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News letter #5

Stress and your Adrenals

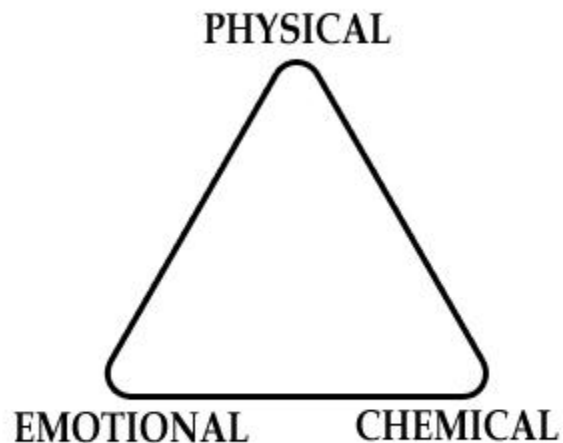
Dear Patient,

This issue is devoted to stress and how to “de-stress” our lives. We will have a discussion on the three primary life stressors, including details about adrenals, orthotics and correct toes. We also include suggestions on ways to de-stress yourself and your family. As usual, we also include some healthy recipes that support adrenals.

INTRODUCTION

The chiropractic model is designed to teach patients how to balance out their lives. The stressors that affect us are emotional, physical and chemical. These stressors may manifest themselves in postural misalignment, unlevel shoulders and hips, scoliosis, forward neck, compensation patterns from previous injuries, etc., which over time can cause degenerative arthritis and chronic pain syndromes.

Chiropractic Model of a Balanced Life



EMOTIONAL STRESSORS

A man named Hans Selye did some extensive research on stress in the previous century and authored a book called "The Stress of Life". What he discovered was that some stressors in our lives have more effect than others and some, even if they are considered "good" events (like a marriage or childbirth), still take their toll on our health. Dr Selye created a value system associated with various stressors, the death of a spouse or child being among the highest. He considered other stressors as well, such as changing a job, residence, relationship, getting married, building a house and you or a loved one being diagnosed with a serious illness, which also scored very high on the list. He did not consider terremotos, but I bet they would have a high value. Perhaps terremotos would be listed under the "heading" of experiencing Natural Disasters. Selye's stress test comprises a list of stressors with numerical values in which you added up all the situations that pertain to you and then determine your "stress index". Click [HERE](#) to take a stress test like Dr. Selye's in order to find out how stressed out you are. What is your emotional stress score?

Besides emotional stress, there are Chemical (bio-chemical) and Physical (bio-mechanical) stressors to consider too. During the holidays we all tend to over expose ourselves to a host of emotional, physical and bio-chemical stressors. If your system is already "stressed out" this can lead to chronic non-specific diffuse malaise or illness.

Click [here](#) to read more about adrenals (in Spanish – you must be connected to the internet).

BIOMECHANICAL (PHYSICAL) STRESSORS

We are going to focus this discussion today on feet because they are the foundation of our posture. Orthotics and Correct Toes can correct the biomechanical faults of the feet. These faults translate from the feet all the way up through the knees, hips, back and neck. That is why, when you come to my office, I examine and adjust your feet.

Orthotics

This past winter after the huge storm in Coyhaique, I attended a seminar evaluating feet and the fitting of custom foot orthotic). I am trained in the use of Vasyli Medical orthotics. These orthotics are designed to realign the foot and assure correct function. They offer a variety of alternatives to treating the lower limbs in patients. This realignment helps relieve common biomechanical dysfunctions such as lumbar, knee and hip pain.

The orthotics also help with the prevention and treatment of foot problems such as bunions, flat feet, deviations in forefoot varus or valgus, metatarsalgia, calluses and tough skin. They are also the first professional orthotics designed with removable plates to increase first ray biomechanics. The orthotics also have a wide selection of supports and wedges that can be adjust according to a patients needs.

If we decide you need orthotics for you feet, visit the web site www.orthafeet.cl to determine your size, and you can transfer the money directly to the bank account in Santiago. [CLICK HERE](#) for instructions on how to realize the bank transfer.

When that is done the company will ship the orthotics to me and I will customize them for you in the office.

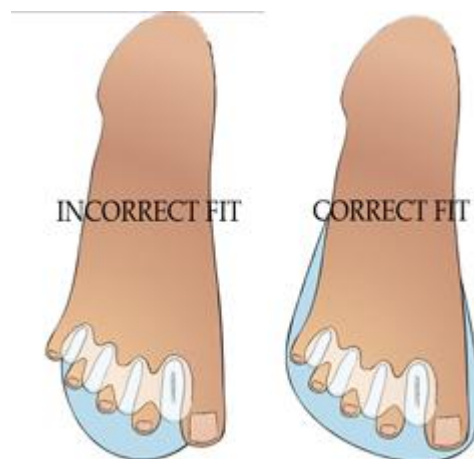
Correct Toes

This winter while I was in the US, I discovered a podiatrist (medical doctor that specializes in feet) in Portland Oregon who had created a system to assist in halgas valgus (misaligned toes and flat feet). Correct toes are designed to help with bunions, halgus valgus, foot pain, hammer toes etc. Our feet were designed to have the earth meet them and support our arches as we walk, but today this does not happen because we wear shoes.

