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**CARBOHYDRATES, PROTEINS AND FATS:** The human body is remarkably adept at making do with whatever type of food is available. Our ability to survive on a variety of diets has been a vital adaptation for a species that evolved under conditions where food sources were scarce and unpredictable.

Today calories are mostly cheap and plentiful, perhaps too much so. Understanding what the basic macronutrients have to offer can help us make better choices when it comes to our own diets.

From the moment a bite of food enters the mouth, each morsel of nutrition within starts to be broken down for use by the body. So begins the process of metabolism, the series of chemical reactions that transform food into components that can be used for the body’s basic processes.

**CARBOHYDRATES** are foods that are broken down into sugar, starch and fiber in the body. They are the body’s key energy source; your cells use sugars and starches in the form of glucose, which is associated with powering your cells. Forty five to 65 percent of daily calories should come from carbohydrates.

**PROTEINS** are broken down into amino acids in your body. Amino acids are the building blocks of many processes in your body and compose your body’s tissues, including skin, hair and muscles. Proteins also can provide energy for your cells, although it typically is not as fast acting as carbohydrates. According to the United States Department of Health and Human Services dietary guidelines for Americans, 10 to 35 percent of your daily calories should come from protein.

**FATS** form the structure of cell membranes, regulates metabolism and provides energy during low intensity activity. Healthy fat sources include olive oil, avocados, lean meats and nuts. A healthy diet provides 20 to 35 percent of daily calories from fat. Saturated fats should contribute to less than 10 percent of your daily calories.[[1]](#endnote-1) So the breakdown is; **Carbohydrates 45-65% daily, Proteins 10-35% daily, Fats 20-35% daily.**

Sometime our bodies don’t always achieve the perfect balance of carbohydrates, proteins and fats. Luckily we have supplementation to assist us**. Natures Harvest** is an excellent source of protein/carbohydrate/fat and works great with our busy lifestyle. Mix one to two scoops with water or milk in shaker and drink either as a meal replacement or with a meal. **Love and Peas** is also one of my favorites. It is a great source of vegetable protein free from gluten, lactose and dairy. Both support the intestinal tract and circulatory system**. Smart Meal** is another great meal replacement drink that is filled with essential amino acids and other recommended vitamins and minerals. It comes in three delicious flavors, vanilla, chocolate and chai, and helps to promote a feeling of fullness.

**WHIPLASH:** More common than you might realize, car accidents, blows to the back in sports, and on the job injuries can easily leave you with a whiplash injury. While sometimes symptoms are felt immediately, often symptoms are delayed for days, months or even years.

The most common symptom of whiplash affecting 62% to 92% of those injured is neck pain, and it usually begins between two hours and two days after the accident. This is often the result of tightened muscles that react to either muscle tears or excessive movement of joints from ligament damage. The muscles tighten in an effort to splint up and support the head, limiting the excessive movement.

While muscle relaxants can relieve some of the discomfort of these muscle spasms, using muscle relaxants without proper treatment can undermine this natural protection from the muscles and cause further injury.

An estimated 66 percent to 70 percent of those suffering from whiplash complain of headaches. Shoulder pain is another symptom associated with the injury, often described as pain radiating down the back of the neck into the shoulder blade area. Muscle tears often are described as burning pain, prickling or tingling. More severe damage may cause sharp pain with certain movement which are relieved by holding your hand over your head. Low back pain, difficulty swallowing, blurred vision, ringing in ears, nausea, fatigue, weakness, irritability, dizziness or vertigo are all symptoms of whiplash.

If you suspect you have a whiplash injury please call our office immediately and schedule your chiropractic spinal adjustment to avoid any advancing complications. We have proven methods of care for whiplash. Left uncared for can cause far more serious problems months even years later.

**TUI NA MASSAGE:** Tui Na massage incorporates an ancient Chinese method to touch therapy, utilizing massage, acupressure and musculo-skeletal manipulation to target energy meridian lines and specific pain sites. To those of you who have experienced both acupressure and Shiatsu, a Tui Na session may seem like a cross between the two. Like Shiatsu, Tui Na uses rhythmic compression along energy channels of the body, as well as a variety of techniques that manipulate and lubricate the joints. Like acupressure, Tui Na directly affects the flow of energy by holding and pressing the body at acupressure points.

