



Vitality News

Your source for upcoming Trends in Chiropractic and Effective Natural Health Care

E-newsletter 8
October 2009

Are your *headaches* from dehydration?

If you are experiencing headaches all the time it may be more than just a simple problem. Headaches generally stem from a lack of oxygen to the brain. This lack of oxygen is generally caused by decreased blood flow to the brain. The two main causes of decreased blood flow are structural and muscular in nature, however headaches can also be triggered by dehydration. Most commonly headaches have been thought to be caused by stress and tight muscles. If your cause is muscular in nature then massage therapy will reduce or eliminate your headaches. If your cause is structural in nature (a misalignment of the vertebrae) then you would be best assisted by a chiropractor. If your cause is dehydration then rehydration and prevention is your best treatment. Let's investigate dehydration further to help understand why dehydration would cause a headache.

The human body is 65% water and losing as little as 1 to 2% of body weight can result in dehydration. Simply put, dehydration occurs as the result of excessive loss of water from the body, when we lose more water than we take in. However it's actually more complicated than that since the body loses essential electrolytes as well. Sports drinks have become so popular because they replenish electrolytes as well as the fluids, however the downside is that most sports drinks contain a good amount of sugar as well. Dehydration can be a major issue, both in and of itself and as a headache or Migraine trigger. Many people mistakenly think it occurs only in hot weather and that you're not dehydrated if you're not thirsty. Both of these misconceptions lead to many cases of dehydration every year, some of them quite serious.

Dehydration basics:

It takes an average of 64 to 80 ounces to replace the water our bodies lose in 24 hours this is dependent on your activities and body weight. This determined by how much you perspire and the volume of urine you output.

Our bodies' need for water increases under circumstances such as:

- warmer weather or climate
- living at high altitudes
- increased physical activity

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CALENDAR OF EVENTS



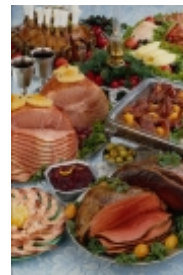
Saturday, November 14, 2009
10:30AM-12:30PM

What: **11th ANNUAL HOLIDAY PARTY AND SURVIVING THE HOLIDAYS WITH FOOD ALLERGIES TALK...**Fun, food (made by Dr. Jurack) , and 11 years worth of healthy and tasty recipes available.

Where: The Highland of New Berlin (Welcome Center). Directions available on request.

Cost: Food pantry donation (3 non-perishable food items or toiletries) RSVP required and space is limited. 262-679-6994 or drjurack@mhwc.net

BRING A GUEST AND ENTER TO WIN A FREE MASSAGE!



Are Your Headaches from Dehydration?

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- when experiencing vomiting or diarrhea
- when fevered
- when you have a cold or flu
- if you have a chronic disease such as uncontrolled or untreated diabetes, kidney disease, alcoholism, cystic fibrosis, or adrenal disorders
- if you are taking some medications. always check your prescription information.
- during long air flights

Symptoms of Dehydration:

- Excessive thirst
- Fatigue
- Muscle weakness
- Headaches(or, in the case of Migraineurs, Migraine)
- Dizziness
- Less frequent need to urinate and decreased output
- Darker colored urine (should be nearly clear to pale yellow)
- Confusion (Losing 3 to 5% can negatively impact reaction time, concentration and judgment)
- Increased heart rate and respirations (Losing 9 - 15% results in severe dehydration and is life-threatening.).
- Skin that doesn't snap back when pinched and released
- Children may exhibit additional symptoms:
 - Absence of tears when crying
 - No wet diaper for three hours or longer
 - Irritability
 - Lethargy
 - Fever

Treating Dehydration:

Dehydration should be confirmed by your doctor. Caught early, after confirming with your doctor, dehydration can usually be treated at home. Especially with children, your doctor's suggestions for treatment may vary depending on the cause and severity of the dehydration. Common treatments include:

- Mild dehydration: rehydration by drinking fluids including sports drinks, which rehydrate by providing not only fluid, but also electrolytes and salt. In children, products such as Pedialyte may be recommended as it also contains carbohydrates to

help absorption in the intestinal tract. Coffee, tea, and soda should NOT be used for dehydration as the caffeine in them can actually be dehydrating.

- Moderate dehydration: rehydration may suffice, but IV fluids may be required.
- Severe dehydration: Immediate action must be taken, treating the situation as a medical emergency. Hospital treatment is necessary for IV fluids to rehydrate more quickly and efficiently and to allow observation.

