

Health & Wellness News

The latest health and wellness news, views and announcements

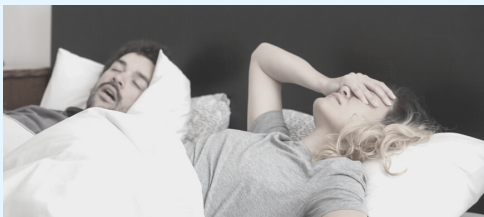
In This Issue



Top Foods for Calcium and Vitamin D



S.M.A.R.T. Weight Loss & Your Fitness Device



Sleep Apnea



Exercise for a Healthy Heart

A Free Adjustment For A Friend. A Free Adjustment For You. Everyone Feels Great!

- What They'll Get...
- Exam
- Digital X-Rays
- Doctor's Consultation
- Report of Findings
- Chiropractic Adjustment

Top Foods for Calcium and Vitamin D

REVIEWED BY CAROL DERSARKISSIAN, MD

Your body needs calcium and vitamin D. Are you getting enough? Many people don't.

The best way to get more calcium is from your diet. You probably already know that dairy products -- such as milk, cheese, and yogurt -- provide calcium.

Other foods that are high in calcium include:

- Spinach
- Kale
- Okra
- Collards
- Soybeans
- White beans
- Some fish, like sardines, salmon, perch, and rainbow trout
- Foods that are calcium-fortified, such as some orange juice, oatmeal, and breakfast cereal



Foods that provide vitamin D include:

- Fatty fish, like tuna, mackerel, and salmon
- Foods fortified with vitamin D, like some dairy products, orange juice, soy milk, and cereals
- Beef liver
- Cheese
- Egg yolks

To get vitamin D from food, fish is a good option. Three ounces of cooked salmon has about 570 international units (IU).

How Much Do You Need?

Here's how much calcium and vitamin D you need every day, according to the Institute of Medicine.

Calcium

- Children 1-3 years old: 700 milligrams (mg)
- Children 4-8 years old: 1,000 mg
- Children 9-18 years old: 1,300 mg
- Adults 19-50: 1,000 mg
- Women 51 to 70: 1,200 mg
- Men 51 to 70: 1,000 mg
- Women and men 71 and over: 1,200 mg

Vitamin D

- Age 1-70: 600 IU
- Age 71 and older: 800 IU

Your doctor may recommend higher levels of calcium and vitamin D, especially if you aren't getting enough of them or are at risk for osteoporosis.



<https://www.webmd.com/food-recipes/guide/calcium-vitamin-d-foods>

S.M.A.R.T. Weight Loss & Your Fitness Device

REVIEWED BY KUMAR SHITAL, DO

Wouldn't it be nice if you knew exactly what to do to lose weight successfully? What you need is a fitness tracker and a smart goal! S.M.A.R.T. is an acronym to remind you how to set a goal that maps out exactly what you need to do. These goals are **Specific, Measurable, Attainable, Relevant, and Time-bound**.

Don't just stack up data you get from a fitness device. Use the info you track, your calories burned, food eaten, and hours slept to shape S.M.A.R.T. goals for yourself.

Here's one example of how to do it. Look at your fitness device to see how many calories you burn a week by exercising. Let's say it's 1,000 calories.

Use that data to bump up your calorie burn. For example, a S.M.A.R.T. goal is "I will walk enough to burn at least 1,250 calories through exercise this week."

Specific. Rather than simply saying, "I'm going to exercise more," you've specified how many calories you'll burn.

Measurable. Your device will track the calories you burn, so you'll be able to clearly know when you succeed.

Attainable. Since you're already burning 1,000 calories a week through exercise, bumping it up a bit should be manageable. To burn 1,250 calories, you'll need to add about one extra workout.



Relevant. Exercise is totally relevant to weight loss! So exercising more fits into your larger weight loss plan.

Time-bound. This is your goal for this week. **Period.** You can choose to pursue this goal again next week, or you can set a new goal. It's easier to commit to a goal -- and be successful -- if you do it for a set amount of time.



