



# The Spinal Column



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## June is Men's Health Month

This month, AC Chiropractic honors all of our male patients; fathers, brothers, uncles, grandfathers, and sons with [Men's Health Month](#). The purpose is to bring awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Education is the key to prevention as well as understanding the impact that lifestyle choices have on our health, such as diet habits, lack of exercise, smoking and alcohol use.

Physical, chemical and emotional stressors bombard us every day. Men are far more likely to feel that stress manifest as an aching back, sore neck

and tight muscles. While these may occasionally be the result of overuse or strain, it is more likely an indication of an underlying problem caused by spinal nerve stress. When a chiropractor frees the nerve system from spinal stress, the healing power of the body is unleashed: the immune system functions more efficiently, resistance to disease increases, and your body functions more effectively. Keeping your scheduled adjustments is key. For a FREE copy of "Men's Blueprint Guide" to protecting your health, visit: [www.blueprintformenshealth.com](http://www.blueprintformenshealth.com)



**"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."**

*Congressman Bill Richardson*

## Osteoporosis Less Likely in Men Who Jog

Grab those running shoes! Research shows that men who jog develop a higher bone density than those who don't. The study analyzed a health survey given to 4,254 men, including 954 joggers and 3,300 who did not jog. X-rays were taken of each of the men to determine bone density. Bone density is the amount of bone present in the skeletal structure. The higher the density the stronger are the bones.



Dr. Michael E. Mussolino, a researcher at the National Center for Health Statistics, said the results showed, "The men who were jogging nine times a month were doing much better than those who were jogging only one to eight times a month". "Even those who jogged eight

or fewer times a month had a higher bone density than those who did not jog at all." He also stated that the study shows that it does not require marathon-like running to build strong bones. "This shows that just a casual frequency of jogging is beneficial." *American Journal of Public Health, July 2001*

An estimated one out of every eight men and one out of every two women will break a bone as the result of osteoporosis within their lifetime. Building strong bones in younger years is considered by experts to be the best defense against developing osteoporosis, and a healthy lifestyle is critically important for keeping bones strong.

Along with exercise, taking whole food supplements containing Calcium and Magnesium can help increase bone density. **Try our Nature's Sunshine Cal-Mag on special now—only \$18!**

## Recipe of the Month

**Balsamic-Rosemary Grilled Beef**  
*It's grilling' season! Here's a dish that's so easy but tastes so fabulous. Round out the meal with a side dish and salad.*

- 2 natural beef flank steaks (about 1/2 lbs each or 3 lbs total)
- 3/4 cup balsamic salad dressing
- 2 cloves garlic—crushed
- 2 TBL minced fresh rosemary or crumbled dried rosemary

### Directions:

1. In a large zipper-lock bag, combine the steaks, dressing, garlic, and rosemary. Massage to coat the steaks evenly. Refrigerate for 2 hours or as long as 12 hours.
2. Coat grill with cooking spray & pre-heat. Remove the beef from the marinade. Set aside marinade. Place beef on hot grill rack.
3. Cook, turning once, for 8 min. per side, or until a thermometer into the registers 145 °F for medium-rare, 160 °F for medium, or 165 °F for well-done. Let stand for 5 minutes.
4. Meanwhile, pour the marinade into a microwaveable cup. Cover with waxed paper. Microwave on high power for 2-3 minutes, or until boiling.
5. Cut one steak into very thin slices across the grain. Serve, drizzled with the micro waved marinade.
6. Let the second steak cool completely. Place in a ziplock bag and refrigerate for up to 3 days to use later or in another recipe.

**Happy Father's Day! Happy Father's Day! Happy Father's Day!**

