



## Did you know...

- Pediatricians suggest that children shouldn't carry school backpacks heavier than 10% to 15% of their body weight.
- It is impossible to sneeze and keep one's eyes open at the same time.
- Your muscles are 75% water and make up almost half of your body weight.
- Women have a better sense of smell than men.
- Dieters who get more sleep lose more fat than those who sleep less.
- 25% of your bones are located in your feet.
- Laughter lowers the levels of stress hormones and strengthens the immune system.
- You are about a centimeter shorter in the evening than you are in the morning.

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# RELIEF and Wellness News

**Dr. Luigi Di Rubba ♦ Central Connecticut Chiropractic**

391 Highland Ave., Route 10 • Cheshire, CT 06410 • (203) 272-3239 • Spring 2021

## What a Pain in the Neck!

You turn your head to the left. Ouch! You turn your head to the right. Ouch! Sharp movements and decreased range of motion can cause a real pain in the neck. It's one of the main reasons why new patients walk through our door. The cause? Most often it's stress.

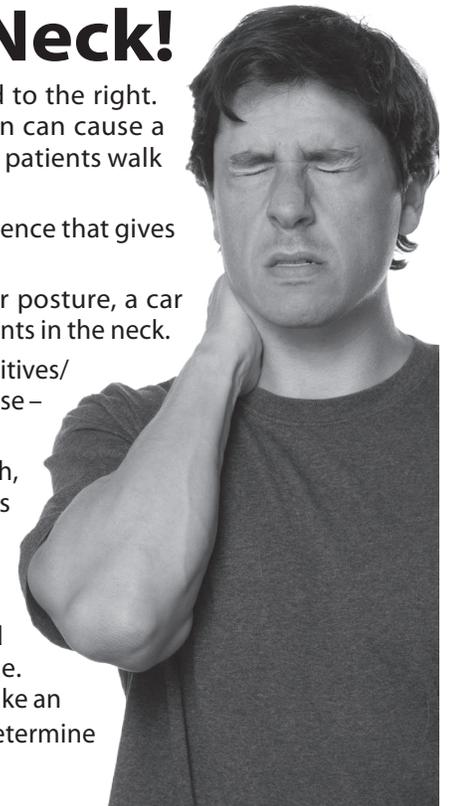
There are three kinds of stress that can cause nerve interference that gives you that pain in the neck.

Physical stress, such as repetitive motions on a job, poor posture, a car accident, or a fall can cause tightening in the muscles and joints in the neck.

Chemical stress may result from the air you breathe, food additives/preservatives, smoking, medications, and drug or alcohol abuse – all nervous system irritants.

Emotional stress comes from worrying – about money, health, relationships, a difficult boss, your job, or a death causes muscles to tighten, leading to neck pain.

Some stress-busting suggestions that might alleviate your neck pain? Try some exercise. Learn how to meditate. Talk to a therapist. Join a support group. Get up from your desk and walk around every hour. Read a good book. Get a massage. Take a nap. Eat healthier, non-processed foods. Oh... and make an appointment to come in for a chiropractic examination to determine if you need to get adjusted.



## Dr. Di Rubba's Pillow Talk



"The type and size of the pillow you use, along with the positioning of your body, can affect your sleep and overall health," says Dr. Di Rubba. "The proper pillow and sleeping position allow you to get the best possible rest. You'll wake up refreshed while benefiting your spine and nervous system."

Your pillow needs to be fairly firm and not too large. It should conform to the natural curve of your neck. Whether you use a feather, foam or buckwheat hull-filled pillow, it needs to support your entire neck and head, allowing muscles and tendons to relax in a natural position.

Two sleeping positions are considered best: either on your back or on your side. Avoid sleeping on your stomach. It can stress the neck and upper spine from the constant head rotation to the favored side.

"For special problems, I recommend a cervical (neck) pillow. It's specifically curved to fit the contour of your neck and gives added support," says Dr. Di Rubba. "The appropriate pillow and proper sleeping position, along with regular spinal adjustments, will ensure you have a good night's rest and maintain peak health." Come check out our spinal correction pillows.

# Keep It Positive



People who consistently cultivate a positive mental attitude (PMA) expect great things. They work hard to achieve them. They have goals and actively work toward them. Research shows that optimistic people are happier, healthier and more successful.

