

# NEVER SICK AGAIN

## HEADACHES : FISH (PROTEIN)

Eat lots of fish as fish oil helps to prevent headaches. So does ginger which reduces inflammation and pain.

## HAYFEVER : YOGHURT

Eat lots of yoghurt before pollen season.

## STROKES : TEA

Prevents buildup of fatty deposit on artery walls with regular doses of tea.

## INSOMNIA : HONEY

Use Honey as a tranquilizer and as a sedative.

## ASTHMA : ONIONS (RED)

Eating onions helps ease constriction of bronchial tubes.

## ARTHRITIS : FISH

Salmon, tuna, mackerel and sardines actually prevent arthritis.

## UPSET STOMACH : BANANAS, GINGER

Bananas will settle an upset stomach. Ginger cures morning sickness and nausea.

## BLADDER INFECTIONS :

**CRANBERRY JUICE** : High-acid cranberry juice controls harmful bacteria.

## BONES PROBLEMS :

**PINEAPPLE** Bones fractures and osteoporosis can be prevented by the manganese in pineapple.

## PMS : CORNFLAKES

Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety & fatigue.

## MEMORY PROBLEMS : OYSTERS

Oysters help increase your mental functioning by supplying much needed zinc.

## COUGH : RED PEPPER

A substance similar to that found in cough syrup is found in hot red pepper.

## BREAST CANCER : WHEAT BRAN, CABBAGE

Wheat bran and cabbage help maintain estrogen at healthy levels.

## LUNG CANCER : ORANGE,

**GREEN VEGETABLES** : A good antidote is beta-carotene, a form of Vitamin A found in orange & green vegetables.

## ULCERS : CABBAGE

Cabbage contains chemical that help heal both type of ulcers.

## DIARRHEA : APPLES

Crate an apple with its skin. Let it turn brown and eat it to this condition.

## CLOGGED ARTERIES :

**AVOCADOS** Mono-unsaturated fat in avocados lower cholesterol.

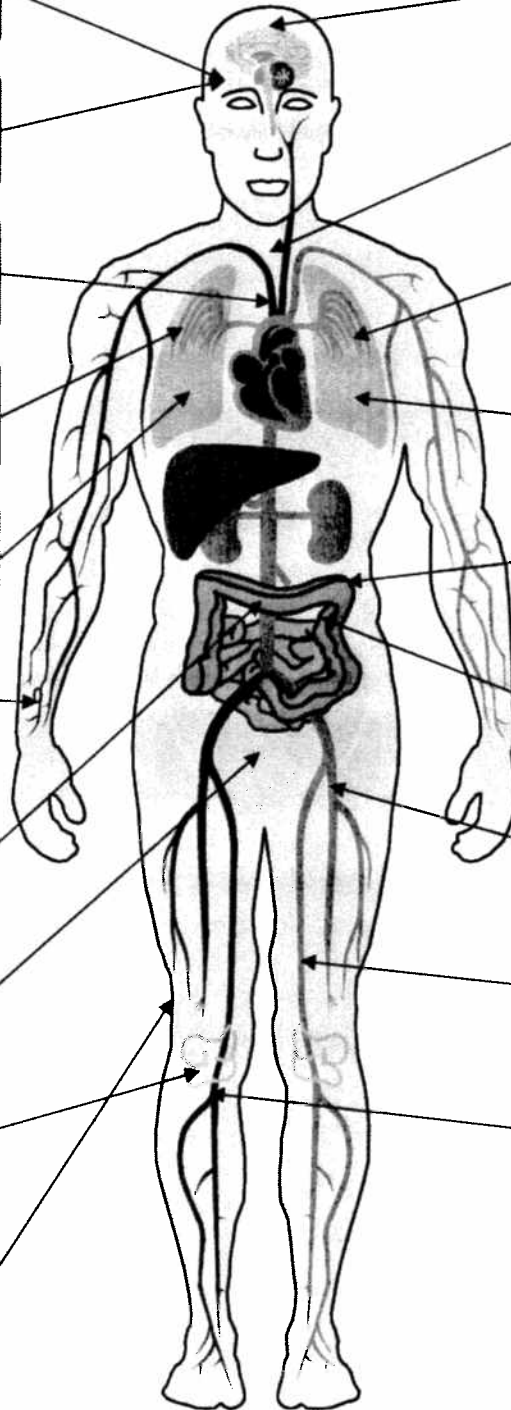
## HIGH BLOOD PRESSURE :

**OLIVE OIL, CELERY** : Olive oil has been shown to lower blood pressure. Celery contains a chemical that lowers blood pressure too.

