

Happy Halloween!

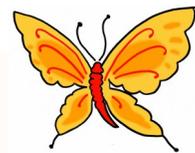
Health Problems?

“The power that makes the body heals the body!”

Health Solutions

October 2014

“It’s great to see your back!”



Don't Be “HAUNTED” By Scar Tissue!

Having chronic or nagging pain? Dealing with an injury or stubborn re-injury? Not performing your favorite task, hobby, fitness or sporting activity anymore or to your fullest potential? If yes, **scar tissue** may be “haunting” you.

What is scar tissue? Scar tissue is nature’s way of repairing injured tissue. If you have ever been cut, you know that a scab forms to heal the damaged tissue.

A similar process occurs when the body is injured on the inside. Anytime you strain, sprain or injure a muscle, tendon, ligament or joint, scar tissue begins to form within 12 hours—you just can’t see it. And you don’t feel it forming, at least, initially because scar tissue takes time to develop.

How does scar tissue form? When soft tissues (muscles, tendons, ligaments or joints) are

subjected to a stretching force beyond their limits, tiny holes or “micro-tears” occur. The body then attempts to fill in or “seal” up these damaged areas with collagen. (Thus, a scar is born!) Think of scar tissue as mother nature’s “glue.”

However, the scar tissue is not as strong or flexible as the original tissue it replaced. To add fuel to fire, this lower-grade scar tissue, left uncared for, accumulates over time – *for months or even years*. This build-up **progressively** weakens the tissue putting the injured person or athlete at

greater risk for re-injury. Do you know of anyone who repeatedly injures the same area over and over? Our Doctors have helped many patients overcome or avoid this classic “injury/re-injury cycle” associated with scar tissue formation.

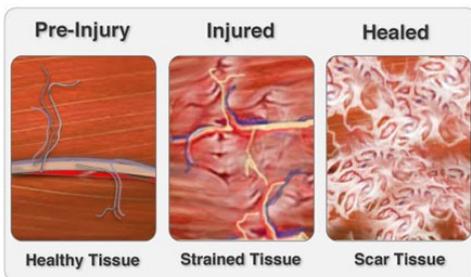
Why is an injured person or athlete more susceptible to re-injury? As soft tissue weakens and shortens (becomes less elastic), it moves **less** freely creating a functional “weak spot.” This decrease in mobility opens the

door for, you guessed it, re-injury. Adding layer upon layer of scar tissue inevitably leads to chronic pain disorders, “normal” muscle tension, and degenerative changes, such as arthritis. However, there is **good news!** At Health Solutions, we take the “scare” out of scar

tissue. Fortunately, scar tissue does not have to be permanent and cause disruption in the quality of your life. We have helped a multitude of people overcome a variety of conditions associated with scar tissue, such as tendonitis in the elbows and shoulders, whiplash trauma from auto accidents, muscle pulls, ankle sprains, chronic sore neck and backs, and muscle knots.

No one has to settle for living in a body “haunted” with scar tissue. We want you to feel “spooktacular” and enjoy your life to the fullest!

Muscle Injury Tissue Progression



SCAR TISSUE = ↑ RISK OF RE-INJURY + ↓ RANGE OF MOTION

Scar tissue forms to heal injured tissue leaving the muscle weaker and less flexible.

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Therapeutic Ultrasound

Ultrasound is one of the many therapies we use at Health Solutions to aid in the healing of shoulders, knees, ankles and other areas of the body. Therapeutic Ultrasound speeds up the healing process of injured tissues by increasing the blood flow to those areas. It can also reduce swelling that helps decrease pain and alleviate muscle spasms.

The Ultrasonic sound waves act as a gentle massage deep into the muscles, tendons and/or ligaments with no strain to the tissue. And it can help break up and soften **scar tissue** allowing your muscles to move more freely, decreasing pain and allowing you to enjoy life better! If you are dealing with a new or old injury causing you discomfort or loss of range of motion, you may have scar tissue where Therapeutic Ultrasound may help. Ask Dr. Trish and Dr. Kevin if Therapeutic Ultrasound is right for you!

Sat. 10/18/14
Football Jersey Day
\$5 OFF
Adjustment

If you wear your favorite football jersey or t-shirt



Patient Appreciation Day
Sat. 11/15/14
More info to come!

Vitamin D3's Role in Our Immune Function

Vitamin D3, the sunshine vitamin, is made in the skin by absorbing Ultraviolet B rays in sunlight. However, many things affect the degree to which vitamin D biosynthesis occurs, including time of day, seasons, clouds, smog/pollution, clothing and sunscreen use. Low-cholesterol diets and certain cholesterol therapies can also negatively affect vitamin D formation. Approximately one billion people worldwide have vitamin D deficiency including children.

Vitamin D deficiency has been linked to certain cancers and other chronic disease such as heart disease and diabetes. Vitamin D also fights colds and the flu, as it regulates the expression of genes that influence your immune system to attack and destroy bacteria and viruses. **In fact, it is very rare for someone with optimized vitamin D levels to come down with the flu.**

So are YOU at risk for vitamin D deficiency? The answer is most likely YES! If you work inside or are restricted to indoor activities, wear sunscreen or don't get outside 30 minutes per day like most Americans you are most likely deficient. A simple blood test can confirm the deficiency and the severity.

Supplementation should only be done with **natural vitamin D3** (cholecalciferol). Do NOT use the synthetic and highly inferior vitamin D2 which sometimes are prescribed by doctors.

In the meantime start supplementing NOW with vitamin D3 to be ready for the cold and flu season. Start your children on vitamin D3 as well because they are most at risk for deficiency and are most exposed to bacteria and viruses on a daily basis.

We have 2000 and 5000 IU capsules available in vitamin D3 and liquid vitamin D3 for children. **Ask us for the dosage instructions.**



Q: What was the name of the weeping ghost?
A: Boo Hoo

JOKE!

Congratulations to Alison & Chris Jones Married on 9/13/14!



HOURS OF OPERATION:

Tues 2:00-6:00p Fri 9:00a-12:00p & 3:00-6:00p
Wed 9:00a-12:00p & 3:00-6:30p Sat 8:30a-12:00p

Therapeutic Massage hours are different, please contact us to schedule an appointment.

770-565-5510

www.YourHealthSolutions.org