

Live the



# ADVANCED LIFE

#14

December 2015



Our cutest intern, little Olive helps Dr. Stacy adjust her momma.



Look at that technique!



Throwback to Christmas '93, Dr. Mike and his big mullet with baby Nina wait for Santa



How awesome is this costume that Sylvia wore this past Halloween?!



## The Christmas Truth



*The doctrine of the birth of Christ is crucial to our faith as Christians - whether we are Catholic, Baptist, Evangelical, Lutheran, etc. The incarnation of the Son of God was accomplished by a creative act of the Holy Spirit in the body of Mary, a virgin maiden. It was a special miracle performed by the third person of the Holy Trinity - the Holy Spirit- which ENABLED the second person of the Trinity- the Eternal Son of God- to take upon Himself a genuine, although sinless, human nature. He was born of a virgin, as a man, without surrendering any aspect of His Holiness and deity....*

*This may be very confusing to comprehend in our finite, non abstract minds, but we can understand the concept even if we can't grasp it in our educated intellect. Jesus was fully human and fully divine. He was not just a teacher, prophet, guide....He was God in the flesh. He was One with us, yet One with God. He had to become man because man was the one who made the decision to sin. He had to be God because God was the only One who could do anything about the sins of man. Humanity tried for centuries and the situation only worsened! The only way the Lord could bring about salvation in eternity of the human race was to assume the form of the RACE he was to REDEEM!*

*God Almighty, El Shaddai, has given us the way to know the TRUTH. Jesus is the way to the Father, because He is our Redeemer. He is the Truth because He is the fulfillment of all the prophecies concerning Him. He is the life because He overcame death....Jesus has the fullness of God dwelling in Him, bodily forever and ever. The Son of God became the Son of man so that the sons of men might become the sons of God!" ( Pastor Terry Fullam )*

*Celebrate the birth of our Savior and Redeemer. Never mind the hooplah that 5th Avenue has created to mask " Christ's Mass." I hope each of you take time to get alone with God this Christmas season and thank Him for all the great things that He has given you and your family...and especially for the birth of His Son and the Promise of eternity. All it requires is your faith!*

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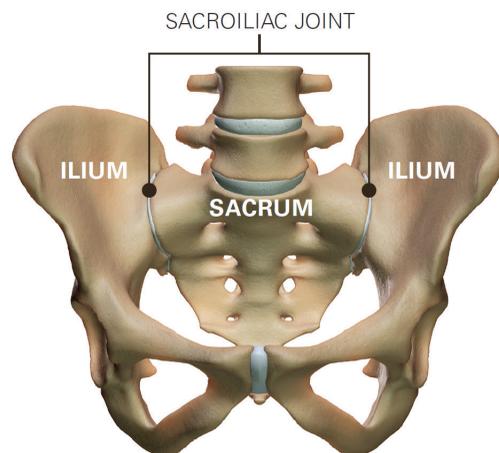
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# SANTA'S ACHING SACROILIACS



I'm not supposed to say anything about it. I promised him that I wouldn't because his concern is that there are a lot of Chiropractors out there and, mostly they've all been good. But truth is, Santa Claus - the big, fat man in red - comes to me every year before and after his " Big Jaunt "; as he likes to call it. And he's usually a mess both before and after, what with all the loading and sitting in the cold air and needless to say the amount of sugar that mad man consumes - with the cookies, candy canes and hot cocoa - it's off the charts. Needless to say, his sacroiliacs are shot! This year, though, I've developed a merry little strategy that I know is going to help him. I'm going to share it with you now because I know that too many of you faithful clients also have problems with those two temperamental joints.

If you reach behind your back to either the left or right and touch what most of you call the "hip", you will feel a large "knot" just above your butt cheek or gluteal muscle. This is not truly the hip but a unique and critically important joint called your SIJ or Sacroiliac Joint. It's an inherently very strong joint with a huge complex of ligaments and muscle attachments because it is truly our weight bearing and mobility joint of our core. The SIJ is less stable in women perhaps because they have to expand so greatly to accommodate the baby in childbirth. Not exclusively, but clinically, I've found much more SIJ issues in females than their male counterparts. If you look at the spinal model in our office, you'll see that the joint is very wide and long. This is to actually reduce stresses from the much weaker lumbar spine and hip. It acts as a buffer between the hip and lumbar spine. It transmits forces from the spine sideways into the pelvis and then into the lower limbs (and vice versa).



