

THE AZNAR ARTICLES

A Quarterly Publication from the Desk of Dr. Aznar

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DOCTOR'S CORNER:

As many of you know, I love cars. I also love to clean my cars. Not long ago, my wife asked me to detail her van. It is a large project and it seems I rarely have the time these days to do it properly. However, on this occasion, I washed and waxed the exterior, shined the wheels and tires, took out all the mats and scrubbed them, cleaned the carpets, shined the dash and cleaned the windows. I even disassembled the car seat for our toddler, washed and disinfected it and put everything back together. That evening, my wife had an engagement with my daughter so I was going to take the boys out for dinner. I had to make one stop at a friend's house and then we were heading out for a night on the town in our clean van. While on errand in my friend's house, I left the boys watching a movie in the running van. Two minutes later, my 12 yo came running to the door exclaiming that my toddler was throwing up. By the time I got home 5 minutes later, the contents of my toddler's stomach were spewn all over the freshly disinfected seat, the freshly shampooed chairs and carpets!

There are two lessons I wish to share that I learned that night. The first is about vomiting in general. First of all, I agree with my 12 yo's assessment that it is smelly and gross to clean up, especially with the chewed pieces of orange that we found. When it happens, most people will define the person as sick. However, the opposite is true. With few exceptions, vomiting is a body's reaction to contaminated food or a symptom when the body is fighting a virus or other malady. In both cases, the body is responding in a healthy way. Can you imagine if my son had not been able to vomit the bad orange he had just eaten? What bacteria might have plagued his body had he not been healthy enough to identify the pathogen and get rid of it? The suppression of the body's natural ability to heal itself is one of battles we fight daily in our office. As repulsive as it was to clean it up, I am glad that my toddler was healthy enough to vomit and rid his system of the bacteria. *Lesson #1: Vomiting is a good thing and suggests the body is healthy.*

The second lesson pertains to the van. I worked for hours cleaning it only to have it soiled in a matter of minutes. Does it ever seem that you work so hard to get ahead only to have it taken from you with this or that? This incorrect line of thinking from a victim's mentality was my reality for a short period while I was cleaning up my toddler's mess. What I realized after the mess was clean (although my wife argues that the smell is still present), is that what matters most in life is that we do our best at all times. Re-cleaning the van only took 20 minutes. Getting back in the habit of having a clean van, for me, was like getting back in the habit of exercising, or eating right, or opening the door for all the women in my life (a habit I've never stopped). Regardless of the setbacks, it's the habit that matters. Or rather, it is the fruit of the habit. In the case of the van, even if gets dirtied often, regular cleanings and maintenance will keep its value high and keep it running optimally, as long as the good outweighs the bad. In the case of our bodies, even though we beat ourselves up physically (think bad posture, bad food, poor sleep, high stress, etc.), regular exercise and chiropractic adjustments, along with nourishing food and adequate sleep will keep us running optimally, as long as the good outweighs the bad. *Lesson #2: Don't let the set backs characterize you. Let your discipline in constant nourishment to all the good things in your life define you.*

That night, we Aznar boys had a minor set-back. It turned out ok, though, as we ended up ordering in and watching movies. Also, my wife still drives a mostly clean van. Thank you Supersonic!

-Dr A



New Patients:

Scott F., Austin B., Cameron M., Julie E., Brittany C., Chelsea S., Heston G., Steve L., Michael D., Clayton P., Krystian W., Jake L., Kelli T., Peggy M., Mandi M., Kiersten E., Cammie B., Sabrina W., Grant W., Brooke G., Thomas C., Michael D., Cameron C., Riley L., Shannon H., Heather F., Terrence O., Alaycia C., Kristieann T., Emily H., Savanna M., Hannah A., Ethan S., Taylor H., Jennifer R., Amy M., Brandon S.

Thank you for your referral:

Jamie W., Ruthanne W., Brooke B., Shauna M., T. Seamons, PA, Brenda M., Susan K., Shanna L., Becky C., T. Seamons, PA, Ashley S., T. Seamons, PA, Leslie S., Dr. Carr, T. Seamons, PA, Lynn B., Judy D., Katie F., Linda N., Gwendolyn F., Angela K., Steve B., Kim N., Lucy C., Rachiele O., Margot H., Bobbi W., John A., Dr. Carr, Kristina W., Raquel W., Shanna L., Arlene W., Gary G., Amanda P., David L., Shane B., Dr. Livingston, Leslie S., Kayelyn R., Michol A., T. Seamons, PA, Cyndi G., Matt B., Susan K., Julie C., Taylor B., Joseph A., Tucker M., Kim S., Jordan M., Ashley S., Sonja S.

