



Hoogeveen Chiropractic Wellness Center

2017 Winter Issue

"YOUR FAMILY'S HEALTH IS OUR FAMILY'S MISSION"

WHAT'S NEW AT HCWC?

In this winter issue...

Below you can find a brief description of what to expect from this season's issue of the HCWC newsletter!

Dr. Adam brings us back to the basics of health and dives into what we REALLY need to thrive.

Dr. Logan brings to light some interesting research. If you or a loved one are considering an arthroscopic debridement surgery on your knee, or "cleaning it out," this is a MUST read for you!

Dr. Brooke reviews some literature that shows us how important movement is for our mind, especially if you have been diagnosed with an attention disorder. If you or a loved one have been, or are on the verge of being diagnosed with ADHD, please spend 2 minutes reading this article!

Happy New Year!

Have you made a weight loss resolution this year? If so, way to take initiative! Dr. Adam would love to help you achieve your goals AND stay healthy while doing so. This one-time class will be held at HCWC on **March 9th, from 6:30 to 8 pm.**

Seats are limited and tickets are only \$10 with ALL proceeds going to the Bellevue Food Pantry. Stop by to get your ticket ASAP!

Topics will include:

- Learn how to lose weight the healthy way
- How focusing on numbers can derail your progress
- Foods and Exercise to Avoid, Add, and Minimize
- Why losing weight is Simple but not always Easy
- Why counting calories is not recommended

Back to the Basics

by DR. ADAM HOOGEVEEN

The New Year has arrived. We all know what that means – the gyms get busier and the “wellness” product and service promotions are in full swing! Resolution season is upon us, and we all have a take on the infamous post-holiday tradition. Some of us never really got into resolution season because life is too short, right? Others have been there and tried that, and the three weeks of doubling your laundry load with the addition of sweat-filled clothing is no longer appealing. Maybe you are someone who has been successful with resolutions, but still have one or several health issues that continue to nag you. I am hoping this article can speak to all of you, no matter where you stand this new year.

I think it is important to understand that human nature drives us to take the easy path. We see sugary delicious-tasting food, and we want it because it is easy calories. Why wouldn't we want that? Our world has become one filled with easy food, easy relationships, and easy physical activity. This is problematic because we are designed for a far different world. The incongruence between the world we are designed for and where we find ourselves in the 21st century has resulted in healthy living becoming a series of tough choices instead of what it used to be – every day survival. Unfortunately, our health and ability to thrive here on earth depend upon us living out our design as humans. Namely, healthy amounts of activity and rest, biologically appropriate diet/nutrition, healthy relationships with those in our “tribe,” and a strong spiritual life rooted in a healthy relationship with our Creator. Achieving health and wellness, and all that goes with it, is no more complicated than this. Granted, health and wellness may look different for each of us when broken down into measurements (which, by the way, is why I don't recommend focusing too heavily on measurements), but I can tell you it doesn't include the modern metabolic and psychological disease pandemics that plague us today.

Our human nature's desire for the easy path is also what causes us to search for the pill, procedure, or product that will allow us to reach our goals this resolution season. This behavior is equivalent to a gardener pouring MiracleGro on a plant that wasn't getting enough water, sunlight, or nutritious soil to thrive. We would all wonder what that gardener was thinking, right? Why not just give the plant water, sun, and quality soil? The answer is that dumping the MiracleGro and walking away seems easier. However, there is no easy solution to the easy problem we face. Any dedicated gardener will tell you, however; that the thriving garden at the end of a long season's work of providing the right conditions for life is so worth it. So, I would encourage you to make a resolution this year rooted in returning to the basics, and just like the dedicated gardener, at the end of the season you won't regret it.

Research Highlight - Knee Surgery

by DR. LOGAN HARRE

Today I want to take a look at a study or rather, several studies that investigated outcomes of a common knee surgery. This particular surgery is called an arthroscopic debridement aka “cleaning out” the joint which involves removing loose material from within the joint and smoothing out the joint surfaces. About 800,000 of these procedures are performed in the U.S. each year at a cost around \$5 billion annually.

To summarize, the research done on this topic have concluded that there is no significant differences in pain or function between groups that received the procedure and groups that did not. This information alone is alarming because it indicates that one of the most common surgeries performed may be unnecessary. There is also a deeper meaning from these results when you look at the research methods used. Groups that received the surgery, were compared to groups that did not receive the surgery (this is the control or placebo group). The placebo group did not get the surgery, but they *believed* that they did. What they actually got was a sham surgery in which incisions were made in the skin so it looked like they got the surgery. Furthermore, the surgeon simulated a surgery by taking the time necessary to perform one, by having all the necessary tools, and by acting like he was using these tools.

So, if outcomes were the same for these groups, what does this mean? For one, it means we have probably misused billions of dollars, and it also makes you consider the impact of belief. If someone thinks that they will get better that may be enough to make them better! It is important to note that both groups did improve compared to those who did nothing at all. What was responsible for the improvement? I would say it is that the fact that *something* was done, and the recipients *believed* it was going to help.

Attention Disorders and the Mind-Body Connection

by DR. BROOKE HARRE

ADHD. Odds are you know a child who has been diagnosed, or are on the verge of being diagnosed. Based on the majority of conversations I have had with patients; most people do NOT want to put their child on medication for attention disorders. Well, I am so happy to share some research with you that is leading health care professionals to believe there truly is another way! Physical activity.

Here is what the research is telling us:

- Grade school students who participate in a structured physical activity program before school show fewer signs of ADHD both at school and at home after completion of said program¹.
- High schoolers who regularly attend physical activity programs prior to their first class show improvements in GPA³.
- Regular physical activity can benefit brain activity and mood as well as Zoloft, AND adding Zoloft in with physical activity does NOT have any added benefit².

So, what does this all mean? Well, thinking of a child with ADHD as having too much energy is appropriate. However, using physical activity as treatment isn't just about getting the energy out! Physical activity is quite literally food for our brains. Being more active activates certain areas of the brain that affect our mood and our ability to learn. This physical activity is of vital importance for young children because their minds are still developing. Reason dictates that if a child is allowed to be inactive at a young age, it could limit that child's ability to reach their full intellectual capacity later on in life, or result in an attention disorder diagnosis. We can also conclude that using medication to mask these symptoms of hyperactivity will only feed into the problem. Children often become more withdrawn and inactive while on medications which can only further inhibit the brain's ability to grow and may drastically influence the child's mood. Using a more natural based approach to treating attention disorders can positively influence the child's behavior, learning ability, and mood while avoiding the negative side effects of medication.

Now what? If you would like to learn more about this subject consider this TED talk [<https://www.youtube.com/watch?v=hBSVZdTQmDs>] by Dr. John Ratey, or read his book "Spark."

¹Alan Smith, B. H. (2013). Pilot Physical Activity Intervention Reduces Severity of ADHD Symptoms in Young Children. *Journal of Attention Disorders*, 70-82.

²Babak, M. (2000, September 22). Study: Exercise has long lasting effect on depression. *Duke University*.

³John J. Ratey, M. (2008). *Spark*. New York, NY: Little, Brown and Company.