## BLOOD SUGAR 'IMBALANCE :

**BROCOLLI, PEANUTS** : The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

**ATTACH TO REFRIGERATOR DOOR, WALL OR THE BULLETIN BOARD FOR HANDY REFERENCE.**



# WHY STRETCH

Stretching, because it relaxes your mind and tunes up your body, should be part of your daily life. You will find that regular stretching will give you the following benefits:

- \* Reduces muscle tension and makes the body feel more relaxed.
- \* Helps manage stress.
- \* Prevents arthritis.
- \* Helps muscle efficiency and coordination by allowing for freer and easier movement.
- \* Increases range of motion of your joints.
- \* Helps prevent injuries such as strains and sprains.
- \* Increases circulation.
- \* Helps respiration.
- \* IT FEELS GOOD.

# WHEN TO STRETCH

Stretching can be done any time you feel like it: at work, in a car, waiting for a bus, walking down the road, under a nice shady tree, after a hike, or at the beach. Stretching is best done after physical activity, but also stretch at various times of the day whenever you can. Here are some examples:

- \* In the morning before the start of the day.
- \* At work to release nervous tension.
- \* After sitting or standing for a long time.
- \* When you feel stiff.
- \* Stopped in traffic while in your car.
- \* At odd times during the day, as for instance, when watching TV, listening to music, reading, or sitting and talking.

# DEFINITION

The type of stretching referred to in this paper is a very slow, controlled and sustained stretch, with the muscles completely relaxed.

## HOW TO STRETCH

There are only a few basic, but very important rules to stretching and these rules can be applied to all the muscles and joints of the body:

1. Stretching is best done when muscles are warmed-up, such as after exercise.
2. The stretch should never hurt. If you are experiencing pain, you are pushing yourself too hard and actually doing yourself more harm than good.
3. All stretching movements should be done slowly and under complete control. No bouncing or jerking movements should ever take place. Bouncing actually tightens muscles and increases your chances of injury.
4. The muscles being stretched must remain relaxed through-out the stretch.
5. You must hold the stretch for at least 15 seconds. While you are holding the stretch, concentrate on relaxing the area and breathe normally. At the end of your stretch, slowly return to a relaxed position.
6. Repeat the stretch at least twice.

Increasing the range of motion in your joints is a gradual process. It may take many months of regular stretching to accomplish the amount of motion you desire. Be patient! Don't try to do too much too quickly. You will find that some days you are much more flexible than others. This is normal. Stretching is an extremely important form of exercise for the reasons mentioned and should be done by everyone on a daily basis.

You are never too old or out of shape to gain tremendous benefit from stretching.

## KEEP STRETCHING FOR LIFE!!!!

# Computer & Desk Stretches

For a free catalog of Stretching Inc. publications send to:  
 P.O. Box 767 • Palmer Lake CO 80133-C  
 1-800-333-1307  
 website: <http://www.stretching.com>  
 e-mail: [office@stretching.com](mailto:office@stretching.com)  
 fax: 719-481-9058

Sitting at a desk or computer terminal can cause muscular tension and pain. Take a few minutes to do a series of stretches and your whole body will feel better. It is helpful to stretch spontaneously throughout the day, stretching any area of the body that feels tense. This will help greatly in reducing and controlling unwanted tension and pain. (Most of these stretches may be done standing or sitting. When standing remember to keep your knees slightly bent to protect your back and to give you better balance.)

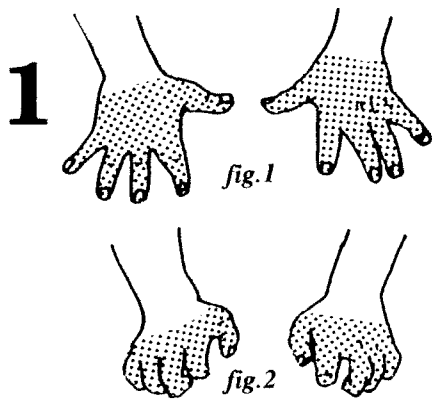
## How to Stretch:

- Stretch to a point where you feel a mild tension and relax as you hold the stretch.
- The feeling of stretch tells you whether you are stretching correctly or not.
- If you are stretching correctly, the feeling of stretch should slightly subside as you hold the stretch.
- Do not bounce.
- The long-sustained, mild stretch reduces unwanted muscle tension and tightness.
- Stretches should be held generally for 5-30 seconds, depending on which stretch you are doing.