Unfortunately, when the sacroiliacs become either HYPERmobile (too flexible or unstable) or HYPOmobile (too fixated and rigid) big problems can occur and with that, our old friend, Mr. Pain sometimes comes for a visit. We all know that he's a lousy guest! Not necessarily will we have pain, either. We may simply just be wearing down our SIJ 's until we do enough damage and then the pain will come. Misalignments and imbalances lead to fairly pronounced postural distortions which also begin to translate to other parts of our spinal column, producing more subluxation, degenerative wear and pain. We Chiropractors have always said that 2 factors are absolutely key in keeping the SIJ's well and balanced as we age...1. Alignment and B. Muscle - ligament - tendon balance and strength. So, I'm going to be very strict with old Santa and I am sharing here some awesome and simple exercises that you should begin incorporating into your daily routine. You will feel better and move better after doing them.

If you are having SIJ pain or even think that you might, please don't do these exercises until you've informed us. If you are someone other than our existing patient reading this, please first seek out a Chiropractor or other qualified health professional to assist you. Most MD's have very little training in these types of joint issues, they usually give you Cortisone shots or muscle relaxers without addressing the true causes. Be wary. Masking symptoms is dangerous and ineffective. The first step is to ensure proper alignment of the spine and sacroiliac-lumbar connection before embarking on a strengthening program.

## #1 The Dying Bug (what a cool name!)

1. Lie face up on the floor or a firm surface, not your bed or a sofa. Bring both arms straight up towards the ceiling and both legs bent up to perpendicular with floor ( as if you are in reverse "hands and knees" position).
2. Start with the RIGHT ARM extending up overhead and reach behind you as if striving to touch the wall behind you. Try not to rest arm on the ground. Keep it an inch or so off ground. At same time, extend the LEFT LEG out straight. Try not to move the other limbs at all. Pause for 2 seconds.
3. Now bring arm and leg back to start position. Slowly, and at the same time, extend your LEFT ARM up overhead just like you did on the right and the RIGHT LEG straight out.
4. Repeat both right and left continually until you feel fatigued enough to stop. Go directly to the next exercise movement.

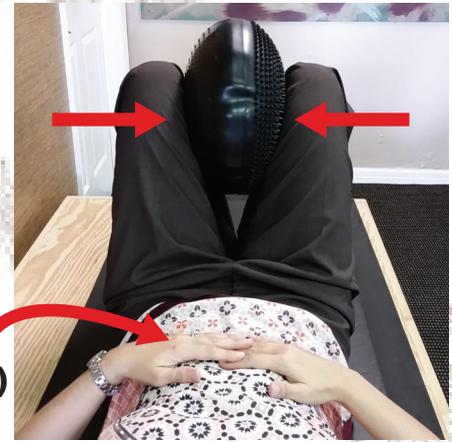


## #2: Knee Push-Pulls (coordination is a must!)

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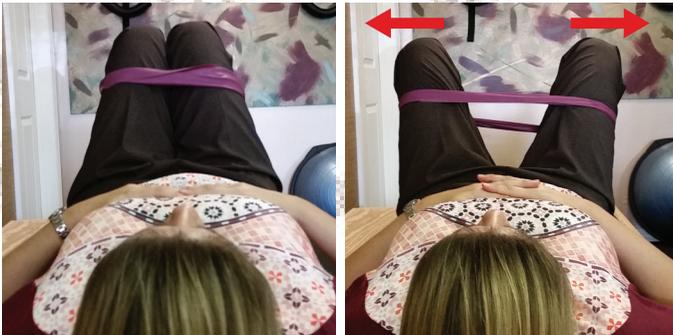
1. You are still on your back! Pull both knees up to 90 degrees or perpendicular to the floor. Put your **RIGHT PALM** on the front of your **RIGHT THIGH**. At the same time, put the **LEFT HAND** to the front of the left knee.
2. Make sure that your neck and head are neutral and supported. **Do NOT lift the head up or strain neck.**



## #3: The Ball Popper (Tongue in cheek!)

1. Lie face up on the ground with your lower back slightly arched. Bend both knees to 90 degrees with feet flat on floor. Try and keep the hips from raising up. 2. Place a ball between the knees. Maintaining the slight arch in the lower spine, begin to slowly squeeze your knees together, not using full force but about 50% of your maximum effort. Hold for 5 seconds, and release slowly. Exhale as you squeeze.
3. Repeat until fatigued or somewhere around 8 - 12 repetitions.

