

March Madness

Cardinal Chiropractic Centers

Could Your Game-Time Snack be Giving You Headaches?

Whether it's Cards or Cats we cheer for this time of year, we all catch the fever. There's just something about friends and family gathered around the big screen anxiously awaiting the final shot of the game that we can't say no to. After the excitement though, we often go home feeling drained and nursing a huge headache. Most of us attribute it to the noise or the lights or even the stress of watching our team do battle on the court. All these things do cause headaches, but did you know that your game-time snack could be a culprit too?

Researchers believe that food plays a significant role

in headaches, especially migraines. Proving this has been difficult since the exact cause of headaches is still being debated. We do know that an increase or decrease in the blood flow to the brain results in headache pain. Certain foods contain substances that either constrict or dilate blood vessels throughout the body. While, no single food affects every individual and those that are affected are not always affected to the same degree, certain problem foods have been identified.

So, if you've been feeling the pain after the game, try staying away from these trouble makers:

Aged cheeses, Alcohol (esp. red wine), Artificial sweeteners, Caffeinated drinks, Chocolate, Cured or processed meats (think hot dogs and beef jerky), Fresh baked yeast products, MSG (monosodium glutamate), Nuts / peanut butter, Sour cream, and Yogurt

Your head will thank you!



Are you feeding your headache?

Fast Facts About Headaches

Lots of us have them: One in four Americans suffer from chronic headaches

They are expensive: Annually headache sufferers spend \$400 million on over the counter pain relievers, make 50 million visits to

the doctor, miss 1.3 million days of school as children and cost industry \$55 million in absenteeism and medical expenses as adults.

We can do something about them: Research has shown that the majority of

headaches are related to an irritation of the nerves in the neck—chiropractic adjustments reduce nerve irritation and 72-90% of chiropractic patients report improvement or cure of their headache pain.

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Dr. Michael Baker

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Conquer Headaches With Chiropractic

If the headache statistics on the cover include you, you may be suffering from more than just game-time stressors. It could be chronic headaches known as tension headaches or migraines. The exact cause of these headaches has been debated for years, but we know it has to do with blood flow to the brain. The blood vessels that go into the skull contract and expand according to signals from the nerves controlling them and due to pressure from nearby muscles and ligaments. As they change diameter, this can let too much or too little blood into the brain and cause head-

ache pain. Reducing nerve interference along with relaxing muscle and ligament tension in the neck can relieve headaches due to stress.

This is where chiropractic can help! Your chiropractor can determine where the nerve irritation and/or muscle spasm is and correcting the misalignment causing this through adjustments. With regular adjustments, headache relief can be obtained. In fact, a recent study which compiled information



There is help for that pounding head.

from previous studies done over the past 50 years found patients receiving chiropractic care showed improvement 72 to 90% of the time. In a separate study of 87 migraine patients, the success rate for marked improvement or cure was 74.4% and patients were free from symptoms for an incredible two years after their chiropractic care was completed. Lasting results like this can't come from pills. Let us help!

Munchies That Are Sure to Satisfy

Black Bean Salsa

1. *Finely chop the below ingredients and combine in a large bowl:*

- 1/3 cup red bell pepper
- 1/3 cup red onion
- 1/4 cup cucumber
- 1/4 cup plum tomato
- 2 tbsp. celery

- 2 tbsp. jalapeno pepper
- 1 tbsp. fresh basil
- 1 1/2 tsp. fresh thyme
- 3 garlic cloves

Try this new and tasty alternative to headache inducing sour cream based chip dips!

- 2. *Add to that:*
 - 2 tbsp. olive oil
 - 2 tbsp. balsamic vinegar
 - 1 tbsp. lime juice
 - 1/2 tsp. each of salt, ground cumin, chili powder, and black pepper
 - 2 15oz. cans drained black beans
- 3. *Chill for 2 hours before serving with chips or crusty bread.*

At Home Headache Remedies

Instead of reaching for pills to cure head pain, try one of these at home remedies (or a combo of all four).

Ice: Place an ice pack behind your neck and another over your eyes for 20 minutes. This will reduce any swelling you may have in your neck and reduce pressure on nerves. You can find specially shaped old packs for the neck and face at our office or use frozen vegetables for

a no-cost fast fix.

Lights Out: Light and noise can trigger headaches and exacerbate ones you already have. Sit or lie quietly in a darkened room. If there is noise around you, try to drown it out with a fan or soft classical music.

Hydrate: Dehydration reduces blood volume and creates headaches so if you feel one coming on it can be staved off

with a bottle of water. Don't reach for caffeine though, this will only dehydrate you more.

Support Yourself: Sleeping on a cervical pillow can position your neck with full support to reduce muscle tension and nerve irritation. Such specialty pillows can be found in our office or at a back supply store. For a temporary fix, roll a towel and place it behind your neck.



Cardinal Chiropractic Centers
Dr. Michael Baker &
Dr. Todd Cremeans
11509 Shelbyville Road
Louisville, KY 40243

Phone: 502.489-8480
Fax: 502.489-8482
Email: cardinalchiro@bellsouth.net

We're on the web!
www.cardinalchiro.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

Who's That Girl at the Front Desk?

She greets you when you come in, helps you out in the therapy room, handles your check out at the end of the visit, and even answers the phone, but who is she? Her name is Jennifer Downs and she is the office manger. Jennifer has been a member of the Cardinal Chiropractic team for one and a half years, working exclusively at the East End location since its opening last April.

Jennifer grew up in nearby Bardstown, Kentucky, then left the state to attend Colby College in Waterville, Maine. She graduated Magna Cum Laude with a Bachelor of Science in Biology, concentrating on cellular and molecular biology.

While at Colby, she also minored in art and worked as a teaching assistant for America Reads and Counts (a government program to educate underprivileged children).

Jennifer came back to the bluegrass in 2004 to get married to her high school sweetheart, Matt. They now live in Louisville with their two "kids," a black lab named Thor and cat, Brooklyn. Jennifer enjoys spending time with her family, relaxing with yoga or a good book,

and running. She is currently in training for the Derby Marathon as a member of Team in Training. The team will not only run 26.2 miles, but each member must raise \$2500 for the Leukemia and Lymphoma Society. This money will be used in the fight against cancer to fund research and patient support services.



Look for the donation cup at the front desk now till race day, April 28. Every little bit helps out!

Help Jennifer finish the race by donating to the Leukemia and Lymphoma Society