



Wellness Tips from **Back & Body Doctors**

Chiropractic • Physical Therapy • Acupuncture

A note from Dr. Edlund

Dear Patients and Friends,

For this issue of our newsletter, I would like to talk about the amazing results we are obtaining with our Cold Laser treatment. Our Erchonia Cold Laser is the best laser on the market. In fact, it was the first FDA approved Cold Laser and is used by famous athletes such as Lance Armstrong and Tiger Woods. Dr. Jeff Spencer is Lance and Tiger's personal chiropractor and he takes care of the entire nine-rider US Postal Service Professional Cycling Team. His job is to prepare the riders' bodies for each day, prevent injuries, resolve injuries, and accelerate post competition recoveries. Dr. Spencer attributes much of his treatment success to the Erchonia Laser and chiropractic adjustments.

I have had the privilege to receive my laser training from Dr. Spencer, and have passed on this knowledge & experience to the doctors and physical therapy team at OC Back & Body Doctors.

Many patients have asked me "what is Cold Laser Therapy?" Cold Laser Therapy is light energy that converts into chemical energy which initiates a cascade of events at a cellular level. It promotes healing in hundreds of conditions

because it penetrates the skin, increases ATP (cellular energy) and activates enzymes. It also promotes healthy cell reproduction and proliferation. Another benefit of our Cold Laser is pain relief as a result of increased endorphin release, this in turn strengthens the immune system by increasing white blood cell activity. I have also seen many of our patients' mobility & strength increase with Laser therapy.

Our Cold Laser has NO side effects, and our health care team has been successfully treating acute and chronic pain, repetitive strain injuries such as carpal tunnel and sprain/strains, post surgical procedures for knees, hips and wrists, in addition to other disorders such as multiple sclerosis, asthma, acne, eczema, bone spurs, fractures, sinus problems and serious neuropathies.

This new laser technology is amazing! It has a track record of helping hundreds of our patients, in some cases even offering an alternative to surgery!

Ask our health care team if Cold Laser Therapy is right for you!

Yours for better health,

Dr. Desiree Edlund, D.C., Q.M.E.

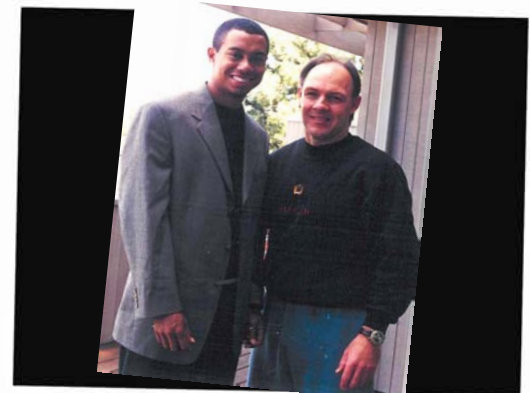
What's inside...

- A note from Dr. Edlund
- Carpal Tunnel
- Omega-3 Fish Oils
- Core Strengthening
- Healthy Recipe
- Welcome Joe
- Pilates & Yoga
- Patient of the Month
- Welcome New Patients



Our Office

**Helping
Orange County Achieve
Health & Wellness
through Chiropractic,
Physical Therapy
& Acupuncture
(the natural way!)**



Tiger Woods & his Chiropractor Dr. Jeff Spencer

NOW OPEN SATURDAY 9-NOON!!

Check out our web site! www.essentialchiropractic.com * 949-724-0011*

Nutrition & Weight Loss

OMEGA-3 FISH OILS

Why is Fish Oil all the rage these days? The health benefits of Fish Oil supplementation are astounding. Here is a quick overview!

Fish Oil contains two ingredients: EPA and DHA. EPA and DHA are omega-3 essential fatty acids, which mean they are necessary for health, and must be supplied through the diet. Not all Omega-3's are the same! You can only get EPA and DHA from Fish Oil.

Not getting enough EPA and DHA can lead to major health problems such as depression, skin disorders, mental health problems, neurological disorders, preterm delivery, low birth weight, allergies, asthma, autoimmune diseases, heart disease, arthritis, multiple sclerosis, and inflammatory disorders.

Fish Oil should be taken on a daily basis, and can also be used in higher dosages as a replacement for over the counter pain medications. Fish Oil is the most powerful, natural anti-inflammatory and pain reliever. It is safe and has no side effects.

Not all Fish Oil is the same! Fish oil must be purified and free of mercury, PCB's, and dioxins. According to the top researchers in the field, the optimal ratio of EPA to DHA is 2 to 1. **OC Back and Body Doctors** carry the most superior Fish Oil products from Nutri-West, a company that is partnered with these top researchers.

Supplementing your diet with superior grade Fish Oil provides nutrition for optimal joint health, improved heart function, decreased blood pressure & cholesterol, healthy digestive, brain and nervous system function, glucose and insulin balance, healthy immune response, optimal bone & skin health, and is important for growth and development.

Stop by and pick up your Fish Oil today!

