

Kyle W. Lehman, DC, MS

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Technology's Effects on your Neck & Spine

Get the FACTS!



In the US alone-

- **6 billion** texts are sent every day.
- The average person checks their phone **46 times** a day.
- The average person spends **4.7 hours** on their cell phone per day.
- Teens spend an average of **5,000 hours per year** **texting** with their necks at an uncomfortable angle.
- For every inch your head comes forward, it adds stress equal to **10 pounds of extra weight** that your neck has to carry.

Who is Affected?

Anyone who regularly uses hand-held devices while tilting their head forward, down, or at an uncomfortable angle. This is heavily noticed in children and teens.

What Happens?

The repetitive motion can cause trauma, increasing your opportunity for a host of symptoms. These are related to the strain of muscles and connective tissues in the neck, upper back, shoulders, arms and hands. it can even impact your ability to breathe normally!

Long Term Effects

Prolonged exposure to this type of repetitive motion in your neck can affect your full spine causing long term muscle strain, disc bulges or herniation and irritated nerves. Problems like this have also been known to cause early arthritis. It can also result in a loss of lung function capacity by as much as 30%. This shortness of breath can lead to other vascular issues or even heart disease. Your entire gastrointestinal system can also be affected, particularly the large intestine.

What Can I do?

Call today to schedule an appointment with Dr. Lehman for your corrective adjustment. He will also **discuss exercises** and additional measures you can take to get you back on track and keep you there!





You might be suffering from vertigo

Vertigo is a type of dizziness associated with the illusion of movement (often a spinning sensation).

But dizziness alone doesn't mean vertigo. It must be accompanied by the feeling that everything around you is spinning, or that you are moving.

Nervous system disorders can trigger vertigo, but most commonly it is a result of a disorder in your vestibular system. This sensory system is a link between your inner ear & your brain. It controls your body's balance & spatial orientation and sends messages from your inner ear to your brain about motion, head position & your surrounding environment.

When your vestibular system is damaged, the connection and communication between your inner ear & your brain is disrupted. This can cause not only dizziness & a spinning sensation, but also other symptoms including nausea, vomiting, tinnitus (ringing in the ear), headaches, sweating, swaying, imbalance, hearing loss & more.

Because of the neurological connection between vertigo & its causes (between the spine & the rest of the body) Dr. Lehman can use techniques that will help you overcome your dizziness if vertigo is the issue. Don't wait. Schedule a consultation today!



Physical Demands

Farmers are the backbone of America. Their livelihood means waking up early & working long hours. When it is time to sleep, it needs to be good sleep. Muscles become sore & stiff from planting, fertilizing, harvesting & more. Risk of injury is high, especially due to working in all kinds of weather, dealing with livestock & repairing equipment. The amount of stress on the back, limbs & joints can be considerable. Being physically fit is vital. Time off due to injury isn't usually an option as the day to day tasks never stop.

Mental Demands

Farming can also be very stressful. Farms are businesses that support families. Bad weather, plant and animal issues and other natural phenomena are not controllable. Adjusting to changing conditions can cause anxiety and stress. Migraines & stress headaches can result & a bad growing season can produce depression. It's a tough way to make a living.

Chiropractic Care Can Help!

Dr. Lehman can find subluxations & other problems in the spine & correct them. This can bring you relief from pain & prevent major injuries. Regular care can also keep your joints flexible & able to perform a full range of motion. Many of our patients experience better quality of sleep, which is vital to physical & mental health. If injury does arise, chiropractic care may speed up your recovery process & limit your time away from work.

Studies have shown that people who see a chiropractor regularly often have fewer migraines & stress headaches.

Let us Help you Tackle the Seasonal Challenges:

–Joint Pain & Injuries

–Common Colds, Flu & Your Immune System

–Seasonal Affective Disorder & Mental Health



Keep Doing What You Love

When we age, sometimes our flexibility, strength & posture can diminish & our joints, muscles & ligaments suffer. But getting older doesn't mean you have to give up your mobility. You can stay active & continue to do what you love with the help of **Arthro Joint Complex**.

