

Live the

ADVANCED LIFE #6

Your health & wellness newsletter

February
2015

From Shufflin' To Struttin'

By Natasha O'Connor

If you are a client of Advanced Healthcare & Physical Medicine, you've probably seen (or heard) this man around the office. Gregarious and warm, always ready to chat and socialize, he can carry on a conversation with anyone...as long as they're alive! Ed Bertsch is just one of those gentlemen.

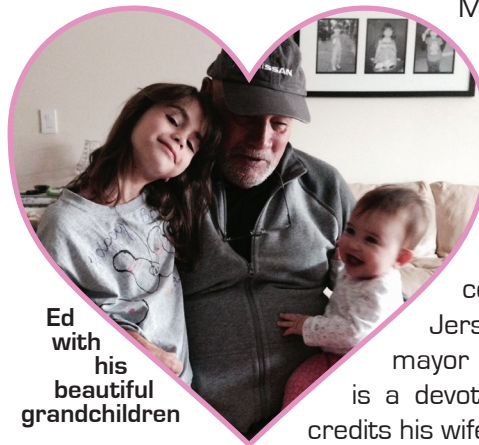
Ed started with us only a few months ago, October to be exact. He came into our office because he felt like he was "falling apart". He was only able to literally shuffle along because his spine was so crooked and his muscle system imbalanced because of this. He could not walk normally. When someone cannot walk like he or she is supposed to, it gives rise to further "wear and tear" on the joints of the spinal column, knees, hips and shoulders. "I really and truly could barely get out of bed in the morning," Ed confessed. "The pain in my lower back, hips and leg was debilitating. Now I honestly feel 100% better! I've been able to get back to exercise again and have lost 36 pounds. My energy began to get better and I actually wanted to lose weight and get back into good shape." Mr. Bertsch admitted that after he attended the Advanced Spinal Care Class that Dr. O'Connor and Dr. Tah taught, he was motivated to lose the excess body fat.



Ed poses on the Vibe plate before performing a legendary squat.

"The thing that I personally love about Ed Bertsch the most", relates Dr. Mike O'Connor, "Is that Ed follows through and does everything that I suggest that he do to help himself. It's not 'oh, maybe I will do that when the mood strikes me, or if I have time'. He

follows through and never misses his spinal adjustments or therapies. On top of all that, he literally brags about us everywhere and has referred a number of people for help to our office. That's the greatest compliment anyone can pay us!"



Ed with his beautiful grandchildren

Mr. Bertsch is quite a community person too. He gives his personal time to making our community better by contributing to the Community Development District in his LPGA living community. Back in New Jersey, Mr. Bertsch was the mayor of Rochelle Park. He also is a devoted husband who always credits his wife, Lorraine, for helping to

keep him on track and "motivate" him when he feels like skipping his walks or core ball workout. He also visits his 90-year old mother, who lives in Palm Coast, twice per week, taking her out to lunch and to shop.

Ed advises anyone who is looking to get back into good condition and lose weight to follow these foundational steps:

1. Get your spine in alignment and subluxation free by a quality, caring Chiropractor
2. Analyze and think before you eat. Is this moving me TOWARDS my goals?
3. No Whites !!! ie. Sugar, flour, cereal, crackers, etc
4. Do some exercise every day....no excuses!
5. Keep your posture tall and your gut IN!

Ed Bertsch sets a wonderful example of a man who was spiraling into a health "crash and burn", yet took control and responsibility. He definitely managed to pull himself out of the plummet. Congratulations, Ed! We are all very proud of you!!



Ed squats like he means it.

ADVANCEDHEALTHCARE
& PHYSICAL MEDICINE

386-673-2000
801 W. Granada Blvd. Ormond Beach, FL.
www.ormondbeachchiro.com

DESK JOBS: KILLING US SOFTLY

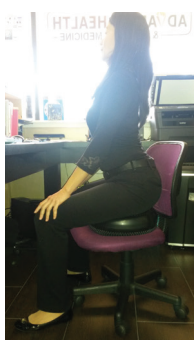
By Natasha O'Connor

Are you working at a job that requires no physical activity? If so, you are part of the 80% of Americans that are in the same boat. With our nation becoming more obese, stressed out, and more and more people you love being diagnosed with disease, it's hard not to ask: Is work killing us?