Prevention, the best treatment:

Here are some steps you can take:

- Drink plenty of fluids and eat foods high in water. Fruit contains the most water, followed by vegetables, meat, then grains with the least.
- Choose your beverages wisely. Caffeine and alcohol can be dehydrating. For some people, too much fruit juice can cause diarrhea, which can be dehydrating.
- If you're planning a day with more significantly exercise than usual, begin hydrating the day before.
- Sports drinks can help maintain electrolyte balance, but be aware of the sugars in them.
- Plan outdoor activities for cooler parts of the day.
- If you're organizing outdoor activities, provide shaded areas.
- When you're ill, continue drinking fluids, and get additional fluids if you have a fever or are vomiting or have diarrhea. Call your primary care doctor for help with vomiting or diarrhea if necessary especially in elderly, pregnant women, and infants!



Sources:

“[Dehydration Overview](#).” MayoClinic.com
“[Dehydration and Heat Stroke](#)” The Ohio State University Medical Center.
“[Dehydration](#)” UPMC, University of Pittsburgh Medical Center.
Worthington-Roberts, Bonnie, M.S., Ph.D “[Nutrition](#)” Microsoft Encarta Online Encyclopedia..

THERMAL SCANS

ON SATURDAY November 21, 2009, WE WILL BE OFFERING THERMAL SCANS. This is a great tool in addition to regular breast exams for early detection! Thermal scans use a special infra red camera that detects subtle physiologic changes that accompany various pathologies and injuries. Because of its high sensitivity, these changes can be identified before other common test procedures like mammography and ultrasound. Some common pathologies noted would include cancer, fibrocystic disease, an infection or vascular disease. Thermal scans are non invasive, there is no radiation, it is painless, FDA approved, and there is no contact with your

body. Men and women of all ages can benefit from this quick and easy test. You can choose to have your whole body scanned, or half of your body scanned. Other options include a breast scan (the thyroid is included in this), or a region of interest. All scans are read by board certified medical physicians. The cost of the scans includes the interpretation and report that is sent directly to you. Call our office today to schedule an appointment for a scan. You do not have to be a patient of the clinic to schedule a scan. You can also visit Mercola.com (key word thermography) to learn more.

SPICE UP YOUR LIFE FOR A HEALTHY BODY AND IMMUNE SYSTEM

Did you know that the spices you use every day have numerous health benefits? They add more than just flavor and zing to your favorite dishes. They add key vitamins and minerals to keep you healthy. Fresh is best, however dried herbs still contain similar flavor and nutritional benefits. Dried herbs should be replaced every 6 months. Add them towards the end of cooking for greatest potency.

Basil: Contains flavonoids to protect our cells and fight bacterial growth.

Black Pepper: Stimulates and improves digestion to prevent gas. It has antioxidant and antibacterial effects.

Cayenne/Chili Pepper: Contains capsaicin which prevents inflammation. It has shown to be helpful in arthritis, psoriasis, and headaches. It also improves cardiovascular health, boosts immunity, and clears congestion.

Cinnamon: Prevents blood clotting and is antimicrobial. It also helps to control blood sugar in type 2 diabetes.

Cloves: The oils and flavonoids have anti-inflammatory effects.

Oregano: Provides antibacterial and antioxidant benefits.

Peppermint: Assists in indigestion and irritable bowel problems. Inhibits bacterial growth. It helps asthma and allergy management by keeping airways open.

Thyme: Helps to keep the brain, heart, and kidneys strong because of its strong antioxidant properties. It also acts as a natural preservative to your meal as it kills any bacteria that may not have been washed or cooked away.





NOVEMBER "Helping Hands" MASSAGE SPECIAL

Bring in a donation for the food pantry (a minimum of 3 non-perishable food items or toiletries) and receive \$15 off a one hour massage (regularly \$65)

DREW AND HALEY'S CORNER

Hey mom's and dad's, did you know that our childhood fevers actually make our immune systems stronger? If you're running for the Tylenol or antibiotics right away, you could be preventing our bodies from learning how to fight illnesses later in life. Research is showing that by delaying medical treatment for colds or ear infections, or giving no medical treatment at all, **THERE ARE** fewer recurrent ear infections and two and a half times fewer bouts of strep throat.

The next time your kids are not feeling well, consider natural treatments first. Chiropractic adjustments work great if the neck is out of alignment. This is because the nerve supply to the immune system comes out of the neck. Misalignments in this area can cause the immune system to weaken. Both of us have witnessed children coming in for adjustments at the first sign of a fever, and leaving with the fever reducing and them feeling much better. There are also many vitamins and natural remedies that help the body recover and heal without squashing the natural healing process.

Oh, and just a side note, these natural treatments work great for moms and dads too!