<https://www.webmd.com/fitness-exercise/guide/smart-weight-loss-fitness-device>

Sleep Apnea

REVIEWED BY NAYANA
AMBARDEKAR, MD

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times. This means the brain -- and the rest of the body -- may not get enough oxygen.

There are two types of **sleep apnea**:

- **Obstructive sleep apnea (OSA):** The more common of the two forms of apnea, it is caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.
- **Central sleep apnea:** Unlike OSA, the airway is not blocked, but the brain fails to signal the muscles to breathe, due to instability in the respiratory control center.

Am I at Risk for Sleep Apnea?

Sleep apnea can affect anyone at any age, even children. Risk factors for sleep apnea include:

- Being male
- Being overweight
- Being over age 40
- Having a large neck size (17 inches or greater in men and 16 inches or greater in women)
- Having large tonsils, a large tongue, or a small jaw bone
- Having a family history of sleep apnea
- Nasal obstruction due to a deviated septum, allergies, or sinus problems

What Are the Effects of Sleep Apnea?

If left untreated, sleep apnea can increase the risk of health problems, including:

- High blood pressure
- Stroke
- Heart failure, irregular heart beats, and heart attacks
- Diabetes
- Depression
- Worsening of ADHD
- Headaches

In addition, untreated sleep apnea may be responsible for poor performance in everyday activities, such as at work and school, motor vehicle crashes, and academic underachievement in children and adolescents.



<https://www.webmd.com/sleep-disorders/sleep-apnea/sleep-apnea>



Exercise for a Healthy Heart

REVIEWED BY JAMES BECKERMAN,
MD, FACC

Your heart is a muscle, and it gets stronger and healthier if you lead an active life. It's never too late to start exercising, and you don't have to be an athlete. Even taking a brisk walk for 30 minutes a day can make a big difference.

Once you get going, you'll find it pays off. People who don't exercise are almost twice as likely to get heart disease as people who are active.

Regular exercise can help you:

- Burn calories
- Lower your blood pressure
- Reduce LDL "bad" cholesterol
- Boost your HDL "good" cholesterol

Ready to get started?

How to Start Exercising

First, think about what you'd like to do and how fit you are.

What sounds like fun? Would you rather work out on your own, with a trainer, or in a class? Do you want to exercise at home or at a gym?

If you want to do something that's harder than what you can do right now, no problem. You can set a goal and build up to it.



<https://www.webmd.com/fitness-exercise/guide/exercise-healthy-heart#2>



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Types of Exercise

Your exercise plan should include:

Aerobic exercise ("cardio"): Running, jogging, and biking are some examples. You're moving fast enough to raise your heart rate and breathe harder, but you should still be able to talk to someone while you're doing it. Otherwise, you are pushing too hard. If you have joint problems, choose a low-impact activity, like swimming or walking.

Stretching: You'll become more flexible if you do this a couple of times a week. Stretch after you've warmed up or finished exercising. Stretch gently -- it shouldn't hurt.

Strength training. You can use weights, resistance bands, or your own body weight (yoga, for instance) for this. Do it 2-3 times a week. Let your muscles recover for a day between sessions.



How Much Should You Exercise and How Often?

Aim for at least 150 minutes a week of moderate-intensity activity (such as brisk walking). That amounts to about 30 minutes a day at least 5 days a week. If you're just getting started, you can slowly build up to that.

In time, you can make your workouts longer or more challenging. Do that gradually, so your body can adjust.

When you work out, keep your pace low for a few minutes at the start and end of your workout. That way, you warm up and cool down each time.

You don't have to do the same exact thing every time. It's more fun if you change it up.

Exercise Precautions

You'll probably be able to exercise with no problem if your doctor says you can and if you pay attention to how you're feeling while you're working out.

Stop and get immediate medical help if you have pain or pressure in your chest or the upper part of your body, break out in a cold sweat, have trouble breathing, have a very fast or uneven heart rate, or feel dizzy, lightheaded, or very tired.

It's normal for your muscles to be mildly sore for a day or two after your workout when you're new to exercise. That fades as your body gets used to it. Soon, you might be surprised to find that you like how you feel when you're done.

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