

Vital Life News



Volume 6, Issue 2 Spring 2009

Put a Spring in Your Step!

I'm especially excited about this issue of my newsletter because there are so many practical ideas for moms!

Read on and enjoy! Do some "spring-cleaning" in your health!

Out with the pain and in with energy and vitality!

Andrea Pritchett, D.C.

NUCCA Upper Cervical Doctor

Vital Life Wellness Center
7451 Village Pkwy
Dublin, CA 94568

(925) 829-7900

www.vlifewellness.com

Work From Home Moms—Help is on the Way!

Parenthood is a blessing; however it can be a face-off at times when working from home.

It's 11:00 am on a Monday; you're trying to type, and your preschooler has other ideas. This goes on all morning. First of all, it's Monday; second, it's difficult to focus on work with little ones in tow. Keeping them occupied is a challenge for both of you.

When faced with this kind of stress, it's not only difficult to center, it's challenging to stay cool and collected. The tension builds and soon you are faced with neck or shoulder pain. If left unchecked, serious problems could occur and you might not be able to work at all. Taking a temporary pain reliever is just that—temporary and could, over time, be harmful.

NUCCA Chiropractic offers pain relief with the little ones in mind. This type of gentle correction

improves the entire spine without popping or rotation of any kind.

This type of chiropractic is so specific and there is only minimal, painless pressure involved.

As a work from home parent, you want, of course, the best of both worlds; to be at home with your children, while making a living. **When life becomes too demanding for this set-up, it's time for a break, some new rules, and to seek help from Dr. Andrea Pritchett to keep your spinal health in check.**

*At About.com, moms have allies with work from home information at your beckon call. To reduce the work from home stress, setting boundaries for your children is strongly recommended; children, even toddlers, can follow simple rules. A few suggestions to avoid stressful workdays at home include:

- Use a timer for their activities. When the timer goes off, they get to come and see you, or they receive a reward.
- Visit the library together and check out some new books they'd like to explore.
- Keep Legos® handy, both boys and girls love to build imaginary cities, and the place where Daddy works.
- They can color specific pictures and then explain to you later without your help.
- Re-circulate old toys. Bring out the ones you have put away.
- Offer a reward or incentive program



Special Points of Interest:

- *NUCCA can help reduce your stress levels and improve your attitude!*
- *NUCCA can reduce high blood pressure, says a study in a peer-reviewed journal.*
- *NUCCA can relieve insomnia and TMJ pain.*

Sports Moms—Need Help?

Moms of sports-minded kids are to be revered. They will relinquish work projects, pass up overtime, and risk traffic violations to get a prime seat at a sporting event in which their child participates.

The average sports mom works out of the home and dedicates a good portion of a paycheck so that her child(ren) can take part in a weekend or after school sport. Moms will travel across the city or across the nation to show her children that she is their biggest fan.

Little did we know that this type of love is good for the endorphins and an overall mental attitude. Moms who are

busy loading up the van with equipment, preparing halftime snacks, and then planting herself firmly on the bleachers creates a workout like no other. When moms and kids are busy with positive activities, it creates added energy, the brain functions more positively, and our hearts pump stronger.

NUCCA Chiropractic can help with an improved range of motion, prolonged endurance, and overall performance. To inquire how NUCCA can create a definite influence in your life and that of your young sports enthusiasts, please contact Dr. Andrea Pritchett.

Children involved in sports look for camaraderie, a winning attitude, and the support of their family. NUCCA support could make a difference in ability and stability when it comes to your children's sporting life. It's a great feeling, mom, observing your energized, healthy child, knowing that you and your off-spring are going for the same goal!

Moms are Such Creative Beings

Moms are such caring beings and they help us every step of the way. Like flowers, they nurture us as we grow, and make every effort to weed out the undesirable behaviors that inhibit our growth.

For the regard they give us, do we give them the kudos they truly deserve? While we don't bow down before them; that's not our culture, they should nonetheless, be placed on somewhat of a pedestal for all they do. They never stop; sort of like the battery-operated bunny, and we love them for it!

That said, do moms really relax? And how many moms do you know who actually take the time to get the

massage or de-stress-alone-time they desperately need? Perhaps if she stopped to smell the flowers we bring her, she'd be the better for it.

While it is important to seek periodical 'check-ups' from a chiropractic point of view, many people, not only moms, could save themselves potential agony down the road if only they stopped to think about themselves and how their own health affects others around them. **A slight twinge in the neck or sharp pain in the shoulder** tends to get the "I'm busy, I'll check it out later" remark.

Dads head to the gym, bike ride, or catch a game of golf when they get

stressed; stay-at-home or full-time working moms busy themselves with the mundane chores needed to satisfy her family. Moms will garden, paint, perform the 'mow and blow' in her yard, clean the gutters and change the furnace filters without batting an eyelash, but she stops to think before seeking medical attention because 'it takes time.' **What she doesn't realize is that if she doesn't 'take the time' now, the time she might take down the road could leave her painfully affecting her family and career.**

Carrot, Spinach and Cranberry Salad

- 1 tsp local honey
- 1 T red wine vinegar
- 1 dash of salt
- Pepper
- 3 T Olive Oil
- 6 oz baby spinach-washed
- 1 cup finely grated carrots
- 1/3-1/2 cup dried cranberries
- ½ cup walnuts (optional)

In large bowl, use a wire whisk to mix vinegar, honey and salt. Add oil and freshly ground pepper if desired, to taste. Add vegetables and fruit and toss lightly.

Sprinkle with walnuts.

Enjoy!