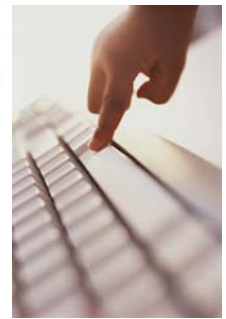
Chiropractic

Carpal Tunnel

Carpal tunnel syndrome is a problem of the median nerve, which runs from the forearm into the hand. The median nerve provides sensation to the hand, and controls some small muscles that move the fingers and thumb. Carpal tunnel syndrome occurs when the median nerve gets compressed in the carpal tunnel—a tunnel made up of bones, tendons, ligaments, and blood vessels. Compression of this tunnel may result in pain, weakness, and or numbness in the hand and wrist, which can radiate up into the forearm. Carpal tunnel can develop from an injury to the wrist, repetitive motions, inflammatory arthritis, mechanical problems in the wrist joint, diabetes, and fluid retention. In some cases, no cause is known.

To prevent permanent damage to the median nerve, carpal tunnel should be diagnosed and treated early. A physical examination of the hands, arms, shoulders, and neck help determine if the symptoms are related to daily activities or to an underlying disorder. Laboratory tests, x-rays, and nerve tests may also be used to confirm the diagnosis.

Dramatic improvement in symptoms and resolution of carpal tunnel symptoms are seen regularly at **OC Back & Body Doctors**. Treatment of carpal tunnel syndrome includes chiropractic adjustments to the neck, shoulder, elbow, and wrist.



Trigger point therapy and cross friction massage are used for the soft tissues and musculature. Stretching and strengthening exercises are also used. Yoga and acupuncture have shown positive results.

Our Cold Laser Therapy has been monumental in combating carpal tunnel syndrome. Pain reduction and improved range of motion has been reported during the very first treatment session with Cold Laser. Our Cold Laser reduces inflammation and swelling, improves range of motion, breaks up scar tissue, and promotes tissue healing.

If you know of anyone with carpal tunnel symptoms, refer them to us right away! The sooner this condition is treated, the better the results!



Special Offers!

PRODUCT OF THE MONTH

10% Off

HIGH POTENCY FISH OILS

(CAPSULES & OIL)

FREE WRIST PAIN EVALUATION

Value of \$160

Prevent Surgery with our Cold Laser!

For NEW & EXISTING Patients

Check out our web site! www.essentialchiropractic.com * 949-724-0011

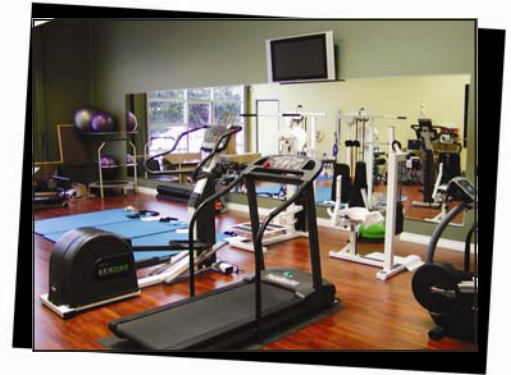
Physical Therapy

Core Strengthening

By Lisa Martucci, M.P.T., C.M.T., Director of Physical Therapy



Lisa Martucci,
Physical Therapist



Why is core strengthening so important?

Increasing core stability strengthens the muscles that surround the trunk, thereby improving balance, coordination, and stamina.

What does “the core” include?

“The core” includes the muscles of the trunk, back abdominals, pelvic floor and neck. Picture the pelvis as a box, the front and sides are the abdominals, the back is your spine and lumbar muscles, and the bottom is the pelvic floor muscles. These muscles must work together in symmetry or else the spine will not be supported. This will lead to

instability and back problems!

How can I work on core strengthening?

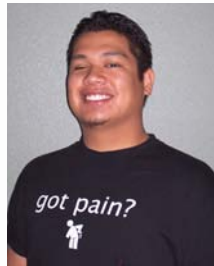
Utilize proper posture!! Correct posture occurs when the ears, shoulders, hips, knees and ankles all fall in one line and there is a slight inward curve in the low back. In sitting, the same is true with the exception on thighs being parallel to the floor. In either position, this is known as “neutral spine”. Maintaining this position through out the day will keep the core muscles active and provide a safe, stable environment for your spine. Also...getting regular

adjustments and performing daily Yoga and/or Pilates will also make your core a Powerhouse!

Joseph Pilates wrote that one’s self-confidence and health come from a balanced trinity of body, mind and spirit. Core stability will allow you to perform your daily activities more efficiently, freeing your mind and your spirit!

Welcome Joe!

Certified Physical
Therapy Assistant



I’m Joe the new addition to OC Back & Body Doctors, and I am so happy to be part of Dr. Edlund’s Team. I have been working in physical therapy for six years. I was first introduced to the profession in high school after I hurt my shoulder playing football. I was truly fascinated with what my physical therapist and his assistant were doing to get my shoulder back in shape and back to being active again. What I absolutely love about my job is meeting people and helping them achieve health through physical therapy and rehabilitation. Please say hi and ask me to give you some advice on exercise and rehab!

