



“Being The Best!”

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

What do Lance Armstrong, Tiger Woods, Andre Agassi, Nolan Ryan, Derek Parra, Dan O'Brien, Laura Wilkinson, Emmit Smith, and the U.S. Women's Soccer Team have in common? They all use regular chiropractic care to keep them at the top of their game!

The link between chiropractic care and athletic performance is the nervous system. The nervous system contains a multitude of nerves supplying life and power to every muscle, organ, and cell in the body. The spine protects this elaborate network and when everything is aligned, the nervous system works to the fullest degree possible. If the alignment is not correct, interference may occur between important messages which travel from the brain, down along the spinal cord and out to not only the muscles and joints, but also to and from vital organs such as your heart and lungs.

Problems can start with the spine and affect the extremities, or they can begin with an extremity, like a shoulder or an ankle and then create further compensation problems in the spine. Either way, many sports-related injuries involve the spine.

Spinal injuries can restrict range of motion, reduce strength, slow reflexes, shorten endurance, and decrease performance. Chiropractic care for these types of injuries has become increasingly popular. Besides helping to relieve pain, chiropractic care can also help reduce inflammation. Muscles, tendons and ligaments depend upon proper joint movement for peak performance.

Injuries to these tissues can reduce range of motion, decrease blood supply, and literally “take you out of the game.” Normalizing spinal function helps speed the healing of these soft tissues and reduces the deconditioning effect of being on the sidelines.

“Being a chiropractic patient has really helped me a lot,” Tiger Woods asserted. “When I was in a growth spurt, my back became very sore and I was weak. My chiropractor really helped me. Not only did he adjust my spine; he also gave me strengthening exercises to do. If you are tall and gangly, like I am, or play sports, I would recommend chiropractic.”

It has been estimated that over 90% of all world class athletes use Chiropractic care to prevent injuries and naturally increase their performance potential. If you play sports, falls, hits, checks, tackles, repetitive movements, and over training can cause misalignments and decrease the nervous system flow.

The best way to use Chiropractic is not only after injuries, but before they occur.” - Arnold Schwarzenegger

Acupuncture:

Like chiropractic care, acupuncture can relieve pain and reduce inflammation from sports related injuries. The body's natural energy is re-balanced through the use of acupuncture needles along predetermined pathways called meridians. It is through



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these meridians that our natural energy flows, and so when we become injured the energy is blocked. To unblock and return the normal flow of energy certain points on these meridians must be needled, allowing the body to heal the injured area(s) itself.

Physical Medicine:

After an injury has occurred passive care can greatly reduce acute pain and inflammation. Such care that doctors of chiropractic can offer include: ice, heat, electrical muscle stimulation, traction, ultrasound, cold laser therapy, and massage.

Also, active care is a great way to overcome an injury or weakness and this is done through rehabilitation exercises. Such exercise routines include: cardiovascular exercises, weight training, balance/coordination exercises and kinetic activities.

Nutrition for Sports Injuries:

One of the easiest ways to avoid injuries is to stay properly hydrated. Even mild dehydration can lead to increased heart rate, reduced endurance, muscle cramps, and heat exhaustion. Most sport drinks advertise that their electrolytes will replenish your body faster than water. In reality, these drinks have way too much sugar and may temporarily dehydrate your cells.

It is optimal to drink 500-1000 mL of water per hour if you are engaging in an endurance sport. If you really want to drink a "sports drink", then it is best consumed one hour before you are about to exercise. Remember to keep drinking water before and during the event as well. If you are exercising for *more* than an hour at a time,

then you will need to drink something with electrolytes. If your exercise is less than an hour, then water is just fine. Other drinks that have electrolytes include Pedialyte or diluted fresh fruit juices (but those from concentrate may also be too sweet).

Another way to avoid injury in the athlete, is to make sure you are taking in adequate amounts of protein. A typical sedentary individual needs 0.8 grams of protein per kilogram of body weight. Athletes require 1.4 grams/kg of body weight. Increased protein intake also requires supplementation with magnesium, calcium, B1, B6, and zinc to prevent muscle cramps.

If you do experience any muscle tears or strains, two amino acids – L-arginine and L-glutamine – are very helpful for wound healing. These are contraindicated in patients with liver disease. Trainers whose clients want to build muscle also recommend branched chain amino acids like valine, leucine, and isoleucine, but they do not have a fast healing effect like arginine and glutamine.

Professional athletes, "weekend warriors" and those who just want to remain fit, are discovering the lasting benefits of regular chiropractic care and/or acupuncture sessions, as well as sound nutrition.

Ask us for a natural care plan based on your age, condition, and health objectives. Find out if chiropractic care can help restore your health, improve your performance, and increase your competitive edge.

[Fit for Life Program](#)



“As a recently diagnosed diabetic, I needed help with my diet and exercise. I received a newsletter from West U Wellness with the “Fit for Life” class.

Each class focused on a different area, such as cholesterol and glycemic index. The class was presented in a relaxed environment with welcome discussion. We were taught stretches and exercises that could be done in the home or while traveling.

I have lost some weight, but more importantly, my numbers are looking great; my doctor is very happy with my progress.”

- Sandi B.

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

****Back pain got you down or know someone with back pain?
Join us today, Tuesday, April 12th
at 6:00pm for a Health Talk on Low Back Pain!***

April Calendar of Events

| | | | | | | |
|----|----|--|---|----|----|-------------------------------------|
| | | | | | 1 | 2 |
| 3 | 4 | 5 Headache Health Talk | 6 West U Walking Club 7:30 am | 7 | 8 | 9 Patient Appreciation Day |
| 10 | 11 | 12 Low Back Pain Health Talk* | 13 West U Walking Club 7:30 am | 14 | 15 | 16 |



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|----|----|--|-----------------------------------|-----------------------------------|----|-----------------------------------|
| 17 | 18 | 19 Carpal Tunnel Syndrome Health Talk | 20 West U Walking Club 7:30 am | 21 City of Houston Health Fair | 22 | 23 West U Wellness Open |
| 24 | 25 | 26 Arthritis Health Talk | 27 West U Walking Club 7:30 am | 28 | 29 | 30 |

May Calendar of Events

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|-------------------|-----------------------------|---------------------------------|-----------------------------------|----|----|-----------------------------------|
| 1 | 2 | 3 ADD/ADHD Health Talk | 4 West U Walking Club 7:30 am | 5 | 6 | 7 Houston Dragon Boat Festival |
| 8 Mother's Day | 9 | 10 Fibromyalgia Health Talk | 11 West U Walking Club 7:30 am | 12 | 13 | 14 West U Wellness Open |
| 15 | 16 | 17 Acupuncture Health Talk | 18 West U Walking Club 7:30 am | 19 | 20 | 21 |
| 22 | 23 | 24 Headaches Health Talk | 25 West U Walking Club 7:30 am | 26 | 27 | 28 West U Wellness Open |
| 29 | 30 Memorial Day (Closed) | 31 Low Back Pain Health Talk | | | | |

Dr. Sherman Yeager & Dr. Caroline Long are available to give free "stress management" lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.