



# W.O.W.

## Way Of Wellness Newsletter

### ***The Caffeine Craze***

Many people have grown so used to having their daily coffee or soda that they don't even consider the effects caffeine has on their body. Most will tell you that they **need** their jolt to get or keep moving throughout the day. And, with caffeine present in coffee, tea, soda, chocolates and certain pain relievers, it's easily available to everyone.

You don't need to be addicted to caffeine to experience negative physical symptoms. Even as little as 1-2 caffeinated beverages a day can cause negative affects. You may be experiencing any number of physical problems caused solely from caffeine. The most common side effects include dizziness, headache, irritability, muscle tension, nausea, nervousness, stuffy nose, unusual tiredness and jitters.

Too much caffeine can also cause stomach pain, agitation, anxiety, confusion, seizures, dehydration, faster breathing rate, fast heartbeat, fever, frequent urination, increased sensitivity to pain, irritability, muscle twitching, vomiting (sometimes with blood), fibrocystic breast disease, ringing or other sounds in ears, and trouble in sleeping. If you are diabetic or insulin resistant, caffeine causes your body to produce more insulin.

Caffeine also depletes the muscles of water, which causes them to become tight and stiff. This in turn puts stress to your muscles, causing them to tighten and pull your bones out of alignment.

To off-set this, you should drink one glass of water for every glass of caffeine you consume. In addition, it's important to visit your chiropractor regularly. Not only can they make dietary recommendations and advise you on the best way to reduce your caffeine intake, regular chiropractic adjustments can keep your nerve system functioning at peak performance, ensuring you are boosting your energy levels the natural way!

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### **Today's Energy Crisis**

Hectic, fast-paced, high-stress, and fatigued. Does this describe your life? Concerns about stress and fatigue are the reason why, as wellness professionals, we are often asked, "Why am I so tired?"

Poor diets, high stress, pollution, and toxic work environments all take their toll, as does our consumption of stimulants such as coffee, tea, and colas. The use of these largely caffeine-based products disrupts eating cycles, creating rebound fatigue effects and contributing to low-blood sugar and adrenal exhaustion, only adding to the problem.

Fatigue is a condition of muscles, organs or cells characterized by a temporary reduction in power or sensitivity. We have good news! While some people do indeed suffer from conditions that are causing their fatigue, often we find that the solutions to bouts of low energy are simple, common sense and all natural.

**Nutrition:** There are a wide range of nutritional deficiencies that can contribute to fatigue. For many Americans, hectic lifestyles mean their diets are comprised largely of convenience and processed food items, filled with chemicals and sugar, but lacking in nutritional value. In addition, much of our fresh produce is lacking nutrients as well. When the nutritional value of the food eaten today is compared to that of the 1950's, the amount of nutrition is not nearly sufficient for optimal body function mainly because top soil nutrients have been depleted.

**What to do:** When it comes to nutrition we believe a high quality nutritional supplement or multi-vitamin for every member of the family is paramount to dietary health. And, because much of the population is dehydrated, we recommend that the average adult drinking 8 glasses (or in some cases more) of quality water daily.

**Exercise:** Inactivity is another trigger to fatigue. It's no great secret that lack of exercise results in decreased muscle mass, increased body fat, a reduction in the cardiovascular system, and numerous health risks. But many people don't realize that a lack of exercise also results in decreased energy levels.

**What to do:** A proper fitness program will give you more energy. even a moderate amount of exercise can help make you feel more energized. Studies have found that even a five-minute walk can help to clear your mind and give you a boost.

**Chiropractic:** Let's face it, if your body isn't working properly it must work many times harder to perform its life-sustaining functions. In addition, keep in mind that many prescription medications have fatigue as a side effect. Common examples include high blood pressure medications, antihistamines for allergies and steroids such as prednisone, which is used for inflammatory diseases.

**What to do:** Every cell, organ and system of the body is controlled by your brain and nerve system. Doctors of chiropractic ensure that your nerve system is able to work without interference, fully functioning and striving toward wellness as nature intended. That's why it's important that regular chiropractic visits are a part of your family's wellness program.

