



1803 1st Ave SE \* Cedar Rapids, IA 52402 \* 319.363.2566 \* [keith@slaymakerchiropractic.com](mailto:keith@slaymakerchiropractic.com) Winter 2010

# THE VIEW from FIRST AVENUE

## Whiplash & Auto Accidents

Even a minor automobile accident can have major effects on your health! When one automobile is struck by another, thousands of pounds of force are exerted on the neck and spine.

Whiplash occurs when the head and neck are thrown or "snapped" back and forth very quickly. The painful result is injury to the ligaments, soft tissue, and discs of the neck and spine. Whiplash also causes impingement, stretching, or irritation of the nerves and the spinal cord. Whiplash can also cause headaches, numbness, pins and needles in the face, chest, arms or hands, anxiety, neck pain, back pain, ear ringing, dizziness, hearing loss and/or blurred vision.



Too many people who have been in a traumatic automobile accident do not receive Chiropractic Care. That is the reason why over half of the accident victims never completely recover from their injuries and may live on pain killers for years to endure repeated surgery. Chiropractic care can make the difference between true recovery and healing or lingering pain and disability.

At Slaymaker Chiropractic we offer gentle adjusting techniques that emphasizes a non-traumatic, non-forceful approach for human health care. This gentle chiropractic care helps restore nervous system function, helps heal sore muscles and damaged ligaments, and ensures rapid and complete recovery after an accident.

Insurance companies realize the many advantages of Chiropractic Care. This treatment is generally covered in full by automobile insurance policies, whether you are a driver, a passenger, or a pedestrian... and regardless of who is at fault. Our clinic will assist you in dealing with insurance paper work and filling a claim with your insurance company.

Anyone who has been in a traumatic automobile accident, even if there are no obvious symptoms should have an Chiropractic examination. The damage from spinal nerve stress may take months or even years to surface. A simple Chiropractic exam and proper treatment can save an accident victim from much pain and disability later. Dr. Slaymaker is happy to discuss any aspect of your post accident healing process if you have been involved in an automobile accident.

# Beating the Winter Time Blues

If you feel lethargic and blue more often during the cold winter months, you're not alone. For most North Americans and Europeans, it's a long, cold, dark season. For many, winter brings a mild case of the blues. For others, it's more intense and happens each year, and may be classified as Seasonal Affective Disorder (SAD). Here's what to do.

- 1** Determine the severity of the issue. SAD (see resources list below) is a form of depression that affects a person in the same season each year (usually winter) and that may cause symptoms including feeling grumpy, moody, sad, or anxious; losing interest in regular activities; craving carbohydrates such as pastas and breads; and gaining weight. If you feel that you are significantly depressed, see your doctor.
- 2** Also, whether for mild blues or SAD, try some self-help. Bundle up and get outside in the sunshine. While you're there, do something active. Some physicians say that just 30 minutes of exercise in the sunshine can chase the blues (even SAD) away.
- 3** Find something to enjoy about winter. Are you cooped up at home too often, feeling bored and tired? Try getting out a couple of evenings or days a week. Join a gym, or meet up with friends. Or take a walk around the local mall and get your heart rate up a little. Perhaps you can take up ice skating or cross country skiing.
- 4** Take a vacation break! If you have the time and money, fly or drive somewhere warm for a few days or a week. It may be just the treat you need to remind you that winter won't last forever.
- 5** Add multivitamins including Vitamin D in recommended doses to your daily regimen. Vitamin D is most often obtained through sunlight exposure, something many in the northern hemisphere get too little of during winter. Experts increasingly point to Vitamin D shortages, resulting from lack of sunlight, as leading to fatigue, depression, aches and pains, and lowered immunities.



[http://www.ehow.com/how\\_5834759\\_fight-winter-blues.html](http://www.ehow.com/how_5834759_fight-winter-blues.html)

## New Year's Resolution— Quit Smoking

Quitline Iowa offers free confidential tobacco cessation counseling and nicotine replacement therapy. Trained counselors will walk you through the process of quitting smoking including developing a quit plan, identifying triggers and providing you with tips and tricks that have worked for thousands of people.

During the month of January, any caller over 18 will be eligible for twice the amount of nicotine replacement (a total of 4 weeks of NRT.)

 QUITLINE IOWA | 800 QUIT NOW | 1 800 784 8669

Follow  
Slaymaker  
Chiropractic



**Slaymaker Chiropractic, P.C.**

1803 1st Ave SE \* Cedar Rapids, IA 52402 \* (319) 363-2566 \* [www.slaymakerchiropractic.com](http://www.slaymakerchiropractic.com)