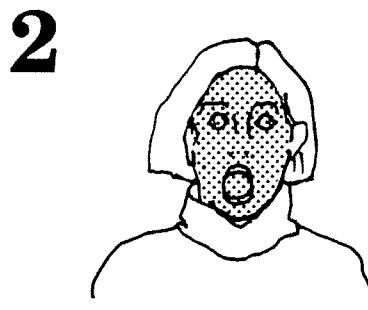
- Breathe slowly, rhythmically and under control.
- Relax your mind and body as much as possible.
- Always stretch within your comfortable limits, never to the point of pain.
- Do not compare yourself to others. We are all different. Comparisons only lead to overstretching.
- Any stretch feeling that grows in intensity or becomes painful as you hold the stretch is an overstretch.

*\*Note: If you have had any recent surgery, muscle, or joint problem, please consult your personal health care professional before starting a stretching or exercise program.*

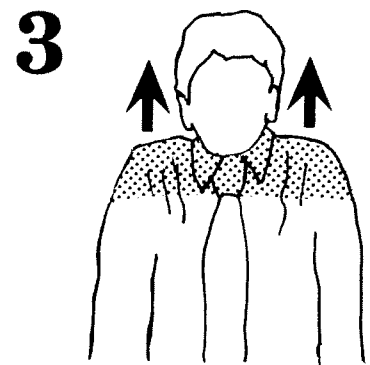
The dotted areas are those areas where you will most likely feel the stretch.



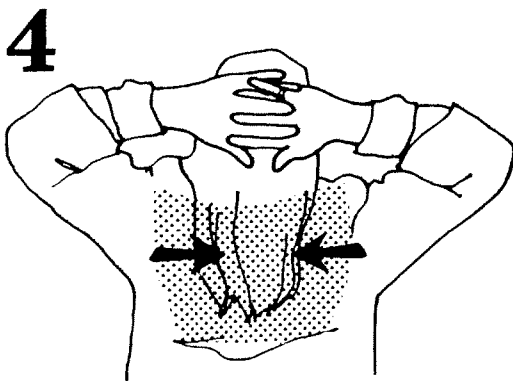
**1** Separate and straighten your fingers until tension of a stretch is felt (fig.1). Hold for 10 seconds. Relax, then bend your fingers at the knuckles and hold for 10 seconds (fig.2). Repeat stretch in fig.1 once more.



**2** Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth to stretch the muscles around your nose and chin and stick your tongue out. Hold this stretch for 5-10 seconds. *Caution: If you hear clicking or popping noises when opening mouth, check with your dentist before doing this stretch.*



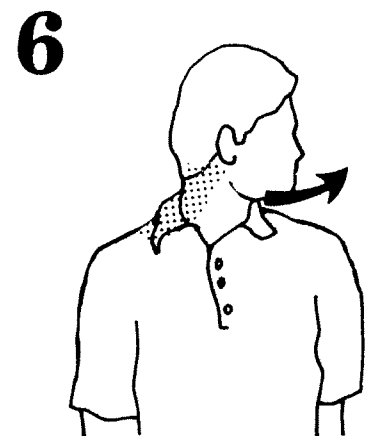
**3** **Shoulder Shrug:** Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.



**4** With fingers interlaced behind head, keep elbows straight out to side with upper body in a good aligned position. Pull your shoulder blades toward each other to create a feeling of tension through upper back and shoulder blades. Hold this feeling of mild tension for 8-10 seconds, then relax. Do several times.

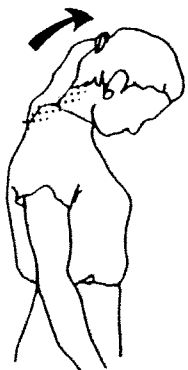


**5** Start with head in a comfortable, aligned position. Slowly tilt head to left side to stretch muscles on the right side of neck. Hold stretch 5-10 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2-3 times to each side.



**6** From a stable, aligned position turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold for 5-10 seconds. Repeat, each side twice.