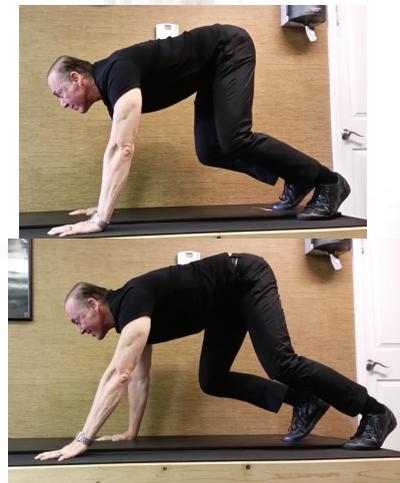
## #4 Theraband Abductions (You will need a flat Theraband for this bad boy)



1. Maintain the same position as the last movement. Just wrap the Theraband around the knees maintaining about 8 - 10 inches space between the legs. You should feel a good resistance when attempting to spread the knees apart.
2. Keeping the feet stable, open your knees wide and you should feel a strong pull from the bands resistance. Hold that open position for 5 slow seconds and then close the knees. Breathe out as you open legs. Breathe in as you close.
3. Repeat until you are feeling a burning fatigue in the sides of the thighs and the butt cheeks. Take a rest and repeat.

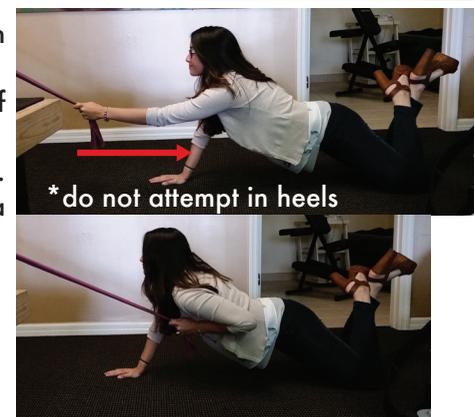
## #5 The Bear Crawl (or Raccoon, if you're scared of bears)

1. Get down on all fours (knees and palms down). Using both of your arms and hands for stability, raise up your hips by extending your legs **HALFWAY**. Keep a slight bend in the knees throughout this motion and try your best to keep your back flat (parallel to the ground). I like to pretend that I have a cup of water on my back and can't spill it. Visualizing this helps your form tremendously.
2. Now, start to crawl in this position across the room. If you are limited for space, try doing it in place. It's much trickier that way. You should feel the gluteals and hips really working with this movement. It also helps strengthen your upper body and neck muscles!
3. Go on crawling until you feel fatigued.



## #6 The Plank & Pull (you'll need your core strength for this one)

1. You'll need an exercise band (strong tension) and a door for this one. Knot one end of the rubber band and put through the door near a hinge, if possible. Close door on the band with the knot inside the door and ensure that it won't pull through the back.
2. Hold onto the end of the band with the **RIGHT HAND** and walk away from the door enough to bring some tension to the rubber band. Go into a "push-up position" down on all fours.
3. Using your left hand to balance yourself, extend that **RIGHT ARM** out straight in front of you, also parallel with the floor and still holding that rubber band.
4. Now, using only your **RIGHT ARM**, pull the rubber and toward your chest. Don't go too fast. Feel the muscles under your arm and along your flank tensing. Repeat until fatigued. Take a rest (yes, you can stand and relieve your arms) and then repeat on the other arm.



