

THE AZNAR ARTICLES

A Quarterly Publication from the Desk of Dr. Aznar

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DOCTOR'S CORNER: Like a dog with his head out the window, wind blowing through his hair, eyes closed feeling the moment, my little 4-yr old son sat happily on the front of our paddle board. I was paddling furiously against a head wind at the end of our day because I was trying to make it back to the marina before our paddle board rental was due back. Because of the wind and the waves that were hitting the side of our board, I was feeling on the edge of "out of control" with about every half dozen strokes deeply wobbling to one side or the other. As I would maneuver our board to point towards the wind and waves, I could see my boy, his little legs stretched out in front of him and his sun-tanned back covered by a life jacket, just relaxed and content as his body naturally moved with the undulations of the water and board. I laughed as I imagined what we might look like from the shore: an anxious, wobbly dad, trying to look like he's got it under control while his completely trusting and unaware son smiled and waved at strangers.



The difference between him and me in those moments on the paddle board, aside from the fact that he was sitting and I was standing, boils down to one main thing. His balance is growing and mine is deteriorating. This is not to say that I am self-deprecating here. It is a simple truth that as we age, we incrementally lose our sense of balance. A better way to put it is to say that we lose our *proprioception*. Proprioception is your body's ability to determine its own spatial relationships. For example, you can hold your hand behind your head and not have to look at it to know it is there. Or, you can touch your nose with your eyes closed. In a nutshell, the proprioceptive system is made up of receptor nerves that are found in the muscles, joints and ligaments around joints. These nerves can sense tension and stretch and pass this information to the brain where it is processed. The brain then responds by signaling to muscles to contract or relax in order to produce the desired movement.

The benefits of having a well functioning proprioceptive system go well beyond balance. Every movement of your body has a component relating to proprioception. This is what enables you to walk, run, jump, wave your arms or blow-dry your hair. It is responsible for making movements smooth and controlled for both gross movements like dancing or sports and fine movements like picking up a coin or writing. You can imagine that a poorly working proprioceptive system can create quite a poor quality of life.

Recently, I took my kids and their friends to a place called Lowe's Extreme Sports. This is a trampoline arena that also features an American Ninja Warrior Course where one can jump, climb and run through a number of obstacles in the fashion of the popular TV show by the same name. During that evening I discovered that doing back flips, walking on my hands and climbing across monkey bars was no longer second nature to me as it was when I was in my youth. Seeing my kids do those things turned out to be satisfaction enough as I chose not to sacrifice limb and spine to appease my ego. Here is the good news. Proprioception can be restored, or at least magnified, no matter your age. Engaging in balance activities such as yoga and tai chi are good options to improve proprioception, as is jumping on trampoline or rebounders (mini trampolines). Of course, engaging in any athletic activity that requires balance such as jumping and moving quickly will help also (basketball, soccer, racquetball, pickleball, etc.). The quickest way to rebuild proprioception is to work out on unstable surfaces. In the personal training world, there are literally hundreds of ways to do this and dozens of implements like balance boards, stability trainers, Bongo Boards and BOSU Balance Trainers to name a few. A quick internet search will provide an array of tools and methods to use them for any who are interested. Hiring a personal trainer may be a good idea for those who feel uncertain about how to start.

Lastly, chiropractic adjustments have been shown to help restore proprioception, particularly after injuries. Yes, an injury to your spine or extremities causes a partial disconnection from your brain to the injured area. This is part of the reason why it is so easy for you to reinjure yourself. Those of us who have sprained ankles know that you have to be very careful with it for months after it has stopped hurting because the slightest twist can re-sprain it. The same is true for spinal injuries like whiplashes or lifting injuries. Your brain has a harder time registering when you're in a dangerous position because the proprioceptive receptors in the ligaments were damaged. During active treatment plans in our clinic, one of our goals in restoring you back to normal is to make sure you can tolerate regular activities before we release you. Now you know why.

You are never too old or too far gone to reap benefits from improved proprioception. Whether you choose to aggressively pursue it with a workout plan or simply pursue it with regular chiropractic adjustments, your time will not be wasted. As for me and my paddleboard, I think I will just have to spend more time paddle boarding. -Dr A

New Patients:

Kelly R., Ian M., Kathy S., Lara D., Saren J., Kyle G., Ezra S., Elijah W., Kaden B., Luciana D., McLane C., Alissa B., Brook S., Eric A., Isaac W., Connor M., Liam S., Halsie C., Brittany H., Ethan G., Rebecca S., John M., Larry L., Brittany H., Christine M., Jenny D., Wilson H., Erin B., John A., Katie V., John H., Charles P., Marcie A., Daniel M., Brandon S., David K., Dakota C., Kammy B., Jessie C., Weston J., Cathrine C., Desiree N., Robert J., Sabrina D., Mark A., Danielle H., Taylor L., Jennice L., Debbie C., Kayleen D., Megan T., Janine P., Roberto R., Justice M., Taylor H., Kelci K., Parker W., Cailyn G., Amanda G., Saimoni L., Spencer S., Collin G., Emily S., Joseph S., Jason B., Erika C., Justin M., Kayla B., Leslie L., Gayla S., Anna A., Lucy Y., Kristine H., Cole M., Donna W., Debra J., Erica J., Chase J.

