

Happy Hearts for Valentines

Cardinal Chiropractic Centers

Chiropractic Helps Your Heart

Did you know February is Heart Month? In honor of this, we want to let you know about one of the most common problems affecting the heart and blood vessels today—hypertension or high blood pressure.

The term “blood pressure” refers to a pressure within the arteries produced by the beating of the heart. Contraction of the heart creates a high pressure known as the systolic phase and relaxation of this organ creates a low pressure known as the diastolic phase. Your blood pressure is read as a fraction comprised of these two numbers. 120/80 is considered

average and this naturally lowers while you sleep and raises during periods of high activity.

In the United States, 30 million people suffer from hypertension and about 30% of these won't be diagnosed until it is too late. For most, hypertension becomes a problem at age 30, but teenagers, children, and even infants can be affected.

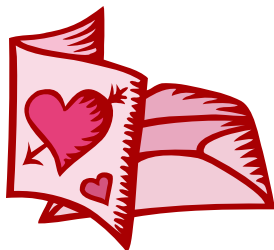
Hypertension is not a disease in itself. It is a symptom of a disorder within the circulatory system, nervous system, or vital organ of the body. Your nervous system controls the primary function and maintenance

of normal blood pressure and its proper distribution.

As chiropractors, we diagnose and correct nerve disorders. This means that though adjustments are not a “specific treatment” for hypertension, they can eliminate one of its causes—nerve interference. Chiropractic can help your body maintain normal control of blood pressure naturally, without drugs or other dangerous treatments. So, when you schedule your next appointment, let us check your blood pressure.



A Special Valentine For You!



*Roses are red,
Violets are blue,
Your back likes chiropractic
And your heart does too!*

When you come visit us in the month of February and get your blood pressure checked, we'll give you a special treat! Just ask about it on your way out.

February 2007

Dr. Michael Baker

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- It's Heart Health Month! See how we can help your heart in the cover story and find out what you can do on page 2.
- I scream, you scream, we all scream for ice cream! Try our tasty and healthy recipe on page 2.
- Find out more about your Cardinal Chiropractic staff on page 4.

Help Your Heart at Home

Your heart is one of the most important organs in your body. Keeping it in shape is essential for living a long, healthy, and happy life. To help you be at your best, here's three tips for heart health.

Maintain a healthy weight through exercise—obesity places you at greater risk for developing a variety of serious, often life threatening, conditions such as cancer and **heart disease**. However, studies show that people who exercise on a regular basis not only maintain a healthy weight, but are mentally sharper, have an improved **cardiovascu-**

lar system, and have more bone mass and lean muscles than those that do not.

Eat your fruits and veggies—The antioxidant and vitamin values of a diet full of fruits and vegetables have been linked with a decrease in some cancers and **strokes**. In fact, a 20 year study of middle aged men published in the *Journal of the American Medical Association* found that for every increase of three servings of fruits and vegetables per day,

there was a 20% decrease in the risk of stroke.

Take a deep breath—A study at the annual stroke conference of the American Heart Association found that persons who are continually stressed out are at an increased risk of developing **atherosclerosis**. It is believed that an elevated stress response is higher predictor of hardening of the arteries than smoking or diabetes.

So, eat well, be active, relax, and have a healthy heart!



February is Heart Health month!

The Exercise You Already Do

Many of us start off with the best intentions for fulfilling an exercise regimen only to lose interest somewhere along the way. In fact, 65% of Americans are exercise dropouts. If you are one of these individuals, take heart, there's something simple you can do about it. Walk!

Walking has been proven to be one of the simplest, yet most beneficial, exer-

cises for your body. When performed on a regular basis walking can: reduce cardiovascular problems, increase and improve circulation, aid in digestion and encourage weight loss.

Some more pluses for walking are that

"Walking ... one of the most beneficial exercises"

it requires virtually no equipment, just a pair of tennis shoes, and it is great for social contact, you can bring a friend, your family, or a pet to keep you motivated.

Of course the biggest plus of all is that you already do it! Park further away when you go shopping, walk across the building instead of emailing your co-worker. Those steps will add up!

A Healthy Dessert? We've Got It!

Orange Cranberry Parfaits

Ingredients:

- 1 16oz can whole berry cranberry sauce
- 1/3 cup orange juice
- 1 tablespoon grated orange peel
- 1 quart vanilla ice cream
- 1 11oz can mandarin orange segments
- 1/2 cup chopped toasted walnuts

Heat cranberry sauce, orange juice, and orange peel in a medium sauce pan over medium heat until cranberry sauce is melted; cool.

Spoon one-third of ice cream into eight dessert glasses. Add orange segments, dividing equally.



Yummy and Nutritious!

Layer on another third of the ice cream; then spoon on cranberry-juce mixture, dividing equally. Finish with a layer of the remaining ice cream.

Freeze up to 30 minutes before serving. Sprinkle with walnuts. Enjoy!

Nutrition Information:
310 cal, 12g fat, 46g carbohydrates, 4g protein



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We're on the web!
cardinalchiropracticcenters.com

Our mission:

To bring health and happiness to our community
through affordable chiropractic care given in a safe and
friendly environment.

Hours:

Monday, Wednesday, and Friday 9:00-1:00 and 3:00-7:00
with Dr. Todd Cremeans and Jessica Clevenger, LMT

Tuesday and Thursday 3:00-6:00

with Dr. Michael Baker

Have You Met Jessie?

Jessica Clevenger "Jessie" is a Louisville native. She graduated from Assumption High School and attended the University of Louisville for three years before entering the Louisville School of Massage. Since earning her degree in Licensed Massage Therapy four years ago, Jessie has been a member of the Cardinal Chiropractic family. She performs thirty minute therapeutic medical massage to complement your chiropractic care. Her specialties are maternity and deep tissue massage.

You might also see Jessie taking x-rays in the office. She is currently training for the state licensing exam for Limited Radiography. Be sure to

let her know if you have any problems with your arms and legs—she needs to take 50 practice x-rays!

When she is not in the office, Jessie enjoys spending time with her new husband, Jeremy, and son, Nicholas, who will be turning nine soon. They all like to travel. Jessie is also an avid reader. Her favorite authors are Nora Roberts and Ann Rice.

Come meet Jessie! You can visit her Monday, Wednesday, and Friday from 9:00-1:00 and 3:00 to 7:00 at



Soothe and heal your muscles
by getting a massage at your
next appointment.

our East location or
Tuesday and Thursday
afternoons from
3:00-7:00 at our
South location.
You'll be glad you
stopped by!



Still looking for a Valentine's present? Massage gift certificates are available!