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*Are you experiencing an "energy crisis"? Worried you might be relying too much on caffeine or other stimulants to boost your energy levels? Maybe fatigue is taking over your life. We are here to help. See our staff for tips on how you can "Hype Up Your Health" and get an energy boost the all natural way!*

## Get Hyped about Health!

**If you're tired all the time you need to address the reasons—fast!**

**Thankfully, you can banish symptomatic fatigue in safe and natural ways. Life's too short to settle for low energy levels. It's time to get "Hyped" about health!**

*We guarantee there is something that can get you whipped up and hyper other than caffeine, sugar and drugs! Nothing beats the high you get from good health!*

## Building Stronger Communities

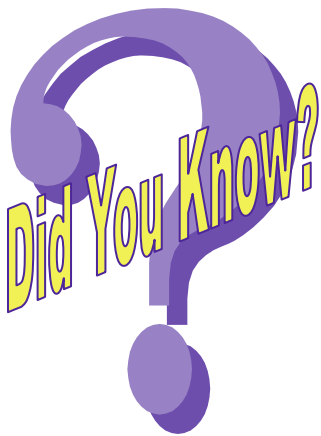
We all perform better when we are happy, healthy and motivated. Unfortunately, today's lifestyles don't always foster healthy habits and health in our country is declining as a result.

At Swickard Chiropractic Clinic we believe education is the key to making the shift to a healthier lifestyle. That's why we offer free general health education and awareness workshops to businesses and community organizations through our *Community Outreach Program*.

Our objective is simple, to educate and promote healthy lifestyle choices and the positive affects of health and wellness. Our plan is to safeguard the health of our community one healthy habit at a time. For more information speak with any member of our staff.

*Consider including a health screening or educational workshop as part of your next meeting or event. We have several complementary programs available for local clubs, churches and organizations. Contact our office for details.*

## Check out these energy boosting tips!



Whether it's at the pump or within our own bodies, energy is in tight supply! As a nation, we are sick and tired of being sick and tired. It's time to get "hyped up" the natural way. Check out these little known facts about energy. You might find just the boost you need!

- ⦿ Having a well-balance diet can boost energy. For most people, nutrition is the leading cause of their low energy levels.
- ⦿ Skipping breakfast can lead to tiredness by mid-morning. Breakfast has also been shown to improve alertness and concentration and also sheds pounds by preventing overeating throughout the day.
- ⦿ Carbs have received a bad reputation, but this nutrient is a huge source of energy. Eat a combination of complex and simple carbohydrates such as whole grains and starchy veggies - potatoes, squash, pumpkin, and carrots. And don't forget your fats which, like carbs, have has also gotten a bad rap. Too in the right amounts, fat can make foods taste good and is a concentrated source of energy.
- ⦿ Dehydration is serious. Low fluid levels can affect your mind's ability to concentrate, reduces energy levels, and may prevent organs from functioning efficiently. Drink more water and get energized!
- ⦿ Although caffeine naturally occurs in the leaves and stems of many plants, it is not the best choice for an energy boost. Its affects are temporary and can be addictive. It is also associated with many side effects, having the same pharmacological effects on the body as many illegal drugs.
- ⦿ Being around people who drain our energy can affect our health in ways that are similar to that of eating junk food—we feel exhausted and depleted. Choose wisely the people with whom you spend your time!
- ⦿ Take a whiff...top note scents such as citrus oils like orange and lemon are stimulating and energize the body and help to improve low energy levels.

### Are You an Addict?

Are you suffering from caffeine addiction? Take the following quiz to see if caffeine is negatively affecting your way of life.

1. Do you drink more than one cup of coffee or one soft drink each day?  YES  NO
2. Do you ever feel that having a caffeine fix is vital to your day's routine?  YES  NO
3. Have you ever felt tired for sleepy after consuming a product containing caffeine?  YES  NO
4. When you miss your daily caffeine intake, do you develop a headache?  YES  NO
5. Does caffeine, or a lack of it, cause you to be agitated, irritable, anxious, confused, or sensitive?  YES  NO

***If you answered yes to any of the above questions, you may be addicted to caffeine. See Tips for Kicking the Caffeine Habit for help.***

### Tips for Kicking the Caffeine Habit

**Start Small:** Whether it's caffeinated colas or coffee that causes your caffeine addiction, don't want to quit cold turkey. Start small by eliminating one caffeinated beverage a day or by drinking half caffeinated half decaf-drinks. Replace one for an entire week, then move to a second the following week. Slow and steady is the key since weaning yourself over the course of a few days results in that dreaded headache for many. It will take at least a month, if not longer, to kick the habit.

**Find a replacement:** Caffeine is a stimulant and may help you to wake up in the morning. There are alternatives to this. First of all, understand that your body's response to morning caffeine is more in your mind. You may think that caffeine is waking you up when in reality it's just your normal routine. Splashing cold water on your face, enjoying something with citrusy, or a hot shower can also help you wake up, with no side effects.

**Stay the course:** Finally, to get yourself off of caffeine for good- make sure you stick to your guns. If you're eating out and your only choices are caffeinated beverages, go ahead and have one or two drinks. But be careful not to go overboard, your body may react more severely when the caffeine is reintroduced.