

## Kirk Chiropractic Center

Dr. Andrew C. Kirk  
5707 Abercorn Street  
Savannah, GA 31405  
(912)354-5073

### New Patient Gift Certificate



Give this newsletter to a friend for a \$125 credit towards their initial office visit. Limitations do apply, so please call us for details!

#### ALSO

Receive a \$10.00 coupon off an hour massage (One-hour massage valued at \$70.00).

We have two therapists,  
Lee Ann Polonus & Charles Dane!

**\*THIS OFFER IS LIMITED TO THE FIRST 20 PEOPLE, SO CALL US TODAY! OFFER EXPIRES ON 3/20/17\*\***

## Pain is not a Lifestyle!



Dr. Andrew Kirk

### Clinic Hours

Monday 8:30am - 6:00pm  
Tuesday 8:30am - 6:00pm  
Wednesday 8:30am - 6:00pm  
Thursday 2:30pm - 6:00pm  
Friday 8:30am - 1:00pm

(912)354-5073

We appreciate your referrals.  
Please visit us at  
[www.kirkchiropractic.com](http://www.kirkchiropractic.com)

## The Key to Diet Snacking Success

Losing weight is a challenge already without the additional temptation of the scores of unhealthy, speedy snacks that we often grab when famished. However, just a little bit of planning before your weekly food run will equip you with the bite size items you really need to instantly energize and not ruin your diet!



**1) Beef or turkey jerky.** Jerky has about 10 grams of protein and 100 calories an ounce. It's low in fat and can be found in low sodium varieties.

**2) Protein bars.** Protein bars are portable and filling, have about 200 calories each, and don't need to go in the fridge. Stash them anywhere and indulge when you are eyeballing that candy bar in the vending machine.

**3) Hard boiled eggs.** Hard boiled eggs are really a perfect portable food that is packed with protein to satisfy hunger and antioxidants to improve health.

Protein is a key component in losing weight, as it is a powerful calorie burner that is needed for nearly every bodily function. So pack your pockets and purses with protein-rich snacks!

# Chiropractically Speaking

Winter 2017

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## Are you Fighting Fibromyalgia?

### SYMPTOMS

- Widespread pain
- Fatigue
- Cognitive difficulties
- Depression
- Headaches
- Abdominal cramping

### CAUSES

- Genetics
- Infections or illnesses
- Physical trauma
- Emotional trauma

### DIAGNOSIS

- Check for widespread pain for 3+ months with no other medical condition that could cause it.
- Blood tests to rule out other possible conditions.

### TREATMENT

- Chiropractic
- Acupuncture
- Massage therapy
- Yoga

Fibromyalgia is defined as a chronic disorder that is characterized by widespread musculoskeletal pain, fatigue, and multiple tender points. These tender points (also known as trigger points) are specific areas on the body that cause pain when pressed, particularly in the spine, neck, shoulders, and hips. The pain may spread when pressure is applied and trigger pain in a larger area. Widespread joint and muscle pain that has been present for at least three months is one common diagnosis for fibromyalgia. Victims of this disorder may also experience sleep disturbances, morning stiffness, anxiety, and various other symptoms. Although the exact cause and cure for fibromyalgia is unknown, studies suggest that chiropractic care can help provide relief.



A recent study in the Journal

of Manipulative and Physiological Therapeutics showed that over 60% of people who underwent 30 chiropractic treatments have shown significant reduction in pain intensity and fatigue. Another possible remedy for joint pain that has been proven to compliment chiropractic methods is to transition to a raw-food, vegan diet consisting of fruits, vegetables, legumes, cereals, nuts and seeds.

Your chiropractic doctor will take a comprehensive approach in evaluating and designing a specific care plan for those who suffer from fibromyalgia.

Call our clinic today to schedule an appointment and start feeling better!

# 4 steps to a healthy heart

**1. Quit smoking**  
Smoking cigarettes damages your heart. Do your heart a favor and plan to quit!

**2. Get moving**  
Get on your feet and exercise every day for at least 30 minutes. Try something fun, like Zumba!

**3. Eat smarter**  
Cut down on meat, dairy, and sugary drinks. Eat more fruits, veggies, and healthy fats.

**4. Shed the pounds**  
Losing weight can do wonders for your heart. Even losing as little as 5-10% of your weight helps!

## Don't get S.A.D.

If you sense the winter blues starting to get you down, it may be time to learn about seasonal affective disorder, or S.A.D.

Research suggests that S.A.D. is a condition characterized by depression, withdrawal, overeating, and weight gain. S.A.D. is thought to be brought on by lack of exposure to sunlight.

Affecting about 6-7% of the population, women are four times more likely to report the condition than men.

In recent studies, 80% of those who have severe S.A.D. benefit from daily light box therapy. Only 30 minutes a day in front of a UV lightbox has great results. Besides heightened exposure to light, another effective and drug



free treatment is getting active. Exercising first thing in the morning helps energize the body.

