



DENVER
CHIROPRACTIC
CENTER

The Dr. Glenn Hyman Report

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Things I'm thankful for this Thanksgiving: 10 years after meeting my wife & 7 years after my cancer.

There's something about Thanksgiving time for me. Important things seem to happen. Two of these things became the subjects of the most talked-about newsletter articles I've ever written. More on that in a second...

Before I get started, I want to take a moment to thank you.

We all know that there are a lot of chiropractors in Denver. Let's face it- you have options. While we certainly strive to do everything in our power to make you choose us at Denver Chiropractic Center, the decision to call us when you are in pain is yours.

Denver Chiropractic Center has been open since 1998. It's grown every single year. Not huge growth, but noticeable growth. And the reason is you. You're the ones who trust us when you're hurting. You're the ones who refer family and friends. (Did you know that word-of-mouth and referrals are our #1 source of new patients?) You're the reason that this business is still going strong after 13 years.

So I just wanted to say, "Thank you."

10 years ago, on the Saturday after Thanksgiving, I ended up at an Avalanche game sitting one seat over from a very pretty young lady. It was November 24, 2001. Since it was Ray Borque retirement night, we actually have a puck with the date on it.



Less than a year after that, we were married on a beach in Hawaii. 10 years later, we have 3 amazing, although highly energetic, young boys. We've been married for 9 years now. (You can read that whole story on our website www.denverback.com. Just click on the "bios" page and scroll down to the Glenn Hyman tab, the original article is there).

And as many of you know, 7 years ago & just after Thanksgiving 2004, I was diagnosed with cancer- a Stage 2B Fibromyxoid Sarcoma. This was just after Meredith found out she was pregnant with son #1, Andrew. Needless to say those were complicated days. Long story short, I'm fine now. The newsletter article in which I told you all about the cancer scare really generated a lot of response, and still does to this day. It's also on the Bios page of the website. For some of you, I've included an updated version in the mail.

So Thanksgiving definitely gets me feeling thankful for the people in my life, including you - my patients.

This is the time of year to re-connect with family and friends. And yes, we all know the holidays can be a pain in the glutes. But there's much to be thankful for. And once again, I want to say thanks to you. We may not appear in your mailbox again until after New Year's, so all of us would like to wish all of you a great holiday season & a great 2012.

*Dr. Glenn Hyman & family
& the staff at Denver
Chiropractic Center.*

The Viking Push Press - Get a little bit of almost everything.

Ok, here's what I presently believe is one of the best exercises you can do to work your whole body (almost). But here's what makes it different: You rest at the top locked-out position instead of at the bottom position.

Whaaaaat? That's right- you "rest" between reps at the top position. This forces your stabilizing muscles to do more work and really challenges the shoulders and upper back.

The Viking Push Press (named by A Danish guy - Kenneth Jay) uses the legs to power the weights up into the top position, and then uses the legs, shoulders and back to keep the weights steady in the rest position. Then legs "catch" the weights at the bottom before driving them back up.

It's a great exercise to strengthen the quads for anyone who runs, skis, snowboards, bikes, etc. So let's get to it. Make sure you practice this with weights that you're comfortable controlling. As you will note, I use kettlebells for this (and most) weight training. But dumbbells will work, too. All you Crossfitters, you can do this with a barbell, but kettlebells are much safer and much more forgiving.

Of course, you can get hurt or killed doing this or any exercise. Clear it with a healthcare professional first and don't even think about trying if you're nursing an injury. If you want, we'll be happy to show you this one the next time you're at our office.

Start with a pair of bells at your shoulders. Dip your knees and drive the weights up, using your arms to lock out the bells. Hold the weights in the lockout position overhead for 1-2 seconds. Make sure you completely control the weights in the top position. Any sloppiness will accumulate during the set, so stop the set if your form is anything less than perfect.

For the next rep, bring the weights down to your shoulders and in one smooth move dip your knees to control the descent of the weights. From this position, use your legs to drive the weights back overhead, where you'll lock them out.

When doing this exercise, I like to stick with lower weights and higher reps. I suggest sets of 12-15 reps unless you're a very experienced lifter and feel comfortable going heavy. As Pavel Tsatsouline, my old friend and kettlebell guru would say, "Enjoy!"

Pic 1. Start with bells locked out over head.



Pic 2. In one smooth move, drop the bells to your shoulders and use your quads to stop their momentum.



Pic 3. Use the your legs to drive the bells up and lock them out again. Rest in the locked out position before the next rep.



