

Gardening Injuries in an Italian Community?

By Al Cantito D.C., March 6, 2010

If you were to think about the most common cause for chiropractic visits in the spring time what would your guess be? Yard work ... maybe, softball, walking, or home improvement might come to mind. I gave this a lot of thought recently. I even went so far as going through some old patient charts over the past sixteen years in private practice. Even after much deliberation and researching old patient charts I'm not sure I have the correct answer, but I think I might be close. Would you believe gardening! Maybe I'm biased because I grew up in an Italian neighborhood where everyone had a garden, sometimes two or even three gardens to one household. Possibly the reason for this disparity is due to my

patient base which is largely of Mediterranean descent. Whatever the reason, every spring a large number of gardeners mostly middle age and elderly women visit the office for help with their low back pain (LBP) after gardening. After a thorough history and examination it is usually down to business treating the patient with a variety of soft tissues techniques and chiropractic adjustments. The mechanism of injury is most often pulling weeds in a stooped position. A simple solution is to have the patient sit on a low gardening stool. A home made wooden stool will suffice, however for those who aspire to greater gardening protection there are a variety of on-line gardening stools, some even with wheels.

In addition to recommending something to sit on while enjoying working in the soil, I encourage the patients to stretch before and after their gardening endeavors. Often core strengthening exercises are recommended. These are simply exercises that help support and strengthen the spine, thus protecting important structures like our spinal cord and spinal nerves. These exercises can be started as soon as your chiropractor thinks the time is right.

So if you love gardening, remember spring time will be upon us soon and it is always a good idea to see your chiropractor for an evaluation and maybe an adjustment before beginning your spring time passion.

JUICING ESSENTIALS by Dr. Eugene R. Zampieron, ND, MH(AHG)

Why Juice??

Juicing helps you absorb all the nutrients from the vegetables. This is important because most of us have impaired digestion as a result of making less-than-optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you, so you will receive most of the nutrition, rather than having it go down the toilet.

Juicing allows you to consume an optimal amount of vegetables in an efficient manner. If you are a carb type, you should eat one pound of raw vegetables per 50 pounds of body weight per day. Some people may find eating that many vegetables difficult, but it can be easily accomplished with a quick glass of vegetable juice.

You can add a wider variety of vegetables in your diet. Many people eat the same vegetable salads every day. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole.

Raw, fresh vegetable juices are **extremely alkaline**. It is highly beneficial to ensure that your body does not become over-acidic and that an alkaline balance is maintained in the blood & tissues. Over acidification is the common theme and cause of almost all conditions of ill health.

Juicing also ensures that the body is getting sufficient amounts of **phytochemicals**, substances in plants that are considered among the most powerful ways **to fight disease**. While most people do not eat enough raw fruits and vegetables to obtain the amount

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Awake, thou wintry
earth -
Fling off thy sadness!
Fair vernal flowers,
laugh forth
Your ancient gladness!
~Thomas Blackburn,
"An Easter Hymn"

Juicing (Continued from Page 1)

of phytochemicals that would make a difference, it is relatively easy to drink enough juice to obtain sufficient amounts of these powerful nutrients. In addition, antioxidants **and other immune enhancing properties** are concentrated in juices.

Raw juices contain certain natural medicines, vegetal hormones and antibiotics. For instance, string beans are said to contain an insulin-like substance. Certain hormones needed by the pancreas to produce insulin are present in cucumber and onion juices. Fresh juices of tomatoes, garlic, onions, and radish contain antibiotic properties.

Please remember that vegetable juice and fruit juices are two completely different substances in terms of nutrition. In general, fruits and vegetables should be juiced separately. The exceptions are apple, celery, carrot, beet, fennel which can be used for both, as you will see in many recipes.

Vegetable juice doesn't raise insulin levels like fruit juice. The only exceptions would be carrot and beet juice (and most vegetables that grow underground), which function similarly to fruit juice.

DETOX Juice:

1 beet; 1 celery stalk; 1 radish; 1 asparagus; 1c. Kale; 1 burdock root; 1 carrot; 1 bunch CILANTRO; 1 bunch parsley; Clean water to facilitate juicing

VeryBerry Juice:

1 quart blueberries; 1 quart raspberries; 1 quart strawberries; A few cranberries (to taste); 1 quart cherries (seasonal); Other fruit of choice ¼ slice ginger (optional); Sparkling water

Dr. Z's Zingiber Zing:

1 green organic apple; parsley; slice of Ginger; Mineral water; Twist of Lime (optional)

CALCIUM COCKTAIL Juice:

Kale; Parsley; Collards; Green apple; Spinach

Bridging the Gap—Cultural Competency and Dental Hygiene

By Joanna Trigilidas, RDH, MA

Providing the optimal level of health care for the general public is the goal all health care professionals strive to achieve. To attain this goal, dental and medical professionals must share their knowledge and experience and assess the delivery of health care to eliminate disparities and improve outcomes.

Increasingly, attention has focused on cultural issues and their influence on delivering quality health care. By 2035, minorities will comprise 40% of the United States population. Numerous studies demonstrate that the quality of health care in the United States varies according to a patient's race and ethnicity.

Changing demographics challenge the demand for oral health care professionals with cross-cultural competence to communicate, educate, and treat all patients successfully. The number of preventive visits is below recommended levels, and access to dental care remains problematic for minorities,

the elderly, children on Medicaid, and other low-income children.