So, there you have it! The cats out of the bag! Santa loves Advanced Healthcare! We will be adjusting the heck out of that fat dude and his select elves in short order. I only hope that, like you all, he'll start hitting those temperamental sacroiliacs with these very effective movements and exercises. Maybe for doing such a thorough job I will **FINALLY** get those **ROCKEM SOCKEM ROBOTS** that I've wanted since 65'!! Merry Merry Christmas to all!!

Dr. Mike



It's been a while since I've written anything meaningful for the newsletter; so here I am at it again. This time I'd like to take the opportunity to say a simple thank you. I've never been good at saying goodbye, so a 'thank you' will have to do. Over the last two years, every week I would look forward to one special day... Thursday. Being at Advanced Healthcare was more than just a job, it was a day of the week that I got to see you guys. Everyone has given me so much, in such way, that there are no words to describe. My children Nitaya and Chase have started playing soccer and with them being homeschooled, it's important that I be there for them. Unfortunately that doesn't leave any time for me to be at the office regularly. I'd like to thank Dr. Mike because without him, I would not have had the opportunity to meet you all. I'm not saying fare well, I'll still see you guys occasionally if Dr. Mike and Dr. Stacy are unavailable. I hope that I was able to help you all in the aspect of your health and well-being. I hope that I have done my job as your chiropractor and helped inspire you to take care of health.



Shannon, Dr. Tah, Nitaya & Chase

I feel very blessed to have been a part of your life, and also thankful that you guys have been a part of mine. You will always have that special place in my heart. Adjusting all of you has been a privilege, and I am honored for the opportunity to do so. In the end, you've only got one spine, please take care of it. Always remember that, at Advanced Healthcare & Physical Medicine, we've always got YOUR BACK.

Until next time,  
DR.TAH

# NOW YOU'RE COOKIN'

Every Christmas Eve my parents (Dr. Mike & Stephanie) always make a huge seafood inspired dinner. Last year it was homemade battered calamari and shrimp and of course, a "Seven Seas Stew" which has seven different types of seafood in a tomato-y broth, it's heavenly. That recipe is a little too involved for the newsletter but I did get a chance to try this simple, yet delicious baked shrimp recipe. I served it over orzo but I would also recommend it with spaghetti squash or any other pasta substitute.



## Mediterranean Baked Shrimp

### INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 1/2 cups)
- 2 cloves garlic, minced (about 2 teaspoons)
- 2 large ripe tomatoes, chopped, plus a little less than 1/4 cup water or 2 (14.5-ounce) cans of no-salt-added diced tomatoes, with their juices
- 1/4 cup finely minced fresh flat-leaf parsley
- 1 tablespoon finely minced fresh basil
- 1 tsp dried oregano
- pinch of red pepper flakes
- handful of kalamata olives
- 1 1/4 pounds medium shrimp, peeled and deveined
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2/3 cup crumbled feta cheese (about 3 ounces)

### DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Use an OVEN PROOF SKILLET and heat the oil over a medium-high heat. Add the onion and cook, stirring, until softened, about 3 minutes, then add the garlic and cook for 1 minute. Add the tomatoes and bring to a boil. Reduce the heat to medium-low and let simmer for about 5 minutes, until the tomato juices thicken.
3. Remove from the heat. Stir in the parsley, basil, dried oregano and shrimp and season with salt and pepper. Sprinkle the feta over the top. Bake until the shrimp are cooked through and cheese melts, about 12 minutes.

*Netasha*

Dr. Michael O'Connor, Dr. Tah, & Dr. Stacy are practicing Chiropractic physicians with extensive experience in the fields of physical and functional medicine. The recommendations and materials in this newsletter represent our opinions based on our experiences in caring for our clientele and our own health. The information and material presented here is for educational purposes only and any recommendations are not intended to replace personal advice from a licensed physician. You are encouraged to seek advice from competent medical and chiropractic professionals regarding the applicability of any recommendations with regard to your symptoms or condition. It is vitally important that you do not reduce, change or discontinue any medicines or treatment without directly consulting your personal physician first. The personal stories and testimonials shared on this newsletter and on our website are personal to the clients themselves and will not necessarily be typical of the results you will have if you follow the advice provided in this newsletter. The information and recommendations provided on this newsletter have not been evaluated by the Food and Drug Administration and are provided for educational purposes only.