Some fashion shoes pinch our toes, and do not give support to the feet, with the result that after time our arch drops and our bio-mechanical action of the walking foot (heel strike, mid stance, and toe off) is altered. Eventually, this results in deformity, pain in the knees, foot, back and neck and may lead to the need for surgery. There are also a heredity factors to consider that might make a person more likely to suffer from such problems.

How do we know if our shoes fit our feet correctly?

Take the insole out of the shoe and place it on the ground. Place your naked foot, with your toes spread apart as much as possible, over the insole. If the toes fall outside of the insole these shoes are too small in the toe box for your feet. If your foot is already deformed and the big toe drifts laterally you will have to hold that toe in a straight line with the medial (inside) portion of the foot.



In the future if you have a pair of “correct toes” then you do the same technique mentioned above but wearing your correct toes before purchasing any shoe. Your toes need room to wiggle and they will be much happier. The only shoe I have seen that fits this configuration is called the “CROC”. You don’t need to buy the brand name to get a good shoe.

Those stylish pointed high heels “tacos” or high heeled boots are the worst thing bio-mechanically for your feet, back and neck , not to mention the fact that it creates a very unstable situation for your ankles.

CHEMICAL (BIOCHEMICAL) STRESSORS

We expose our bodies to all sorts of chemical toxins from the environment. We also apply toxins to our bodies through the use of lotions, deodorants and other things we put on our skin, as well as things that we ingest, such as prescribed medicines, alcohol, toxic foods and more. We will discuss chemical stressors in the conclusion of this section.

KIDS CORNER

Children experience a fair amount of good and bad stressors in their life. We cannot protect our children from stress, which is a part of life.

Some common stressors your child will experience, among which are the following:

- ✓ School: deadlines and separation from family for the younger ones
- ✓ Peer pressure: from perhaps mentally unhealthy or aggressive children
- ✓ Over exposure to elements like cold, heat and polluted air, chemicals in cosmetics, lotions, shampoos, deodorants
- ✓ Poor diets laden with chemical, sugars and refined carbohydrates (cookies, cakes, pasta, breads, sweets, etc.)
- ✓ Drugs prescribed by the medical profession, especially Antibiotics, which over time prolong use of antibiotics can cause all sort of chronic problems like allergies, leaky gut syndrome, bronchitis and asthma.
- ✓ Smokers in the house
- ✓ Abusive parents or other family members
- ✓ Born compromised either from an illness or from the mother being depleted while child is in uterus.

CONCLUSION

So what can we do to reduce our stress?

Emotional Stress

- ✓ Surround yourself with people you love and care about. Avoid those people who upset you.
- ✓ Take a nap every day after lunch for 15 -20 minutes.
- ✓ Breathe deep for five minutes daily
- ✓ Listen to calming, classical or soothing music

Physical Stress

- ✓ Stretch in the morning
- ✓ Create a daily exercise program: Walking, yoga, Pilates, weights, machines or classes. What is important is consistency. Daily for least 40 minutes.
- ✓ Be conscious of your work station ergonomics, posture and remember the pelvis affects the posture of the neck and shoulders.
- ✓ Get your body “balanced” structurally by your chiropractor
- ✓ Get a massage

Chemical Stress

- ✓ Drink a warm glass of water in the morning upon rising
- ✓ Resist sugary deserts, and excessive alcohol.
- ✓ Consider the recipes in this news letter once or twice a week
- ✓ Take B complex vitamins and herbs that are in the family of adaptogens: Siberian Ginseng and Chrisandra , licorice root, some may be available at some pharmacies
- ✓ Eat lacto-fermented food (see newsletter #1)
- ✓ Take adrenal support supplements (see me for recommendations)
- ✓ Take Cod liver oil:

Sources for Cod Liver Oil:

1. [Now Chile](#) in Santiago (look for the on line store and find the acidograsos and then for acite de higado de bacalao). I will eventually be selling Now products in my office.
 2. www.radiantlifecatalog.com (they have experiences in shipping and selling products via mail to Chile).
- ✓ Liver pate (see recipe on web site) high in vitamin A
 - ✓ Butter high in vitamins D (A & D vitamins are necessary for a strong immune system)
 - ✓ Avoid caffeinated drinks and candy. Caffeine exhausts the adrenal over time it is like whipping a tired horse.
 - ✓ Hug people you love and smile (smiling actually reduces the effects of stress on your heart)

Please remember we have some very good discussions in the other news letters. Go to www.pacificrimchiro.com and visit the Education section to review Newsletter #1 (Digestion), #2 (Butter), #3 (Weston A. Price foundation Sucursal and Breast health) and #4 (Children’s Health).

RECIPES

[Click Here](#) for Kidney recipes that benefit the adrenals (in Spanish and you must be connected to the internet).

Thanks to Ema Morales, Marianela Araya y David Cladel for their help with this newsletter. Be well and enjoy the new year with your family!

Sincerely,

Dra. Michael