It's proven that people with sedentary jobs are twice as likely to die of heart disease than people with active jobs. Most of us are sitting in front of computers and when we sit, the brain signals to our lower halves shut off and this reduces fat burning enzymes to only 90%, which slows calorie burning. If you were to stand or be active on the job, your heart would beat faster which in turn would amount to 0.7 more calories per minute burned. I know that doesn't sound like much, but it adds up to about 50 calories an hour. If you stand for three hours a day for five days that's around 750 calories burned. Over the course of a year it would add up to about 30,000 extra calories, or around 8 lb of fat. Now THAT is a difference!

It would be strange if you were standing for three hours at a job where you're supposed to be sitting, so instead of or in addition to standing, I'm going to show you a few desk activities that you can do throughout the day to keep you active enough to stay alive in the workplace.

1 Get a wobble seat. If you sit on a wobble cushion for a couple hours a day this will help you maintain better posture and get some movement throughout the day. We have them available here; our patients are familiar with them as they use them to warm up before adjustments. You can also sit on an exercise ball if you have one already.

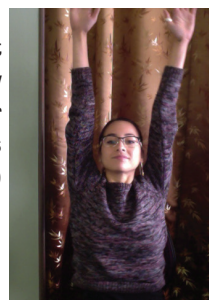


Relieve any neck and shoulder stress by gently stretching your neck to the side and slowly rolling your head.

3 With one arm raised over your head and the other on the hips, lean gently over to the hand on hip side as far as you can safely go. Switch side. Do this a few times on each side at several times through out the day.



4 There are different methods of doing arm raises, but each method works a different set of muscles, and all will temporarily increase your heart rate, keeping your metabolism revving. Raising your arms straight over your head, raising them to the sides, or even behind you.



5 The easiest exercise that you can do at your desk is butt squeezes. You can even do them while you are on the phone or typing up a report. Simply squeeze and release your buttocks muscles several times. This is the number one exercise that will help prevent "office chair spread" of your hindquarters.

7 For easy calf exercises, you can raise your feet up on the toes and lower them. Be sure to use your muscles when you do these exercises for maximum effect.



6 At your desk, you can easily straighten your knees and lift your legs out in front of you. You can also march with your feet in place. This will exercise the large muscles in your legs.

Sources:

<http://health.msn.com/healthy-living/sedentary-jobs-helping-to-drive-obesity-epidemic>
<http://www.cnn.com/2010/HEALTH/06/22/desk.job.bad.health/index.html>

2015



2015 - YEAR OF THE SHEEP

Those born in sheep years are often artistic, charming, sensitive, and sweet. It is known as the most creative sign in the Chinese zodiac.

Were you born in 1924, 1936, 1948, 1955, 1967, 1979, 1991, 2003, 2015 - you're a sheep, it's your year!

February 2015



1. Dr. Mike adjusts Mr. Zane.
2. Baby Eli visits the office for his first time with his momma Julie, brother Andreas, and grandma Susan.
3. Shannon and her daughter Kaiya pose for a picture after their adjustments, aren't they beautiful?!
4. Accidental twins! Muriel and Debbie dressed the same one morning.
5. Pastor Terry and Lianne cheese it up after getting their tune-up. It's almost like they knew their picture would be taken....
6. Bob and Betty pose with Dr. Mike on Betty's birthday.
7. Pat and Russ bring their new puppy to the office, introducing Chambrays Shining Diamond Dazzler - AKA Dazzle. He's training to be a show dog, look out for this cutie!

February 19th is

CHINESE NEW YEAR!