**Proprietary Blend
Formulation of Over 24
ingredients such as:**

- White Willow Bark
- Glucosamine HCL
- Chondroitin Sulfate
- MSM
- Vitamin C



You were made to move! Try this all-natural formula today for a "revamp" to keep your joints, tendons & cartilage mobile & healthy!

Ask for more detailed information or purchase in our office!



Bags, Backpacks & the Spine

A backpack is an essential back-to-school item. Due to heavy items carried in those bags by over 90% of children in the US, chances are good that you know someone who needs instruction on proper backpack use.

Back pain that affects the adolescent spine is considered a precursor to adult chronic low back pain, so learning the best way to carry a backpack needs to begin today!

Signs that a Backpack is Too Heavy:

- Complaints of neck & back pain
- Hunching forward to offset the weight of the backpack
- Issues with posture, such as one shoulder higher than the other
- Muscle tension in the neck or upper back & shoulders
- Misalignment of the spine

Follow these general rules:

- Use a backpack with 2 padded straps that go over your shoulder. The wider the straps, the better. Backpacks with multiple compartments help to evenly distribute the weight.
- Make sure the backpack sits close to your back. The straps are probably too long if the bag extends beyond your lower back or butt.
- Both straps should be used over your shoulders. Never sling the bag over one shoulder. This causes you to lean to one side, curving the spine.
- Limit the load you carry. Don't carry more than 10 to 15% of your body weight in your backpack or bag. If you weigh 120 pounds, don't carry one that exceeds 12 to 18 pounds.
- Pick the backpack up properly by bending at the knees when lifting.
- Prevent back injury by strengthening your core. Strengthening the stabilizing muscle of the torso is a great way to prevent injury. Activities that help include pilates, weight training and yoga.



A child's backpack should not weigh more than 10 to 15% of their body weight.

Put Chiropractic Care on your Back to School List



Why Chiropractic Care?

Heading back to school means exposure to many bugs, germs & viruses. So it's especially important that your child's immune system is functioning at its best. The nervous system is what controls the immune system, so a healthy nervous system will have your body communicating & operating like it should.

How can Dr. Lehman help?

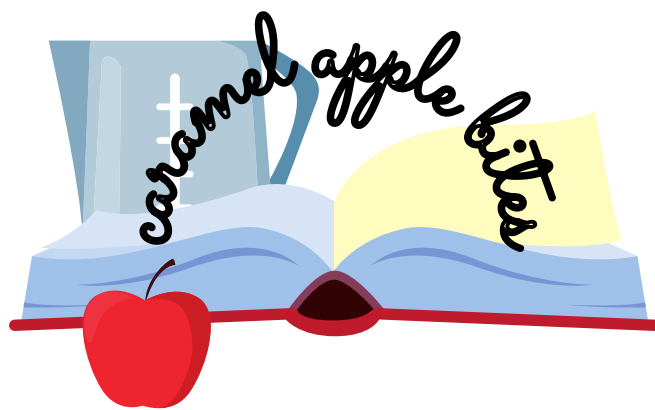
Regular chiropractic adjustments promote proper immune system function.

What does this mean?

Your child will have the best chance at fighting off colds, viruses and bacteria!

How old should my child be?

Preschool, elementary, middle school, junior high, high school, college - Dr. Lehman treats all ages, so schedule a visit today & send your students back to school with a healthy advantage.



The perfect bite-sized after school snack!

INGREDIENTS:

2 green apples
1 pkg. mini pretzel twists
1 pkg Rolo Candy
toothpicks

Preheat your oven to 250 degrees.

On a baking sheet, lay out pretzels in a single layer & place a Rolo candy on each pretzel.

Put these in the oven for approximately 3-4 minutes, or until the candy is soft but not melted.

Chop the apple into tiny chunks. Squeeze a little lemon juice onto the apple pieces if you would like to help keep them from turning brown.

Place one apple on the end of a toothpick & push into one of the Rolo pretzels. Repeat until all the Rolo pretzels have apples.

You now have a sweet, salty, crunchy & delicious on the go treat!

***Dr Lehman does sports physicals &
work permit physicals. Give us a call-
often times we can schedule you the
same day!***