able to cut out caffeine and sleep much better. I felt that this program helped me to easily transition to a better diet."

\*"During the purification, I lost 12 pounds, had no heartburn, had an increased ability to sleep, and had a decrease in insomnia. Through this program, I was able to change my diet permanently."

\*"This was my second time and both times I felt much better. The first time was approximately 1½ to 2 years ago, and I noticed that I was getting more tired and just increased achiness and tiredness from the 14 hour plus days. My blood test improved greatly as I had high lipids. My usual cravings for my ice cream continue to be greatly reduced unless I allow myself to get back into the habit again. For me, after I purify, I notice that I seem to metabolize better but then again that would be related to the fact that post purification I still try to eat better. This time, it was much easier with the new recipes as the first time it

was almost all raw veggies so it was much easier to implement. We are what we eat but more so what we absorb!!"

\*"I have wanted to do the purification program since I first heard about it in chiropractic school. I am always excited to try new ways to make myself healthier and feel better. The research I did before the purification assured me that this program was going to help my body rejuvenate and heal. Although I did not have any symptoms or health problems that I was trying to alleviate, I knew that doing the program would still benefit my health.

In the beginning of the program, I did feel hungry and tired, but this did subside by the end of week one. Preparing meals ahead of time was a change in lifestyle for me, but I quickly adapted. I found that eating small snacks throughout the day did alleviate my hunger. By week 2, I noticed that I was sleeping better and waking up in the morning without having to hit the snooze button. I found that I woke up feeling refreshed.

By the end of the program, I found that I was eating less while feeling less hunger throughout the day. I had become used to eating a lot (continued on p.7)

**The Hetrick Center would like to welcome Carson Anthony Jablonski born to Kristin and Chuck and joining little brother Logan on Tuesday, May 22, 2007 at 12:49 p.m. He was a whopping 7 pounds, 12 ounces and 21 inches long. Congratulations to the Jablonski family!!**

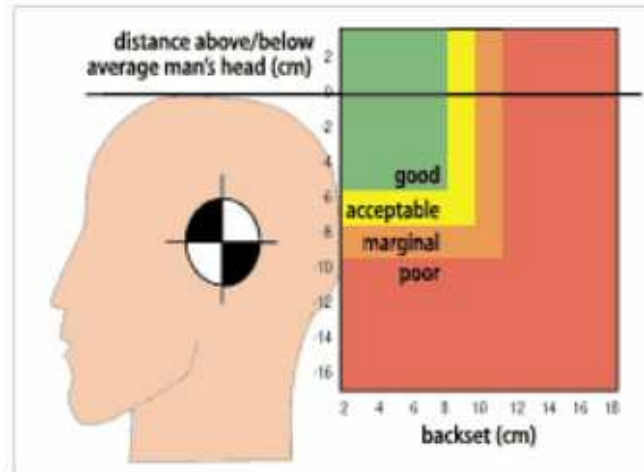
## Avoid Whiplash—Adjust Your Head Restraint By: Eoin Gregory, D.C.

Unbeknownst to most, your car, truck or van's head rest is secretly a safety device. Just like seatbelts and airbags, you need to be aware of its position to best protect yourself in case of a car crash.

In a rear end car crash your head, which weighs a little more than a gallon of milk is first driven forward and then rapidly back. The speed at which your head moves exceeds your muscles', ligaments' and bones' ability to stretch and compress causing injury. A properly adjusted head restraint will catch your head as it extends back, decreasing your risk of a major neck injury.

Unfortunately many people drive around with poorly adjusted head restraints, increasing their risk of injury if hit from behind. It is essential that you to make sure your head restraint is properly positioned. You should check it each time you enter a car. This is particularly important when you share a vehicle with a family member, drive a company vehicle and when picking up a rental car.

First, a few technical facts. The distance between the back of your head and the front of your head restraint is known as the **back set**. The distance from the top of your head to the top of



the head restraint is known as the **top set**. Automotive safety experts use this information when evaluating the effectiveness of head restraints in new cars. You can use this information to make sure your head restraint is positioned properly.

Grab a ruler and head out to your car. Sit in your car, put your arms back and feel for your head rest/restraint; then, measure the distance between the back of your head to the head rest. How far back is it from your head? The Insurance Institute for Highway Safety (IIHS) has established that this distance should be less than 8cm (about 3 inches). If your head is more than 3 inches away, check to make sure that you are not leaning your seat too far back. Also, check your position, are you slouching in your seat? Try re-measuring while sitting up

straight or adjusting the seat. Does this help? You may need to work on your posture. (I guess mom was right about sitting up straight.)

Now, put your hand on the top of your head with your fingers pointed backwards. Have a friend measure the distance between the top of the head restraint and the bottom of your fingers. The IIHS recommends this distance be less than 6cm (2.3 inches). If the distance is greater than this number, then pull up your head restraint until it is as close to the top of your head as possible. If you are tall this may be difficult as your head restraint will only extend so high. A good rule of thumb: if the head restraint is below the top of your ears it is too low.

