



The Spinal Column



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Healthy Again in 2010! Staying on track

Now that you've committed to those healthy resolutions, how do you stay on the right path?



Keeping resolutions is about making lasting changes in our behavior and attitude. Its success depends on our ability to recognize if we are truly ready to change. If not, then maybe more preparation is needed before you begin. For those of you who are ready to take action but are finding it difficult stay on track, here are a few strategies for success.

1. **Substitute** - Replace a healthy alternative for the negative behavior

(use positive self-statements, relaxation breathing, or try a new hobby)

2. **Environment control** - Avoid those places/people/things that trigger your unhealthy habit

3. **Reward** - Set achievable short term goals and then reward yourself or allow others to reward you (healthfully)

4. **Find support** - Enlist the help of someone who cares; friends, family or a professional

5. **Stay Adjusted** - Keeps your mind sharp and nervous system working

Time for a Healthier Workplace?

With more than 90 percent of office workers using computers, it's no wonder that work-related injuries are on the rise. Good ergonomics and prevention is key to protecting your spine and reducing injuries.

Back pain and repetitive motion injuries are the biggest cause of pain, problems and work absenteeism, and the largest expense for companies in the workers' compensation arena. Here are some statistics you should know:

• **Chiropractic care was more cost effective than medical care for many workers compensation injuries.** (*Journal of Manipulative/Phys. Therapeutics*, 9/04)

• Chiropractic was successful in **returning injured employees back to work both**

quicker and more affordably than other forms of care. (*Healthmall.com report, 7/00*)



Dr. Altieri and Dr. Cavallo are now certified Health Coaches with the US Wellness Chamber and are able to offer many services to patients and business partners to reduce these workplace injuries. Could your company benefit from a program like these:

- Ergonomic Evaluation
- Health Risk Assessment for employees and their dependents
- Lunch and Learn events on health and wellness topics

If interested, please contact us at our office at 770-513-8922.

Recipe of the Month

Chocolate-Covered Strawberries

These make a great healthy gift!

24 ounces Semisweet or Dark chocolate chips

16 large Strawberries with stems, washed, dried and refrigerated

Preparation

- Place the chocolate in a double boiler over barely simmering water and melt while stirring. Once the chocolate is melted and smooth, remove from the heat.
- Line a sheet pan with waxed paper. Grasp the stem of a strawberry and dip into the melted chocolate, twisting as you lift it out.
- Allow the excess chocolate drip off and then place on the waxed paper.
- Repeat with the rest of the strawberries. Set the strawberries aside and allow the chocolate to harden, about 30 minutes.

Chocolate for a Healthy Heart!



Go ahead and have one of those yummy Valentine's Day chocolates. Just be sure it has at least a 70% cocoa in it!

Research shows that consuming a small does of dark chocolate may reduce inflammation, which represents the risk of heart disease and stroke.

The reduced inflammation translated into a 33% reduced risk of cardiovascular disease in women and a 26% risk reduction in men. So, eating a small square of dark chocolate 2-3 times per week could be a new healthy habit.