Patients' feelings about health, sickness, and treatment, which are often culturally related, impact the outcomes of health care. Recognizing the influence of culture on the decisions patients make in response to dental treatment and preventive measures is vital. In addition, fostering collaboration between patients and health care providers may result in enhanced treatment outcomes.

To understand cultural competency, the term must be defined. Culture refers to "integrated patterns of human behavior that include the language, opinions, beliefs, communication, actions, customs, attitude, values, and group of racial, ethnic, religious or social union." Competency means "having the ability to function successfully as an individual and a group within the environment of the cultural beliefs, behaviors, and needs presented by consumers and their communities." Cultural competency is therefore defined as "a set of congruent behaviors, attitudes, and policies that come together in a system, agency, or amongst professionals and enables that system, agency, or those professionals to work effectively in cross-cultural situations." Usually, cultural competency begins with the health care provider's desire to be open, accepting, and sensitive of differences. We need to value diversity by incorporating cultural competency in our profession. Valuing diversity means accepting and respecting differences. People come from very different backgrounds and their customs, thoughts, ways of communicating, values, traditions and institutions vary. The idea of more effective cross-cultural capabilities is captured in many terms similar to cultural competence. Cultural knowledge, cultural awareness, and cultural sensitivity all convey the idea of improving cross-cultural capacity.

The United States is one of the most diverse nations in the world. Cross-cultural dental hygiene is the effective incorporation of the patient's sociocultural background into the dental hygiene process of care.

Compliance and education are the windows to cross-cultural competency. Universities and school administrators of medical and dental schools throughout the United States have progressively recognized the need to incorporate cross-cultural education into the curriculum to improve health care delivery and outcomes. At the Fones School of Dental Hygiene we prosper to meet these goals which will benefit both our students and our dental clients.

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UB Acupuncture Institute - Clinic Patient Survey Results 2010

Question	% Approval
How well are you satisfied with your acupuncture treatments?	98.6
How well do you feel your acupuncture treatments have improved your health?	90
How do you feel about the length of time you spend receiving an acupuncture treatment?	95.2
How satisfied are you with your interactions with the supervising clinician?	99.4
Rate your opinion of the UBAI clinic services with regards to the student interns	98.6
Rate your opinion of the UBAI clinic services regarding the application of acupuncture techniques	99
Rate your opinion of the UBAI clinic services in terms of clinic flow	80
Rate your opinion of the UBAI clinic services in regards to front desk personnel	96
Rate your opinion of the UBAI clinic services in terms of the ease of making appointments	96
Rate your opinion of the UBAI clinic services regarding the confidentiality of clinical services	100
Rate your opinion of the UBAI clinic services regarding the current clinic schedule	96
Rate your opinion of the UBAI clinic services in terms of the range of acupuncture services	97.2
Rate your opinion of the UBAI clinic services regarding the cleanliness of the clinic	96
Rate your opinion of the UBAI clinic services regarding accessibility and parking	83.2
Rate your opinion of the UBAI clinic services in terms of the cost of your visits	94
How well do you feel the student interns explain the full range of issues acupuncture can address to improve your health?	93.4
Would you refer a potential patient to the acupuncture program at the University of Bridgeport?	100

The Acupuncture clinic interns and staff appreciate your completion of this survey. We look forward to continuing to help you achieve balance and wellness throughout the year. In response to your comments and suggestions, look for additional clinic shifts Friday afternoons and Saturday mornings as well as specialty clinics throughout the year.

Chinese Medicine notes for the spring season:

Spring is the ideal time for cleansing and rejuvenation for overall health and well-being. In Traditional Chinese Medicine (TCM), spring is dominated by the wood element and its organs, the Liver and Gallbladder.

Eat Green - Green is the color of the liver and of springtime. Eating young plants - fresh, leafy greens and sprouts can improve the liver's overall functions and aid in the movement of qi. Sour Foods - Food and drinks with sour tastes are thought to stimulate the liver's qi. Put lemon slices in your drinking water, use a balsamic vinaigrette for your salad dressing. Receive acupuncture – acupuncture is the main therapy used by TCM practitioners to help harmonize the flow of Qi throughout the body.

For an appointment, call the UB Acupuncture clinic today at (203) 576- 4349.

The Health Sciences Center
60 Lafayette Street
Bridgeport, CT

Phone: 203-576-4349

<http://www.bridgeport.edu/pages/4410.asp>

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The University of Bridgeport Health Sciences Center is located at the edge of Seaside Park on the shores of Long Island Sound. It is the home of the teaching clinics for the College of Chiropractic, the College of Naturopathic Medicine, the Acupuncture Institute and the Fones School of Dental Hygiene.

Each of these specialty clinics offers comprehensive services as described in this brochure. The Center provides numerous opportunities for medical therapies in one convenient location.

Please contact the Health Sciences Center reception staff at 203-576-4349.

Fones Dental Hygiene reception can be reached at 203-576-4137.

The dispensary can be reached at 203-576-4298. Hours and Fee information for all clinics may be found at www.bridgeport.edu/pages/4410.asp

A Prayer in Spring

By Robert Frost

Oh, give us pleasure in the flowers to-day;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And off a blossom in mid air stands still.

For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfill.