Realize that a PMA doesn't happen on its own—it's a decision you make. If you feel down, look around and find things to feel good about. Here are some tips:

- **Wake up to the sounds of soft, pleasant music playing on your clock radio.**
- **Give yourself plenty of time to prepare for the day's activities.**
- **Each morning think of three specific things for which you are grateful and three specific people you're glad to have in your life.**
- **Read positive, motivational books, such as the Chicken Soup series.**
- **Eat a healthy breakfast. (Not sure what that is? Ask!)**
- **Skip the negative news in the paper, but read the comics.**
- **Laugh out loud when you hear or read a funny story.**
- **Tell someone how much you love him or her.**
- **Before you fall asleep, reflect on the good things that happened.**

Set yourself up for success. Nothing enhances a PMA more than success, so regard it as the normal state of affairs, and the lack of success as the exception.

Prepare for the worst, and expect the best. Prepare yourself for life's downturns, but always expect the best, because most of the time, you get what you expect. Remember that it's not what happens to you but what you do about it that really counts.

Avoid perfectionism. Few things in this world are perfect. Falling short of perfection and making mistakes are not failures. They're lessons learned. Learn them, and move on.

Focus on the future. You can't change the past. But if you decide where you want to go and how you want life to be different in the future, you give yourself the best possible chance of getting there.

By keeping a positive mental attitude, aiming high and mastering your daily trials more effectively, yours can be a more confident and fulfilled life.

## Aspirin: Risk or Remedy?

Americans ingest 80 million aspirin tablets each day! Besides masking aches and pains, they are often taken to help reduce the risk of heart disease.

Aspirin is thought to protect against strokes and heart attacks by "thinning" the blood. But the same qualities that give aspirin its potential benefits also increase its dangers. Consider that aspirin may also cause:

- **Stomach bleeding**
- **Vomiting**
- **Ringing in the ears**
- **Diarrhea**
- **Allergic reactions**
- **Vertigo**

A drug simply cannot replace healthy lifestyle choices, which include regular chiropractic care. Before beginning any kind of aspirin regimen, discuss its benefits and risks with Dr. Di Rubba.



## Click-and-Mouse Disease



Ever wonder what happens when you're at the computer for extended periods? A common result is carpal tunnel syndrome, a compression of the nerve that passes through the wrist into the hand. Nerve root compression in the lower neck may also be involved. Here are some tips to help prevent or alleviate carpal tunnel problems:

Keep hands and wrists in the "neutral position." Avoid extreme positions that put strain on the joints in the wrist. Your fingers should easily reach and press the keys on the keyboard.

Stretch and exercise hands and wrists periodically. Frequently throughout your work day, flex and extend your fingers.

Use a wrist or forearm rest. Make sure your hands, wrists and forearms are not strained or bearing the weight of your upper body.

Position your computer screen properly. Make sure you don't have to tilt your head too far back or down to view your screen. Raise or lower the height of your monitor, work surface or chair.

Take frequent breaks. Leave your computer, move around and tend to other duties. Visit our office. Have your spine checked and adjusted regularly. Fully functioning nerves in your hands and wrists help assure that you'll be your best on and off the job.

# Vitamin C

Vitamin C, or ascorbic acid, is an essential water-soluble nutrient. All vitamins are organic molecules that serve as catalysts for reactions within our bodies. If you have a vitamin deficiency, the catalysts are missing and normal body functions break down, making you vulnerable to disease.

Generally, we require only small amounts (hundredths of a gram in some cases) of vitamins and can get them from foods, beverages and even our own bodies. Most animals produce their own vitamin C, but humans and primates do not.

Is vitamin C important?

Vitamin C is an important nutrient for our bodies because it is essential for the production of collagen—a universal substance that makes up the disc and connective tissue of the spine and other joints of the body. Collagen formation, interrupted by a shortage of vitamin C, can cause far-reaching problems throughout the body, even death!

Vitamin C is also an antioxidant, protecting fat-soluble vitamins A and E as well as fatty acids. It prevents scurvy and can be beneficial in the treatment of iron deficiency anemia.

- What are good sources of vitamin C?
- Are vitamin C supplements necessary?
- Can vitamin C cure a cold?

Answers in the next issue of *Relief and Wellness News!*



*Myth:* I can give myself an adjustment, right?