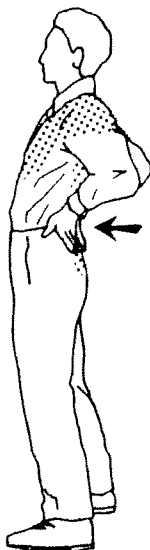
7



Gently tilt your head forward to stretch the back of the neck. Hold for 5-10 seconds. Repeat 2-3 times. Hold only tensions that feel good. Do not stretch to the point of pain.

8

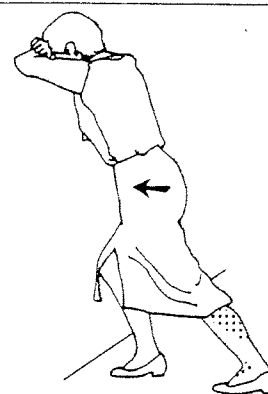
Repeat stretch #3



9

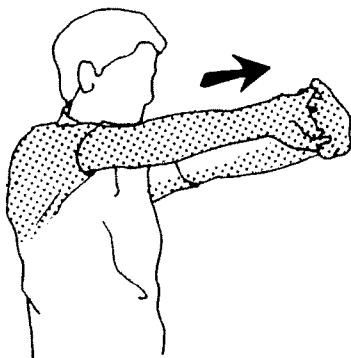
Standing with knees slightly bent, place your palms on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold a comfortable stretch for 10-12 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.

10



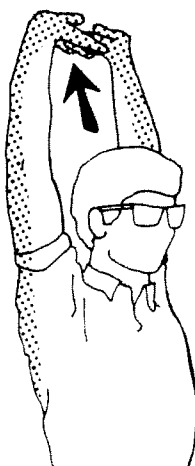
To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the floor in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the floor and your toes pointed straight ahead. Hold an easy stretch for 10-30 seconds. Do not bounce. Stretch both legs.

11



Interlace fingers, then straighten arms out in front of you, palms facing away from you. Hold stretch for 10-20 seconds. Do at least two times.

12



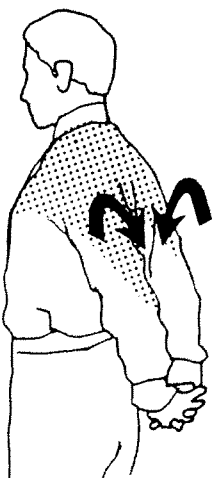
Interlace fingers then turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10-20 seconds. Do three times.

13



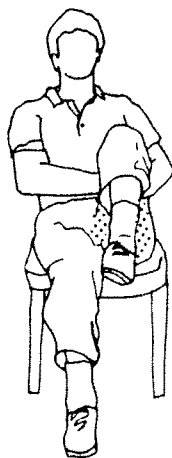
Hold right elbow with left hand, then gently pull elbow behind head until an easy tension-stretch is felt. Hold 10-15 seconds. Do not overstretch. Repeat for other side.

14



With fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from your shoulders. Hold for 5-15 seconds. Do twice.

15



Hold onto the back of your upper leg just above the knee. Gently pull bent leg toward your chest until you feel an easy stretch. Hold for 10-30 seconds at easy stretch tension. Do both sides.

16



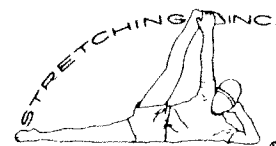
Sit with left leg bent over right leg and rest right hand on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with your hand. As you do this look over your left shoulder to get the stretch feeling. Do both sides. Hold for 10-15 seconds.

For a free catalog of Stretching Inc. products/publications (books, videos, posters, body tools, athletic wear) contact:

New book! *STRETCHING AT YOUR COMPUTER OR DESK* and software! *StretchWare*

Revised edition ©1996

STRETCHING INC.  
P.O. Box 767  
Palmer Lake CO 80133-0767  
or call 1-800-333-1307  
or <http://www.stretching.com>



# BACK CARE PROGRAM

Maintaining good posture is really important for a healthy back. The first thing to remember is to always be aware of your back. Whenever you are driving in a car or sitting in a chair with a high back, remember to push your navel back toward your spine, and hold your torso upright.

Slouched shoulders are sometimes a bad habit for many people who have office jobs, or work at a computer or on the telephone. If you have a tendency to round your upper back, exercises that retract the shoulder blades and stretch the chest and front of the shoulders will help.