Planning warm weather vacations in the winter also offers that much-needed light and gives you something to look forward to and focus on.

Get out there and combat that seasonal affective disorder!

## Laughter is the best MEDICINE

A study at the University of Maryland found that people who watch comedies have easily expanding and contracting blood vessels compared to those who watch dramas. Studies have also shown that the ability to use humor may raise the level of infection-fighting antibodies and boost the levels of immune cells. In a study of diabetics, a study group ate a meal then attended a lecture. The following day, they ate the same meal and watched a comedy. After the comedy, the group had lower sugar levels than they did after the lecture. There is still a lot to learn about the benefits of laughter, but what is known is that we laugh more in groups than when alone, so keep some beloved friends and family around and reap the benefits!



## Catch Some Zzzzz's

A new British study found that women who routinely slept for six hours or less were considerably more likely than women who slept seven or more hours a night, to develop high blood pressure. Oddly enough, the same study of 10,000 adults showed no clear difference in how quantity of sleep may contribute to blood pressure changes among men.

Though this study has spurred the need for additional research, lack of sleep contributes to a long list of ailments including severe mood swings, anxiety, depression and bipolar disorder. Sleep deprivation is strongly connected to an inability to cope with normal emotional challenges such as resolving basic conflicts appropriately and a diminished reaction time during a threat of danger.

Lack of proper sleep also contributes to a weakened immune system, making you more susceptible to catching a nasty bug. If you are struggling with getting the proper rest you need to maintain good health, ask our staff how we can help.

## WWW.EATBYDATE.COM

The dates printed on food labels can be confusing. The truth is, sometimes they have nothing to do with food safety. When it comes to understanding those dates, EatByDate.com is a valuable resource!

Take a peek to find out...

- How long your food will last
- If it's safe to eat
- How different storage techniques affect how long certain foods stay safely edible
- What expiration dates on foods actually mean.



## Fun Facts

If you put a drop of liquor on a scorpion's back, it will sting itself to death

A group of cats is called a clowder

1/230 cars are stolen

Walmart loses \$3 billion a year to theft

Google runs on 5000x more code than the 1st space shuttle

Every second, Apple makes \$1,997

Scotland's national animal is the unicorn

Only 44 English words follow the I before E rule

The average person blinks 6,205,000 times a year

Bookkeeper is the only English word with 3 consecutive double letters

There are more trees on Earth than stars in the Milky Way

If an egg floats, it has gone bad

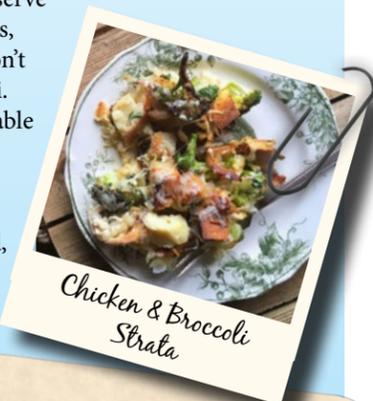
## Healthy & Delicious: Broccoli

People always seem to have strong opinions about broccoli...they either love it or they despise it! Regardless of how you feel about it, there's no doubt that broccoli is extremely good for you!

Broccoli is rich in vitamins K, A, and C, and is a good source of fiber, potassium, and folic acid!

It's been found that broccoli has the power to lower your cholesterol, detoxify your body, reduce the effects of allergies, and help you store vitamin D! It has even been known to help prevent certain types of cancer due to the sulforaphane in it.

In order to preserve the health benefits, make sure you don't boil your broccoli. Boiling the vegetable has been known to get rid of 90% of the important nutrients! Instead, try it in a delicious strata!



### Ingredients:

- 2 tbsp. butter
- 1 onion, chopped
- 4 celery stalks, chopped
- Kosher salt
- Black pepper
- 1 shredded rotisserie chicken
- 3 cups broccoli florets
- 1/4 cup chopped fresh parsley
- 6 eggs
- 2 cups whole milk
- 5 cups French bread, 1" cubes
- 3 cups grated Gruyere cheese

1. Preheat oven to 400 degrees F.
2. Grease a 2-quart baking dish with 1 tbsp. butter.
3. Melt remaining butter in a large skillet.
4. Add onion and celery and cook until softened.
5. Season with 1 tsp salt and 1/2 tsp pepper.
6. Add chicken, broccoli, parsley and combine.
7. In a bowl, beat eggs and milk and set aside.
8. Spread half the bread on the bottom of the dish.
9. Layer chicken mixture evenly over bread cubes.
10. Sprinkle with half the cheese, remaining bread, & egg mixture.
11. Bake until cooked through, about 20 minutes.
12. Sprinkle with remaining cheese & bake until cheese is melted and strata is golden.

Photo and recipe by delish.com