

Gerou's Chiro News

A Free Monthly Newsletter for the Friends and Patients of Dr. Thomas J. Gerou

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This Month's Featured Topics:

- New Chiropractic Research
- May's Featured Nutritional Product
- Staying Healthy While Staying Active
- Other Available Products



CHIROPRACTIC RESEARCH

Chiropractic Adjustments Linked to Lowering Blood Pressure

A chiropractic adjustment can significantly lower high blood pressure.

A study conducted by the University of Chicago hypertension center shows those patients that received a specific type of adjustment to the C-1 vertebrae in the neck experienced a significant drop in blood pressure, equivalent to the effect of two major blood pressure medications given in combination.

The study also finds that chiropractic adjustments can be used preemptively to lower the risk of getting high blood pressure initially.

Chiropractic Adjustments Help to Reduce Menstrual Pain

A study done in March of this year, conducted on women ranging in age from 20 to 45, showed that women who receive regular chiropractic care suffer from significantly less pain during their menstrual cycle.

The women surveyed were asked to rate their pain on a scale from 0 to 10, with zero being no pain and ten being "the worst pain imaginable".

The women, who all suffered from severe dysmenorrhea (menstrual pain), rated their pain at an average of 8.3 for the two cycles previous to receiving chiropractic care.

After receiving regular adjustments, the women reported an average pain rating of 5.0 for the next cycle, and 3.6 for the second cycle after treatment.

In addition to a reduction in pain, the women also reported improvements in secondary symptoms such as headaches and fatigue.

Featured Nutritional Product: Allerplex

It has been reported that over 50 million Americans suffer from some form of seasonal allergies. Don't let airborne allergens like tree pollen, grass, and ragweed ruin your spring and summer.

Allerplex is an all-natural supplement developed by Standard Process to help assist the body in naturally defending itself against seasonal challenges. Its patented formula helps to reduce inflammation in the adrenal glands, which is the main cause for pain and discomfort associated with seasonal allergies.

Ask Dr. Gerou if Allerplex is right for you.
Staying Healthy While Staying Active

Working in the Yard

The arrival of spring time also means the arrival of yard work. Whether you view yard work as a dreadful chore or an exciting weekend project, the most common problem while working outdoors is overexertion.

Over-filling a wheelbarrow, digging in clay soil, and all of the bending and lifting can wreak havoc on your spine. Using these tips may help you avoid any unnecessary injuries:

- Only fill the wheelbarrow to half capacity. It may take you a few extra trips, but it will save a lot of strain on the back muscles.
- Wear work boots if you are using a shovel to dig into hard soil to avoid foot injuries.
- Don't overfill compost bags with yard waste. The bags usually become very heavy and awkward to carry, increasing the risk of hurting yourself while dragging them to the curb.
- Drink lots of water and remember to take regular breaks to avoid heat exhaustion.
- Wear sunscreen.

Following these simple precautions can prevent injury and allow you to stay pain free and enjoy all the outdoor activities that spring and summer has to offer.

Playing Sports

Warmer weather means more than just a longer list of chores; it also means the start of the season for most sports. Baseball, softball, golf, soccer, track and field and many other sports are in full swing this time of year.

Athletic activities can lead to injuries if you don't prepare properly. The following is a list of tips that you can follow to help prevent nagging injuries throughout the season:

- Perform stretches specific to the sport you are playing. If you are playing softball, it's important to touch your toes and stretch your hamstrings, but it is equally as important to stretch the muscles in your throwing arm as well.

- Warm up the muscles slowly. For example, start with easy tosses of the ball from close range, and then progressively throw harder and longer.
- Drink lots of water.
- Make sure to stretch after the activity as well to avoid injury.

Other Available Products

BioFreeze

BioFreeze is a greaseless, odorless, all-natural pain relieving cream that has been clinically proven to reduce muscle pain, back and neck pain, arthritis pain, arm and shoulder discomfort, and sports injury pain.

Powerstep

Research shows that 80% of adults experience foot pain. Most foot pain is caused by poor foot support and lack of ankle stability. Developed by renowned podiatrist Dr. Les Appel, Powerstep shoe inserts can eliminate heel and arch pain in just days.

The patented Powerstep formula features a unique 4-phase design to relieve heel and arch pain. The heel cradle and platform stabilize the heel during landing while the flexible, state of the art arch support minimizes the amount of strain on the ankle helping to greatly reduce foot pain.

Mediflow Waterbase Pillow

Mediflow Waterbase pillow features a soft, hypoallergenic fiber filling supported by an easy-to-fill water pouch allowing you to customize the perfect amount of firmness for your pillow.

Mediflow pillows have been clinically proven to improve quality of sleep, and significantly lower neck pain developed during sleep.

BioFreeze, Powerstep, and the Mediflow Waterbase Pillow are all available in the lobby of Dr. Gerou's office today.