“Stay positive and you will always be healthy in mind, body and soul”

Healthy Recipe

Chicken and Rice Soup

Healing Power:

Relieves Cold Symptoms!

Ingredients:

- 1 1/4 quarts chicken broth
- 1/4 cup onions, chopped
- 1/4 cup celery, chopped
- 1/4 tsp black pepper
- 4 oz chicken, cooked, chopped
- 4 oz rice, uncooked

Dr. Edlund likes to add 1 cup of fresh spinach to step 2 which increases the nutritional content!

Directions

1. Heat chicken broth
2. Combine chicken, broth and vegetables; cover. Simmer 30 minutes, until vegetables are tender.
3. Add rice, chicken and pepper. Simmer 5-10 minutes or until rice is tender.
4. Serve the soup hot.

Yoga & Pilates

Why do Pilates on a Reformer Table?

Pilates reformer classes are different than mat classes performed at local gyms in that core stabilization and extremity strengthening are exercised simultaneously. The reformer table is a sliding carriage that has foot bars, leg and arm pulleys. This allows exercises for each part of the body on just one machine. The reformer exercises make use of springs for resistance and are done in smooth continuous motions. The exercises are safe and effectively work the muscles concentrically and eccentrically to **sculpt, tone and stretch the muscles creating a leaner, longer body.**

New Convenient Class Times!

Yoga ** Mon Wed Fri 9:00 am Pilates ** Tues 5:15 pm and Fri 10:30 am

Check out our web site! www.essentialchiropractic.com * 949-724-0011



Patient of the Month

COLD LASER WORKS!!



Mark Alexander,
Patient of the Month

Dear Dr. Edlund,
I just want to say that I thank God the day that I found out about your chiropractic office and the cold laser!
When I first came to see you in December 2005, I suffered from a peripheral neuropathy, which caused weakness in both of my legs. This was verified by an abnormal nerve conduction study, and abnormal EMG. When I last saw my neurologist on January 20, 2006, he said "I do not know what you have been doing, but keep it up!"

My nerve conduction test was NORMAL. I attribute this improvement to the brilliant work of the doctors at OC Back & Body Doctors and the cold laser therapy. Apparently, the cold laser increases ATP energy production into every cell in your body (including the nerve cells!), and I believe this is a major factor in my improved neurological function! I have found your entire staff to be very friendly, warm, caring, and professional, and if you want to get to the ROOT CAUSE of your health challenges, I would highly recommend OC Back & Body Doctors!

Sincerely,
Mark Alexander

Congratulations to our IPOD Winner Theresa!
We hope you enjoy watching movies, and listening to music on your new IPOD!



Dr. Edlund's Holiday Giveaway... State of the Art

Massage Chair!

Valued at \$2500.00!!

How can you win?

10 chances to win for every patient you refer into our office between now and the end of the year!

One additional chance to win for every appointment you make throughout the holiday season!

*Drawing will be held on Tuesday January 2, 2007
Good Luck!!*

Welcome New Patients!

Bill Rivers (Referred by his wife Diana Thanks!)
Jason Quimby (Referred by Kathleen Brown Thanks!)
Cordell Svengalis (Referred by Valerie Vinar Thanks!)
Claire Lin (Referred by Erika Tong Thanks!)
Erada Khanmamedova (Referred by Nathan Ross Thanks!)
Colin Andrews (Referred by Paula Rieke Thanks!)
Jill O'Neill (Referred by Amy Snapp Thanks!)
Patrick DiBernardo (Referred by his wife Sue DiBernardo)
Ray Avila (Referred by Mary Lenz Thanks!)
Mary Beth Quinlan (Referred by Sue DiBernardo Thanks!)
Arienne Self (Referred by Brooke Self Thanks!)
Jessica Garrett (Referred by Joanna Herring Thanks!)
David Shin (Referred by Theresa Ko Thanks!)
Judy Brownfield (Referred by Dr. Gallagher Thanks!)
Liz Wise (Referred by Charlie Wise Thanks!)
Noreen McDonald (Referred by Dorothy Gamboa Thanks!)
Egon Walters (Referred by Margot Walters Thanks!)

Michael Simpson (Referred by Dave Simpson)
Andre Stamenkovic (Referred by Demetrios George)

Mary Sprague
The Rubright Family
Dorothy Gamboa
Margot Walters
Tracie Hinds
Tom Tarbutton
Wendy Luciani
Terry Duffy
JoAnna Herring
David Kennedy
Gary Walton
Theresa Ko
Eugene Tamburelli

Here are the new patients that became members of our practice family these last couple of months! We'd like to welcome you publicly, and wish you all the best!

We love giving recognition to our new friends and our wonderful existing patients who are kind enough to refer their friends and family to us!
We're all helping each other by spreading the word about NATURAL healthcare and wellness!

**Refer in a patient & receive
10 Chances to Win a
MASSAGE CHAIR!
\$2500.00 VALUE**



17264 Red Hill Ave.
Irvine, CA 92614
949-724-0011
www.essentialchiropractic.com

Address Service Forwarding Request

Prsrt First Class
U.S. Postage
PAID
Printpelican.com