

Community Chiropractic Clinic

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www.communitychiroak.com

Welcome Dr. Zielinski

Community Chiropractic Clinic is pleased to welcome Dr. James Zielinski to our office as a recent graduate of Palmer College of Chiropractic in Davenport, Iowa. Dr. Zielinski was introduced to chiropractic as a test patient during his tour of duty with the United States Army. The Army's chiropractic test program resulted in such a significant health improvement for Dr. Zielinski that he became motivated to leave the Army and pursue chiropractic as a new career. Dr. Zielinski is a native of Washington D.C. metropolitan area. He has lived most of his adult life in Colorado before joining us in Alaska. Dr. Zielinski played league Rugby for thirteen years, which included playing for the Army as well as Palmer College of Chiropractic. Dr. Zielinski is an avid outdoorsman, making Alaska the perfect home for his current passion of alpine mountaineering. Dr. Zielinski is excited about his new home at Community Chiropractic Clinic and Alaska with anticipation of educating the public to the benefits of regular chiropractic care in a wellness-centered lifestyle.



Disc Problems?

Discs are the soft ut strong cushions that separate the bones (vertebrae) in your spine and absorb shock as you move. Repeated strain over time, an injury, or sudden forceful movements can damage discs and irritate nerves, causing pain, numbness, or tingling in your back, legs, neck, and arms.

A healthy disc has a spongy, gel-like center (nucleus) and tough outer ring (annulus). The vertebrae rock back and forth and rotate on the disc, allowing you to move easily.

Bulging discs occur with repeated stress and can wear down. The disc's nucleus may begin to bulge

into the annulus and irritate nearby nerves.

Sudden trauma can cause a disc to rupture. The nucleus pushes through the annulus and presses on nearby nerves, causing severe pain.

X-rays may be done to reveal any problems with your vertebrae. If needed, other imaging tests, such as an MRI (magnetic resonance imaging), may be used to show detailed images of discs, nerves, and other soft tissue.

Your doctor of chiropractic looks at your overall health - focusing not only on your disc but also on your lifestyle. This total approach to wellness helps determine the best treatment for your problem.

NUTRITIONAL CORNER

"We have drifted into this deplorable position of national malnutrition quite inadvertently.It is the result of scientific research with the objective of finding the best ways to create foods that are non-perishable, that can be made by mass production methods in central factories,and distributed so cheaply that they can sweep all local competition from the market.... Then, after there develops a suspicion that these "foods" are inadequate to support life, Modern advertising steps in to propagandize the people into believing that there is nothing wrong with them, That they are products of scientific researchintended to afford a food that is the last work in nutritive value,and the confused public is totally unable to arrive at any conclusion of fact,and continues to blindly buy the rubbish that is killing them years ahead of their time."

Dr. Royal Lee.....June 1943

Dr. Peter Ryan is now offering consultations in Designed Clinical Nutrition. Please contact our office for more information or an appointment to assess your nutritional state.

What is Frequency Specific Microcurrent (FSM)?

Community Chiropractic Clinic is one of the first clinics in Alaska to offer an exciting new electrotherapy modality which is now available called Frequency Specific Microcurrent or FSM for short. Some of its many uses are to reduce pain and inflammation and also decrease the healing time of injuries.

The measurable physiologic effects FSM creates are a huge increase in energy production (ATP) in the cell (this is over 500% of normal production!) which helps speed healing, major decreases in two kinds of inflammation (LOX & COX), and increases in endorphins (the body's natural opiates) which in turn mediate pain. There are other fascinating uses that are outside the scope of this clinic such as stopping bleeding after surgeries. In shoulder surgeries such as repairing rotator cuff tears, there is usually bleeding that pools under the skin and leads to bruising under the arm and the side of the chest. One M.D. performed surgery on a colleague using the FSM and reported virtually no bruising!

Some case studies supporting FSM report significant reduction in pain in cases of Shingles. Shingles is often an excruciating painful disease that is due to the Chicken Pox virus. When it occurs, it is usually in adults who had Chicken Pox as children. It can start as a painful area and eventually erupts into sores that follow a nerve or dermatome. The pain can be so bad that some people even consider suicide. FSM has been shown to reduce the pain associated with Shingles.

We will be writing about other uses for FSM in future newsletters.

Samuel Rose, D.C.

Additional Services Available

Osteoporosis Bone
Density Testing

Nutrition By Design

Wellness Counseling

Sports Injury Rehab

Specific Reconditioning
Exercises

Fitness Consultations

Footmaxx™ Orthotics

Mineral Infrared Therapy

Call our office for more
information at 907-222-2100

CHIROPRACTIC IS A WELLNESS FAMILY AFFAIR

Many people do not realize the value of wellness chiropractic care for the whole family. While we may take care of our vision, dental, hair and the things we see and deal with outwardly, it is easy to ignore the "little" aches and pains that bother us on the inside. But little aches and pains grow into bigger issues so it is important to maintain our spines and joints regularly like we do the rest of our body. If you or your children haven't had a check-up lately call our today and schedule to make sure your body is working at its optimum level—you will be glad you did!

Headaches

A headache is no stranger to most people. One estimate is that headaches occur in 9 out of 10 people. Some are a mild but annoying, localized pain that may be attributed to one or more of a variety of causes. Chronic, recurring headaches, which can be the most serious, are of two major types — migraine and tension. These may be frequent and intense, and may involve the severe throbbing, nausea, irritability and sensitivity to bright light common to migraine or "sick" headache. These headaches can be debilitating. They can affect the vision and bodily functions, bring on pain and sensation elsewhere in the body and even change moods and personality. To find relief — if only temporary — the American public pours out millions of dollars a year for headache remedies. Many headache problems are related to your spine and nervous system. Consult your chiropractor if you are experiencing a headache problem.