Other things you can do: Car shopping? Check out the head restraint rating

on new and used cars on the Insurance Institute for Highway Safety: [www.iihs.org](http://www.iihs.org).

Do you have further questions about your head restraints? Feel free to ask one of The Hetrick Center providers for help.

(Figure from the Insurance Institute for Highway Safety demonstrating head restraint positioning.

<http://www.iihs.org/ratings/images/chart.gif>)

## The Hetrick Center Purifies continued ...

of fruits and vegetables. The purification program enabled me to learn how to plan and prepare my meals in advance. I continue to eat many of the healthy meals I learned how to make even after the purification was over. This program is a great learning experience for your body. You learn to enjoy various healthy foods that most of us commonly do not eat on a regular basis. No matter what your current health status, you can benefit from the purification program."

\*"I went into this purification diet excited but a little scared. I grew up on a meat and potato diet and was having to force myself to eat vegetables every day, so this diet was going to be a change. I had hoped that

with the diet I would have more energy and stay clear headed. I often felt my head was heavy, and I had to concentrate more to accomplish things at certain times of the day. I also had to drag myself out of bed on more than one occasion. When I started the diet, I did notice that I had to make sure I had some food between meals. Otherwise, I would get hungry and light-headed. The portions of light meat and eggs helped me feel like I was actually having a meal. I did have some cravings for milk and ice cream, but the yogurt with fruit helped out. After the first night or two, I noticed that I was not pushing the snooze button in the morning and was able to get out of bed easier. I was also more wide awake when I woke up. I also no-

ticed that overall I had more energy, but it was especially noticeable at the end of my long days of work. It took me a little longer to realize that I was not getting that hazy feeling I used to get. I did notice that, although I was trying to eat as much as I could, I ended up losing about 10-15 pounds. A lot of this seemed to come from my waist because my pants were getting too big for me, and I had to buy a smaller belt. Overall, it was a success for me. I was worried about not being able to stick with the diet, but the diet seemed to have become easier after the first week. The recipes that I received definitely helped, and I know I have quite a few vegetable dishes that I actually look forward to eating. The

detoxification diet gave me more energy, let me wake up easier, sleep better, and took away the haze I used to get. I would definitely recommend this diet if you would like more energy and feel better overall."

\*"I had more energy and just felt better overall. I usually experience symptoms similar to those of irritable bowel, and I didn't experience any symptoms during the purification program, especially that bloating feeling. My menstrual cycle was also more tolerable. It was definitely a positive experience."

## Free Fibromyalgia Seminar

**You are invited to gain understanding and to learn about the natural solutions to this commonly misunderstood condition. Dr. Edward L. Hevner presents an informative hour-long lecture on the causes and natural management of fibromyalgia. Come and learn how the body's own healing abilities can be used to manage fibromyalgia.**

**East Shore Area Library**

**4501 Ethel St.**

**Harrisburg, PA 17109**

**June 19, 2007 at 7:00 p.m.**

**Seating is limited so call 717-652-4002 to reserve your seat today!**



# The Hetrick Center

You Have A Choice For Your Physical Therapy...Choose Us!

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## Up-N-Coming Events

Fourth Fridays in Mount Joy - Main St. Mount Joy is beginning a monthly event where there will be a designated evening each month that provides people with a community night out in Mount Joy. THC is participating in the first one called "Ladies Night Out" with free chair massages, promotional items and light refreshments. This event will happen once a month and each month is a different theme with different activities from the businesses. Stop by and support Main Street Mount Joy!

July 28th - Mark your calendars for the event of the year! This day is the big car show, "Taste of Mount Joy" and health fair on Main Street in Mount Joy. Hundreds of people head to Main Street in Mount Joy for this event. Food, antique cars, health assessments and more! THC will be there for the 3rd year and we are going to make it the best year yet?

June - Dr. Hetrick lectures in Boise, Idaho

July - Dr. Hetrick lectures in Florida at Palmer College of Chiropractic

July 19th 7:00 p.m. - Fibromyalgia Seminar at the East Shore Area Library

August - Dr. Hetrick lectures in Atlanta, Georgia at Life Chiropractic College

## Roast Cornish Hen and Vegetable Stuffing



In an effort to stick with our theme of purification, the following is a delicious recipe that may be served while detoxing. The key to successful detoxing is variety. It is not just

about salads and chicken breasts ... there are other fun and easy recipes like this one that you and your family can enjoy while still purifying your system! Serve with steamed asparagus and brown or wild rice for a complete and filling meal.

1 Cornish hen, cut in half  
1 ½ tsp extra-virgin

olive oil  
1 onion, diced  
1 carrot, diced  
1 stalk celery, diced  
3 cloves garlic  
1 tsp sage  
1 ½ tsp water

1. In a large bowl, toss the hen halves and diced vegetables with the olive oil and herbs. Mix well so that everything is moist.

2. Pour the water in the bottom of a baking pan. Place vegetable mixture in two separate mounds in the pan. Top each mound with the Cornish hen half, folding as much of the vegetable mixture as possible under the meat.  
3. Bake at 350° F for one hour.