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OPP FAMILY CHIROPRACTIC

Our Purpose is to share the joy in giving others the energy and strength to express the passion inside of them, so they can conquer their life.



Living in a Toxic World

Dr. Brian Opp D.C.

We are living in a very toxic world; one that is affecting our lives and slowly poisoning us day by day. It is said that the due to the overwhelming toxic environment people live in, scientists are unable to perform pure toxicology studies to find out how toxic we are as a society due to the fact that there are no clean controls. It is scary to think that even healthy people are exposed to over 700 toxins at any one point in their lives.

How did we come to this point? Many of the products we use are full of toxic materials that we are exposed through by the air, soil, water, or food. The most common ways we are exposed are:

1. Flame retardants for mattresses, sheets, and clothes.
2. Packaging plastics known as BPA's found in most bottles and containers along with cash register receipts!
3. Non-stick cookware like Teflon.
4. Cooking carbs at high temperatures, even coffee can become toxic when brewed at a high temp. Think also about the K-cups people are using and what they are made of.
5. Mercury in seafood.
6. Second hand smoke and gasoline fumes.

It is easy to see that it is impossible to be toxin free in our world. Health issues abound with constant exposure to toxins.

Studies have shown a strong relationship between BPA's and negative effects on women's reproductive systems including miscarriages and birth defects. They are also associated with common diseases like Type 2 diabetes, cardiovascular disease, hypothyroidism, and liver enzyme abnormalities. These diseases have a common link in that they are usually seen in people with higher body fat percentages due to the fact that BPA's mimic estrogen in the body, alters insulin sensitivity, causes inflammation, and slows your metabolism.

**It is said that a primary treatment for obesity is limiting exposure to BPA. There is also a significant inverse relationship between BPA and thyroid function.** This means these environmental exposures could be contributing to the sharp increase in thyroid disorders in this country!!

What do we do when it seems like there is no escaping the tidal wave of toxic chemicals we are exposed to each day? Using a program that will support your body's detoxification systems by utilizing well-researched nutrients, vitamins and herbs to balance and support the body's detoxification pathways. By far, the majority of toxins and drugs are lipid-soluble; therefore to be efficient and safely removed via urine they must be converted to a non-toxic water soluble molecule during metabolism.

The body's detoxification system is made up of three parts. Phase 1 bring in the toxins and starting the process of turning them into water soluble molecules.

There are many nutrients used in this process so a true detoxification system will have these included. Phase 2 is the conjugation phase where these highly reactive molecules are further acted upon by the liver to attach certain chemical groupings to make them safe for transport to the kidney. One of the 6 processes is called methylation, this helps with estrogen detoxification, and the problem is that 40% of people can't even perform this process in the body leaving them susceptible to estrogen toxicity and further down the road to many of the cancers we see today. Phase 3 is the excretion of the now water-soluble toxins by the kidney.

As you can see the process is much more complicated than drinking some lemon water, aloe vera, or some other do it yourself home remedy. These just do not have all the nutrients needed in a proven system for true liver detoxification. Medical foods that are specifically engineered for this very process is essential. Backed by third party testing and studies to show that they do in fact do what they say they do. Ultra Clear, Estrium, and Metalloclear are all medical foods that will give you a true detox for the liver. I also suggest that along with these you include a probiotic supplement and phyto-nutrient drink to aid in the detoxification process. The probiotic will help you absorb the medical foods better and the phyto-nutrient drink will aid in alkalizing the body for a better detoxification process as well.

## King of Exercises - The Squat

Nicole Conant M.S.

Squatting is a fundamental human movement pattern that involves nearly every muscle in the body. Squatting improves fitness, performance, and mobility for daily-life tasks.

It's handy for picking stuff off the floor, and going to the bathroom.

And thanks to exercise science, data show that squats are excellent for building strength, power and mobility. Full squats can help counteract many of the chronic musculo-skeletal problems we face today, such as weak glutes, hunched back, and weak torso.

Things to consider about the squat:

### 1. BALANCE AND MOBILITY

The prime movers in the squat are the muscles around the hips and knees, but all joints below the belly button (hip, knee, ankle, foot) and most of the spine need both stability and mobility to squat properly.

### 2. KEEP HIPS MOBILE

Muscles around the hips help stabilize the pelvis and knees during squats. If someone lacks hip mobility, they will often lean forward too much when squatting (stressing the spine). Or they will initiate the squat by "popping the butt" up too quickly.

### 3. KNEES FOLLOW TOES

When squatting, keep knees stable, in line with the hips and feet. When the knees flare out or cave in (beyond a couple degrees), tendons and ligaments become vulnerable and work extra hard to resist awkward forces. Make sure knees follow the direction of the toes. If your toes point out while squatting (which is a normal variation, especially for women with wider pelvises), so should your knees.

Don't panic if the knees go slightly over the toes, as this can help to ease the movement for the lower back. What's most important is that your hips are back, behind your heels.

Proper Squat Technique:

\*Start from the hips - bend at your hips and sit back into the squat. Imagine you are sitting down on a seat. Hip joints should always bend before your knees.

\*Check your knees - keep your knees out. Your knee joints should be pointing in the same direction as your feet all the way down.

\*Keep your weight back - keep your weight distributed toward your heels.

\*Go all the way down - you should aim to squat to at least parallel. Meaning your hip joint needs to be at least parallel with your hip joint.

\*At the bottom of your squat, hip muscles should be tight so you can push out of the bottom.

\*When powering up out of the squat focus on squeezing the glutes.

\*Drive your hips up - most of the power from the squat comes from the hips. Drive hips in and upward.

Always start with body weight squats, if you are unable to complete a body weight squat with proper form, hold onto something stable to assist you. Once you can do 3 sets of 10 squats with ease while you hold onto something, then progress to doing them not supported. Next step would be to increase the number of squats you do in a set, once you can complete 3 sets of 25, increase the intensity by placing a weighted bar on your back. Keep in mind form over weight. If you cannot maintain proper form, then the weight maybe too much. Proper technique is of utmost importance.

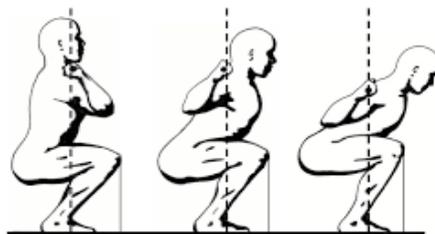


Figure 2-34. Bar position ultimately determines back angle, as seen in this comparison of the front squat, the high-bar squat, and the low-bar squat. Note that the bar remains balanced over the mid-foot in each case, and this requires that the back angle accommodate the bar position. This is the primary factor in the differences in technique between the three styles of squatting.

## Opp Family Chiropractic Upcoming Events!

Happy New Year!!!!

Thank you to the people who donated to our giving tree. Thanks to you we were able to help 3 families in need!

Jan 10th –Weight Loss Challenge Begins!

Feb 19th – Essential Oils

March 19th – Anxiety and Kids

Call the Clinic today to sign up

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