Thank you for your referral:

Sonja S., T. Seamons PA, John A., Lucinda H., Tristen S., Yolanda D., Mike D., Summer V., Julie C., Jessica N., Jamie D., Yolanda D., Teresa F., Sara W., John A., Janae G., Jon S., Jenny M., T. Seamons PA, Jared H., James C., Claudia J., Abby H., Brandon B., John A., Angela M., Danielle M., Brook S., Jerry S. Julie C., Jamie G., Deskin G., Gwendolyn F., Jolyn H., Nanna J., Kristina W., Sabrina A., Kris H., Kim L., T. Seamons PA, Jordan D., Amber R., Staci H., Ken K., Darcy W., Natalie G., Dominique M., Jennice L., Savannah S., Janae G., Andrea S., Emily S., Dr. Aznar, Anna J., Katie C., Wendy A., Marcie A., T. Seamons PA, Jon M.

DIET GEM:

The current craze in American diets is high protein, low carbs. Many of you reading this are probably eating in this fashion because it is effective in losing weight. However, there is a very detrimental effect in those individuals who cut so much fiber from their diet. There is an interesting study on this subject recently released in *Nature Communications* in April of this year. Two groups, one from the U.S. and the other from South Africa swapped diets and researchers measured inflammation levels and bio-markers for cancer. "Based on the dramatic effects observed when American and South African volunteers swapped diets for just two weeks, researchers suggest that a diet high in fiber and low in fat could possibly reduce an individual's risk for developing colon cancer. After fourteen days on the high-fiber, low-fat South African diet, the American group had significantly less inflammation in the colon along with a reduction in biomarkers associated with colon cancer risk. Meanwhile, tests on the African group showed the opposite, indicating a dramatic increase in cancer risk after just two weeks on the high-protein, low-fiber American diet. According to the study's authors, one could achieve similar results by increasing their fiber intake to 50 grams per day." No indication was given to weight loss or gain, but my take-away is if you are going to eat high protein, low carbs, make sure you supplement with a high quality fiber!
-Dr.A

CHIROPRACTIC: What Causes Arthritis?

In the past, osteoarthritis (OA) was believed to be a wear and tear disease that affects the articular (where bones touch each other) cartilage covering the ends of bones where they meet to form joints. New research from the *International Journal of Molecular Science*, March 2015 shows OA to be a rather complex degenerative disease that may be caused by *low-grade inflammation* in the cartilage and the surrounding soft tissues that results in deterioration of the cartilage and a compromised joint structure. Although some risk factors for OA cannot be avoided (such as genetics, sex, and age), others are wholly in control of the person. Controllable factors include: improperly treated sports injuries, lack of physical exercise, and overweight or obese body weight status.

Keep in mind that chiropractic adjustments help reduce joint inflammation by restoring joint range of motion. The bottom line is if your back or neck is feeling achy, be sure to exercise, watch your weight and get adjusted! - Dr. A

Patient Spotlight: Amanda Merrell

Amanda is originally from Apple Valley, CA and has lived in Utah for ten years. She is a Molecular Biologist and tests samples for infectious diseases. She enjoys bird watching, reading, writing, music, being outdoors and organizing. We are happy to congratulate her on her upcoming wedding in September and want to wish her well on her move to Seattle to set up house and start a brand new adventure!



Amanda said, "Back in 2009, I was in multiple car accidents, a few months apart. I tried traditional doctors who told me pain meds were my only option. I tried physical therapy, which made my pain worse.

Dr. Aznar explained my condition to me and was very kind and patient with me. He was not aggressive with my back, (which was a good thing!). He listened to me when I gave feedback on previous visits and altered his treatment accordingly. His staff has been amazing! They are so kind, supportive and flexible with me.

It took months to feel better and years to be overall better. But I feel it is thanks to him that I am able to move and walk at all! Dr. Aznar is a miracle worker. I have not wanted to trust my back and neck to anyone else."

5-Star Grilled Teriyaki Chicken from sixsistersstuff.com

Ingredients:

- 2 lb skinless, boneless chicken breasts (chicken tenders and thighs work too)
- 1 cup teriyaki sauce (Yoshida's is best!)
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 2 teaspoons sesame oil

Directions:

Place chicken, teriyaki sauce, lemon juice, garlic, and sesame oil in a large Ziploc bag. Close bag and shake to thoroughly coat the chicken. Place chicken in the refrigerator for 8-12 hours (Dr Aznar recommends marinating overnight), turning the bag once or twice throughout the day to make sure the chicken is marinating evenly. When ready to cook, turn the grill onto high heat. Remove chicken from bag and discard remaining marinade. Grill for 6 to 8 minutes on each side, or until juices run clear when chicken is pierced with a fork.

Gift Certificate

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