To a Westerner, Tui Na is the form of Asian bodywork most closely resembling conventional western massage. Many of the techniques are similar; gliding, kneading, percussion, friction, pulling, rotation, rocking, vibration and shaking. Despite the similarities, the intent of Tui Na is more specifically therapeutic than the simple relaxation of a Swedish style massage.

One of Tui Na’s advantages over simple massage is its ability to focus on specific problems, especially chronic pain associated with the muscles, joints, and skeletal system. It’s especially effective for joint pain, sciatica, muscle spasms, and back and neck pain. It helps with chronic conditions such as insomnia, constipation, headaches, and tension associated with stress.

**Schedule your Tui Na session with Katheryn today and receive 20% off 920-465-0101**

**CHIROPRACTIC QUESTION AND ANSWER:** Question: Is chiropractic similar to massage? Answer: No. Chiropractic deals with the spinal column, nervous system, meninges and body structure. Massage therapists deal with muscle tension, circulation and body fluid drainage.

Question: Can a person with a broken back or neck see a chiropractor? Answer: After the break heals, yes. In fact, a broken bone forms a callus or bone scar when it heals that is stronger than the rest of the bone. This should dispel any concerns about the safety of an adjustment. People who have had broken bones need chiropractic checkups because accidents usually cause subluxations.

Question: How often should I get an adjustment? Answer: The answer is “as soon as you develop a subluxation.” But since subluxations are often painless, it’s good to get your spine checked periodically for painless cavities.

**BACK TO SCHOOL MEANS LIFTING BRAIN FOG:** Try flower therapy to boost your memory and concentration skills. Natures Sunshine has put together a number of flower remedy blends that help emotional aliments. Find Strength, Distress Remedy, and Be Courageous can help during study sessions and before test taking**.**

**Find Strength** consists of mariposa lily, pine, scarlet monkey flower, centaury, fuschia, pink yarrow, and goldenrod. This blend helps the body deal with emotional or physical strength. Great to take this flower remedy before doing a speech, or presentation in front of a large audience. Dosage is 10-15 drops under tongue every 10-15 minutes as needed until symptoms subside. and decrease to 1-2 hours, then 4 times daily as symptoms are relieved.

**Distress Remedy** works to ease anxiety before test taking. Distress Remedy consists of arnica, star of Bethlehem, rock rose, impatiens, clematis, cherry plum and red clover. Dosage is 10-15 drops under tongue every 10-15 minutes as needed until symptoms improve. and decrease to 1-2 hours, then 4 times daily as symptoms are relieved.

**Be Courageous** helps with nervous tension along with boosting self-confidence, indecisiveness and uncertainty. It consists of the following blend of flowers; mountain pride, aspen, scleranthus, mimulus, cerato, blackberry and red clover. Dosage 10-15 drops under tongue every 10-15 minutes as needed until symptoms improve, and decrease to 1-2 hours, then 4 times daily as symptoms are relieved.

**COMPLEMENTARY AND ALTERNATIVE MEDICINE:** Never let anyone tell you that you must just accept that you have an illness and live with it. Instead, join the thousands of health care consumers who are eager to know the true cause of disease. Complementary and alternative medicines are options that you can and should explore.

According to the World Health Organization, 65-80% of Americans rely on alternative medicine as their primary form of health care.

Massage therapy, chiropractic care, nutritionist, hypnotism, acupuncture, Ayurveda, deep breathing, yoga, meditiation, reflexology, Traditional Chinese Medicine and reiki are all forms of complementary and alternative medicine.

Many types of CAM practitioners try to treat not only the physical and biochemical manifestations of illness, but also the nutritional, emotional, social, and spiritual context of which the illness arises.

According to CNN one half of all medical schools now offer courses in alternative medicine. With these statistics, why wouldn’t you want to try alternative medicine?



1. Ross, M., <http://www.livestrong.com>, *Best Ratio of Carbs, Protein and Fat,* Aug 16,2013, [↑](#endnote-ref-1)