Gift Certificate

Helping others is the hallmark of our business. Help us find those who need our help by giving this portion of the newsletter as a gift to a family member, friend, or other loved one. This gift certificate entitles your family member or friend to a *free consultation, examination, and 30-minute massage*. This offer is only valid to friends and family of the patients of Aznar Family Chiropractic. This certificate is sincerely intended to help someone discover if chiropractic care can benefit him or her. There is no obligation. Call 801-221-7012 to schedule the appointment and mention this certificate! **CALL NOW! Offer expires in 30 days.**

Exercise Gem: After following 1,000 healthy joggers and 4,000 healthy non-joggers for a decade, researchers claim that those who jog 1-2.4 hours per week were 71% less likely to die during the study period than non-joggers. However, they found no mortality benefits when comparing more strenuous joggers to the non-joggers in the study. Study researcher Dr. Jacob Marott adds, "We believe that long-term strenuous endurance exercise may induce pathological structural remodeling of the heart and large arteries" -*Journal of the American College of Cardiology*, February 2015. The bottom line is that, assuming a 5 day exercise week, those that jogged 12-30 minutes a day were actually more healthy than those who either jogged longer or didn't jog at all. If you can't jog, then substitute a different exercise. This is one of those rare instances where a little effort yields a huge return!

Patient Spotlight: Chantell Plata



Chantell grew up right here in Orem. She works with Dr. Robinson as a dental assistant at his office in Provo.

"I was in a car accident about five years ago and ever since my hip has been out of place and extremely painful. I just dealt with the pain for years. Now, I'm trying to get pregnant and we decided to get my hips in the right place!"

When I came to Dr. Aznar he explained everything! I love that he truly cares about my condition and wants me to be in no pain. I also love that his office is so friendly and they celebrate my small victories! Dr. Aznar showed me exercises to do every night that have helped me a ton!

I started seeing him once a week and then went to a week and a half and now a few months later I get to come every three weeks. THAT MEANS I HAVE NO PAIN!! I can walk around for hours with no pain! Yay!"

CHIROPRACTIC: Chronic Back Pain

A lot of my patients ask me if they should invest in maintenance care after their treatment plan is finished. They also ask how often is recommended. I found a study that addresses these questions:

In this study, 30 patients who had back pain for at least six months were selected and half of the patients (Group 1) received intensive chiropractic treatment consisting of 12 treatments in one month, then no treatments for nine months. The other half of the patients (Group 2) received the same intensive treatment, but *also received maintenance chiropractic treatments every 3 weeks for nine months*. At the end of the nine-month period, both groups were again examined. After analyzing the results, the authors found that pain levels were reduced in both groups of patients. The intensive month of chiropractic adjustments reduced pain, even without follow-up care. Disability levels, however, showed a different response. For the patients with no continuing treatment, *the disability levels returned to their pretreatment levels*. The Group 2 patients – who received maintenance care – continued to see improvement in disability scores over the whole nine months.

The authors conclude: "This study appears to confirm previous reports showing that LBP and disability scores are reduced after spinal manipulation. It also shows the positive effects of preventive chiropractic treatment in maintaining functional capacities and *reducing the number and intensity of pain episodes after an acute phase of treatment*. Maintenance chiropractic care involving spinal manipulation combined with other treatment modalities (exercises, pain management program) should be investigated. Such combined interventions may have a critical influence on pain, disability, and return to work." (Italics added). *Descarreaux M, Blouin JS, Drolet M, Papadimitriou S, Teasdale N. Efficacy of preventive spinal manipulation for chronic low-back pain and related disabilities: a preliminary study. Journal of Manipulative and Physiological Therapeutics 2004;27:509-514.*

Asian Chicken Quinoa Salad

All ingredients can be easily found in your local grocery store. Garlic chili and hoisin sauces are in the Asian food aisle.

2 T. peeled and minced ginger (about 2" ginger root) or 2 t. ground ginger

2 T. garlic chili sauce or chili paste

2 T. hoisin sauce

2 T. reduced sodium soy sauce

2 lbs. boneless, skinless chicken breasts, sliced horizontally and then into short strips

2 T. olive oil

4 servings prepared quinoa

4 portions spinach, rinsed

Mix together ginger, chili sauce, hoisin sauce and soy sauce. Put the chicken pieces in a bowl and toss well to coat evenly with marinade. Cover and place in the fridge for about 20 minutes. Add olive oil to a sauté pan over medium-high heat. Once the oil is hot, add chicken and cook through. Divide portions of spinach to four bowls, spoon quinoa and chicken over spinach.