When standing for long periods of time, check that your abdominals are pulled in and your hips are slightly tucked under with your knees relaxed. Wearing high heels can encourage a sway back which can result in back pain and fatigue. And finally, check your posture whenever you pass by a mirror or a reflective window — it's a good reminder to keep your back straight throughout the day.

## REST POSITIONS

### BACKLYING

**DO**



**DON'T**



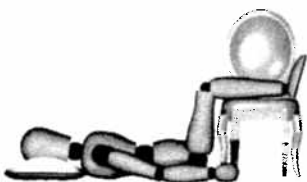
### SIDELYING



Curl up on your side with your knees slightly bent. Optional – you can put a pillow between your knees for extra comfort.

Do not put your arms above your head. The above positions can cause a swayback.

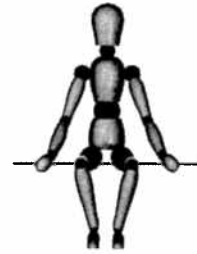
### ALTERNATE REST POSITION



### USE OF PILLOW FOR BACKRESTS



## GETTING IN AND OUT OF BED



### GETTING IN

1. Sit on the edge of the bed.
2. Bring both arms to one side.
3. Lower the side of your body to the bed keeping your knees bent at about 45 degrees.
4. Put your feet on the bed.
5. Remain on your side or roll to your back.



### GETTING OUT

1. Roll to your side.
2. Push up with your hands to a sitting position.
3. Keep your knees bent and swing your legs over the edge of the bed.
4. Use your legs for leverage to help bring your body up.



**DO**



### SITTING

Use good body mechanics when sitting in a chair. Sit straight with the natural curve of your back. Try to keep your knees higher than your hips. Do not slouch. This takes stress off of the low back. Putting your legs straight on an ottoman can strain your low back.

**DON'T**



### CAR

For proper seating in a car, keep your knees the same level as your hips and the seat back in a comfortable position with your back straight. Do not slouch.



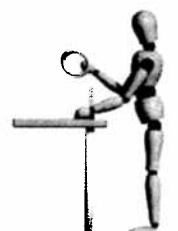
**DO**



### STANDING

Stand with one foot on a stool to help relieve pressure on the back. You should try to stand in a natural comfortable position.

**DON'T**



## DO



Bend at the hips and knees and not at the waist. Keep your back straight and use your legs for lifting.



Hold and carry objects close to you.



Never bend over without bending your knees and tucking your buttocks under.



Keep your back straight as you return to standing from squatting.



Always face your work and turn by pivoting your feet.



Keep your buttocks tucked under as you reach. Use a stool and avoid unnecessary reaching.

## DON'T



## RULES TO LIVE BY

1. Avoid bending from your waist only; bend at the knees and hips.
2. Avoid lifting heavy objects higher than your waist.
3. Always turn and face the object you wish to lift.
4. Avoid carrying unbalanced loads.
5. Hold heavy objects close to your body.
6. Never carry or move anything which you cannot handle with ease.
7. Avoid sudden movements. Learn to move more deliberately, smoothly and gracefully.
8. Change positions frequently.
9. In mopping, vacuuming, raking, hoeing, etc. always work with the tool close to the body. Never use a "giant" step and a long reach in these activities. Hold with two hands and move your body back and forth.
10. Sit down to dress: shoes and socks, etc. Don't bend from the waist while trying to balance on one foot.
11. Women should wear low heels.
12. When you cough or sneeze, round your back and bend your knees slightly.
13. When making a bed, do so from a kneeling position.

## DO



Stand tall with chin in. Back is not flat – should be in a neutral - natural C curve, pelvis tucked under and knees relaxed.


## DON'T



Don't stand with stiff knees, swayback or chin forward.

