

# SCHRICKEL HEALTH & WELLNESS

July 2023

*Health Aware Newsletter*

Visit our website: [www.schrickethealth.com](http://www.schrickethealth.com)

## This Month:

**July 4:** Independence Day. Today we celebrate the publication of the Declaration of Independence, which established the United States of America! Read a few excerpts from the US Declaration of Independence & Constitution below!

**July 3 – August 11:** The Dog Days of Summer. According to the Farmers' Almanac, these days are usually the hottest of the year. The name of these days supposedly originates from the fact that during this time, the sun occupies the same region of the sky as the dog star Sirius.

## Vitamins: Probiotics

Probiotics are live microorganisms that help maintain a natural balance of bacteria in the human gut. A healthy gut is vital for a healthy immune system, for protection against harmful disease-causing agents and for the proper digestion and absorption of food and nutrients. Probiotics can be obtained through supplements and naturally through foods like yogurt.

A healthy balance of good bacteria can be thrown off by antibiotic usage, alcohol usage, and toxin exposure. If you have taken a course of antibiotics or if you are having gastrointestinal symptoms of distress (such as diarrhea or IBS) you need to consider taking a probiotic supplement to reestablish a healthy level of good bacteria in your gut. Dosage from different supplements will range from 1 billion to several billion colony forming units, so it is important to follow the specific dosage recommendations on the bottle. Probiotic supplements are generally very safe. Gas and bloating may occur when you initially start with a probiotic supplement.

Probiotics are different than prebiotics. Prebiotics help create a beneficial environment to help stimulate health gut bacterial growth. Think of prebiotics as the food for probiotics.

## Health: What is Kinesiology Tape?

You've likely seen people or athletes wearing colorful tape on their skin. This tape is called kinesiology tape. Kinesiology tape lifts the skin, which increases local blood flow and reduces swelling in the area.

## Wellness: Reactive Healthcare vs. Proactive Healthcare

There are two different approaches when it comes to healthcare: reactive health and proactive healthcare. Reactive healthcare is crisis oriented and the goal is to reduce discomfort. The intervention/treatment is made after the patient has already experienced discomfort. In proactive healthcare, the goal is long-term oriented and to achieve optimum health. In this type of healthcare, actions are taken to prevent conditions from developing or worsening and to prevent/minimize discomfort. Examples of proactive healthcare include: eating healthy, exercising, getting regular checkups/screenings and getting adjusted regularly.

## Quotes:

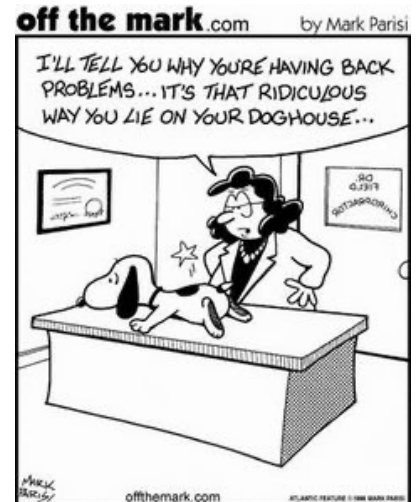
"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same." -Ronald Reagan

"If freedom of speech is taken away then dumb and silent we may be led, like sheep to the slaughter." -George Washington

## Chiropractic: Frequently Asked Questions

**Question:** How did I hurt my back? I didn't do anything different or crazy.

**Answer:** When our body experiences a stress, it compensates to reduce that stress. This compensation may be a tightening of musculature or a slight shifting of the bones in our spine. After a period of time and a sequence of additional compensations, our body reaches a point in which it can't compensate further and a minor action like putting a sock on can cause spasming and injury to different structures (like a disc) in our spine. We are sure you've heard the saying "the straw that broke the camel's back". Similarly, a series of small micro-traumas can allow for something unremarkable to lead to a large amount of discomfort.



## Exercise: Recumbent Exercise Bike Vs. Upright Exercise Bike

Exercise bikes are a safe and effective way to accomplish a low-impact cardio workout. There are two main types of exercise bikes: recumbent and upright.

Recumbent bikes are the ones with a seat with a back rest in a reclined position. These seats are more comfortable compared to those on an upright bike. Recumbent bikes are gentler on your joints and your back. These bikes work your quadriceps, hamstrings, calf muscles and glutes. Even though both types of stationary bikes are safe, recumbent bikes are generally considered safer and more beginner friendly.

Upright bikes have a traditional bike seat and have the rider in a more upright or flexed forward position. Because you have to hold yourself upright, you have to use your abdominal muscles, back muscles, and arms to hold yourself upright. Upright bikes have the potential to irritate your back more than recumbent bikes. If you are comfortable riding a traditional bike, then you will be comfortable on an upright stationary bike.



## History: Declaration of Independence and Constitution

The Declaration of Independence was the document that officially severed ties between Great Britain and the American Colonies. The US Constitution set forth a framework on how the new government would function. Read the two excerpts below:

### *Excerpt from the Declaration of Independence 1776:*

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.—That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, —That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.

### *Excerpt from the Constitution:*

**We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defence, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this constitution for the United States of America.**