REFLECTIONS OF CHINESE NEW YEAR BY STEPHANIE HUI LIN O'CONNOR

"When I was little, everybody comes home for dinner - doesn't matter where you are, you'd arrived on the eve of Chinese New Year. We would share a big dinner, usually we would eat steamboat (steamboat is a traditional Chinese meal, where everyone sits around a big pot of broth which is boiling on it's own portable electric burner. Each person gets their own little "basket spoon" and we pass around raw meat, seafood, and vegetables to put inside the pot of boiling broth). The next day you go and visit all of your relatives, first you start at your grandparents house. All the grandchildren would receive little red packets from the grandparents, inside the little red envelope is money! When you visit your family you have to wear red and bring oranges, because they



represent luck, prosperity, and peace. You cannot cut your hair or use a broom for the first three days, because then you sweep all the luck and blessings out of the house. So you have to make sure you get your new hair do and new clothes BEFORE Chinese New Year."

恭喜發財

Congratulations! I wish you wealth!

gōng xǐ fā cái

This is what you say:



We will be at the Ocean Center for the Spring Home Show on March 27-29. Stop by and say HELLO!

Hour of Power

- Everything you wanted to know about essential oils and healing!

Monday, February 16
@ 6:30 p.m.

We are having a Blood Drive on
Monday, Feb. 16: 2 p.m. - 6 p.m.

Please donate if you can. See the front desk for brochures and to make an appointment.

Sweet n' sour chicken

By Nina O'Connor

Don't let all the hype and Hallmark marketing fool you into feeling the need to treat your loved one to an extravagant, impersonal night. The most important thing is spending time and affection on them! Why not cook them a meal made with love? I have just the dish to show off your exotic cooking skills. My mother taught this recipe to me 8 years ago, and I was blessed to be able to hone my Asian cooking skills by learning from my Grandmother while in Singapore for 3 months. The chicken is originally fried in a hot wok, but we've modified it to be a little healthier by baking the chicken. This dish is deliciously balanced between slight sweetness from the pineapple and a touch of spice. Don't forget to pair it with fluffy white rice and a crisp green salad. Hope you all enjoy!



ingredients

***Mix these 4 ingredients together in a bowl and marinate for at least 30 minutes.**

- 1 lb Free range chicken breast - cut into bite sized pieces
- 2 Tbsp rice flour
- 1 Tbsp Worcestershire sauce
- 1 Tbsp soy sauce

Spread into a baking sheet or glass baking dish and bake at 375 degrees for 10 minutes

- 1 Red Pepper cut into bite sized pieces
- 2 Cloves garlic minced
- 1 Can of pineapple chunks in 100% juice- strain pineapple and reserve juice.
- 1 Onion cut into bite sized pieces
- 1 Cup of frozen peas
- 2 Carrots peeled and diced
- 1 tbsp avocado oil or coconut oil for frying.
- Cilantro to garnish is optional

Sauce

- Reserved pineapple juice - should be about a cup
- 1/2 cup water
- 1/4 cup of plain tomato sauce
- 1 tbsp soy sauce
- 1 tsp Worcestershire sauce
- 1 tbsp raw honey
- 1 tsp of hot pepper flakes (or hot sauce)
- *Whisk all ingredients together and adjust to taste -set aside**

instructions

Marinate and bake chicken as instructed above, set aside. Mix sauce and set aside. In a large saute pan heat oil over medium high heat and toss in carrots and garlic. Saute for 3 minutes and then add in onion, pepper, and 1/2 the can of pineapple chunks-cook for 2 minutes. Once peppers are cooked but still have a nice bite to them, add in your sauce. Let sauce come to a simmer and add in the peas and chicken. Cover pan and simmer on low until sauce has thickened. Serve with rice! Don't forget, basmati rice has the least amount of starch.

VALENTINE'S DAY FUN



Will Ferrell
@itsWillyFerrell

#ThoseThreeWords: If someone says "I love you" and you don't feel the same way, just say "I love YouTube" really fast.

Did you know?

Many believe the X from 'XOXO' symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters

The red rose was the favorite flower of Venus, the Roman goddess of love.