# Spinal Nerve Function

Every Cell of Your Body Has a Nerve Component



VERTEBRAL LEVEL	NERVE ROOT*	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches • Dizziness • Sinus Problems
	C2	• Eyes • Lacrimal Gland	
C2	C2	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue • Vision Problems • Runny Nose
	C3	• Base of Skull • Neck	
C3	C3	Muscles • Diaphragm	• Sore Throat • Stiff Neck • Cough • Croup • Arm Pain
	C4		
C4	C4	• Neck Muscles • Shoulders	• Hand and Finger Numbness or Tingling • Asthma • Heart Conditions • High Blood Pressure
	C5		
C5	C5	• Elbows • Arms • Wrists	
	C6		
C6	C6	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	
	C7		
C7	C7		
	C8		
T1	T1	Arms • Esophagus	Wrist, Hand and Finger Numbness or Pain • Middle Back Pain • Congestion • Difficulty Breathing • Asthma • High Blood Pressure • Heart Conditions
	T2		
T2	T2	• Heart • Lungs • Chest	
	T3		
T3	T3	• Larynx • Trachea	
	T4		
T4	T4		
	T5		
T5	T5	Gallbladder • Liver	• Bronchitis • Pneumonia • Gallbladder Conditions • Jaundice • Liver Conditions • Stomach Problems • Ulcers • Gastritis • Kidney Problems
	T6		
T6	T6	• Diaphragm • Stomach	
	T7		
T7	T7	• Pancreas • Spleen	
	T8		
T8	T8	• Kidneys • Small Intestine	
	T9		
T9	T9	• Appendix • Adrenals	
	T10		
T10	T10	Small Intestines • Colon	
	T11		
T11	T11	• Uterus	
	T12		
T12	T12	Uterus • Colon • Buttocks	
	L1		
L1	L1	Large Intestines	Constipation • Colitis • Diarrhea • Gas Pain • Irritable Bowel • Bladder Problems • Menstrual Problems • Low Back Pain • Pain or Numbness in Legs
	L2		
L2	L2	• Buttocks • Groin	
	L3		
L3	L3	• Reproductive Organs	
	L4		
L4	L4	• Colon • Thighs • Knees	
	L5		
L5	L5	• Legs • Feet	
	S A C R A L	Buttocks • Reproductive Organs • Bladder • Prostate Gland • Legs • Ankles • Feet • Toes	

**REFERENCES:**  
 Fox, J. D., Ph.D. *Neuroanatomy, 3rd Edition*, Lippincott Williams & Wilkins, 2002.  
 Kandel, E. R., Schwartz, J. H., Jessell, T. M. *Principles of Neural Science*, Appleton & Lange, 1991.  
 Hoppenfeld, S. M.D. *Physical Examination of the Spine and Extremities*, Appleton-Century-Crofts, 1976.  
 Netter, F. H., M.D. *The Ciba Collection of Medical Illustrations, Vol 1, Nervous System, Part 1, Anatomy and Physiology*, Ciba Pharmaceuticals Division, Ciba-Geigy Corp, 1991.

**Your nervous system is an extensive network that channels nerve impulses from your brain to virtually every cell that makes up your body.**



# V.S.C.

## VERTEBRAL SUBLUXATION COMPLEX

Like other parts of your body, the spine needs proper care. When the spine is neglected or experiences significant trauma, one or more of the vertebrae (spinal bones) change position and become misaligned, which interferes with the functional quality of the spine and its relationship to the body.

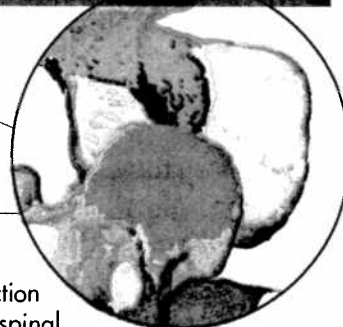
Healthy energy flow from the brain

### DEGENERATION



Degeneration of spinal joints, discs, and bones with associated bone deposits and spurs breaks down spinal integrity and function.

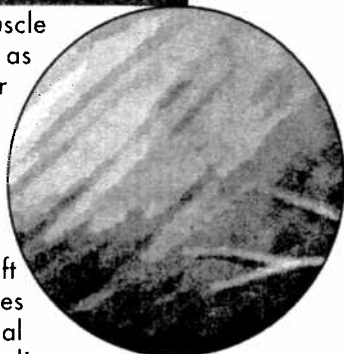
### ABNORMAL MOTION



Joint dysfunction causes spinal motion to be restricted or completely lost in some places and possibly exaggerated in others.

### ALTERED TISSUE

Abnormal muscle function such as spasm, tender points, scar tissue, and ultimately weakness coupled with damage to soft tissue structures including spinal joint capsules, ligaments, discs and surrounding tissue.



### NERVE DYSFUNCTION

Altered nervous system function from a combination of nerve irritation, stretching or pressure affects the quality of nerve transmission to the body.