*Fact:* No. Some people can make their joints “pop,” but that’s not an adjustment. Worse, damage can occur from mobilizing a joint with weakened muscles and ligaments. Adjustments are specific and take years to master. Even I must consult a colleague to get adjusted and benefit from chiropractic care.

Exploring  
the most common  
*myths*  
about chiropractic...

## Headache Relief

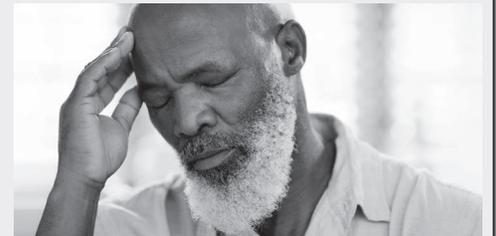
Headaches may be common, but they’re not normal!

A common cause of headaches is from spinal bones in the neck that aren’t supporting the head properly. This can affect nerves, muscles and even the blood supply to the head. Our thorough examination helps identify the most likely cause(s).

Chiropractic care has produced remarkable results for those suffering from headaches. By restoring better function and structure to the spinal bones in the neck, nerve irritation can

be diminished and headache frequency and severity reduced. Naturally. Safely. Without drugs.

Do you know someone who suffers from headaches that we should be helping? Urge him or her to call us and ask questions at no cost or obligation.



## Burp!

In some cultures it’s considered a compliment to burp or belch after a meal; it means you enjoyed the food. But what is a “burp,” and if it happens a lot, is there something wrong?



Burping is a natural bodily function. The main digestive reason for burping, also known as eructation (ir-uck-tay-shun), is the production of gases in the stomach and small intestine during food digestion. This is especially true if you lack essential enzymes, consume large quantities of food, drink a lot

of carbonated beverages, eat foods known to produce gases (beans, cabbage) or eat foods to which you’re allergic. The body naturally eliminates these gases by bringing up air from the stomach.

Generally, a small amount of air is swallowed when eating or drinking and can be responsible for burps. If you experience nausea, dyspepsia or heartburn, belching may occur as well. Relief may be obtained by lying on your side or in a knee-chest position.

To cut down on burping, avoid chewing gum, smoking and eating gas-producing foods and beverages.

Persistent and unexplained changes in duration and intensity may suggest nervous system involvement. Be sure to bring it to our attention! You may have chronic cholecystitis, gastroesophageal reflux disease (GERD), hiatal hernia or even a peptic ulcer.



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Here's your **FREE** issue of

## **BELIEF** *and Wellness News*

### In This Issue:

- What a Pain in the Neck!
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- Headache Relief
- Burp!

**For your convenience you can schedule an appointment right online! Please visit our website to schedule your next adjustment: [www.cheshirechiropractic.com](http://www.cheshirechiropractic.com)**

# Does Knuckle Cracking Cause Arthritis?



Dr. Luigi Di Rubba

Metacarpophalangeal joints, or knuckles, connect your fingers to the rest of your hand bones. Synovial fluid lubricates these joints, sustains the cartilage and acts as an adhesive to stabilize the joint.

By pulling or pushing on a finger, you can "crack" your knuckles. It produces a gas bubble and causes a separation of the joint. Much like the sound of a champagne cork releasing the pressure in the bottle, the disruption of the adhesive seal is the cracking sound you hear. It may take a while for the joint to reseal before you can crack your knuckles again.

There's no scientific evidence to indicate that knuckle cracking will cause arthritis. But it may cause soreness of the joint.



# CENTRAL CONNECTICUT CHIROPRACTIC

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**Schedule your appointments via phone (203)272-3239 or our website: [www.cheshirechiropractic.com](http://www.cheshirechiropractic.com)**

### Office Hours

Monday	8:00-12:00	2:00-5:00
Tuesday		1:00-6:00
Wednesday	8:00-12:00	2:00-5:00
Thursday		1:00-6:00
Friday	8:00-12:00	
Saturday	8:00-10:00	By Appt Only

## Thanks for the Referrals!

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others.

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**Deena A.**  
**Andre P.**  
**Joseph V.**  
**Melissa B.**  
**Melissa N.**  
**Laura C.**

**Janie C.**  
**Dr. Autium**  
**Dr. Mike**  
**Dr. Adam**  
**Jeremy P.**  
**Laura O.**  
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**Check out our website: [www.cheshirechiropractic.com](http://www.cheshirechiropractic.com)**