More help for troubled sleepers

Sleep can be a big problem. Chances are that if you have a problem, you've tried everything. Well, here are some less known strategies that you may not have tried yet. The type of light bulbs we use and where our lights are positioned can have a profound effect on our sleep. Our bodies are highly sensitive to the lighting around us.

In nature, lighting changes with the days, the seasons and the moon cycles. For humans in the past, these cycles signified what times were best for hunting, fishing, planting and harvesting, and of course, for waking and sleeping. These days, electronic lighting allows us to accomplish more than ever before at any time we like. With electronics like televisions, computers and smart phones, we have more we can do in our spare time than ever before. But, these also keep us awake.

Fortunately, you can help get your sleep back on track by applying a few key lighting tips that make a big difference:

1) Low lights after sunset. This is crucial to help your body recover a natural circadian rhythm. After the sun goes down, avoid the use of overhead lights and instead use lamps at table height. This simulates the firelight our ancestors would have been exposed to after dark, whereas overhead lights simulate sunlight and prevent your body from realizing it's time to rest.

2) Use low-watt bulbs. No need for bright, 100-watt bulbs in the evenings. For the last one to two hours before bed, use bulbs with a lower light output.

3) No blue before bed. Blue lighting simulates daylight. In the evenings, use bulbs that give off

more yellow light. Lamp shades in gold or red tones can help simulate natural evening light and help you get to sleep.

4) Cut back on electronics before bed.

Research shows that using electronics like televisions, computers or cell phones before bed contributes to sleep problems. Limit their use in the hour or two before bedtime. (If you need to use the computer at night, there is free software you can download to help your computer's light simulate the natural light cycles of your region.)

5) Block window light. Street lamps or flood lights can shine through windows and are sometimes as bright as daylight! Get some curtains that block out light if you have trouble with light shining through your windows at night.

6) Bright lights in the morning. Did you know the light you see in the morning can affect your sleep at night? Expose yourself to the bright morning light as soon as you wake up if possible. If you can't get outdoors, try a sun lamp for 15 to 30 minutes in the morning. Many report that sun lamps are very effective for restoring natural sleep cycles.



Tips Of The Month - Meditation For Pain Relief

Not too long ago, meditation was WAY out of the mainstream. But, things have changed. For example, according to the *Times Of India*, in April, 2011, a study by the researchers at the Wake Forest Baptist Medical Center indicated that a person can attain at least 40 percent decrease in pain intensity and 57 percent in pain unpleasantness merely by practicing [meditation] techniques regularly.



This reduction in pain was actually found to be better than morphine and other pain-relieving drugs. Magnetic resonance imaging showed increased brain wave activity (responsible for pain reduction) in study participants after meditation. Scientists could see WHAT was happening – but they did not understand HOW, until now...

According to recent research published at the Brain Research Bulletin, investigators from Harvard, MIT and Massachusetts General Hospital have identified a possible answer. They suggested the explanation probably lies in alpha wave manipulation in the brain.

Researchers said, by practicing the techniques of mindfulness meditation for a period of eight-weeks or above, you can control the activity of

these brain waves. Looking into meditation may not only be a possible way to relieve pain, it can also relieve stress. And, relieving stress can, in turn, relieve pain. It's amazing how everything works hand-in-hand. Which bring us to...

Bring Down Blood Pressure

According to the American Heart Association, one of the biggest factors for not developing high blood pressure is living a healthy lifestyle. This includes...

- 1) Maintaining a healthy weight
- 2) Practice moderation if you drink alcohol
- 3) Quitting smoking
- 4) Regulating the excessive intake of salt and sodium
- 5) Frequent regulation of your health by visiting healthcare professionals at periodic intervals.

The American Heart Association also recommends: **aerobic training, weight training, yoga and meditation, and deep-breathing exercises.** Here's what they specifically said about yoga and meditation: *"In order to prevent this condition, yoga postures and meditation techniques should also be incorporated in your daily routine. The prime effect of these fitness programs is that they help combat stress and saturate the mind with tranquility."*

Once again... managing stress plays an important role in maintaining health. Clearly, the more ways you can incorporate stress management and reduction in your life, the better.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please let us know.



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No BS fat-preventing strategy to avoid the annual holiday weight gain.

I can hear you thinking it now : "Oh man, another article on how to survive the holidays." Yes it is. But this is one page that can actually make a difference. I promise. I tried really hard to get all this onto one page.

The truth is that a lot of us gain 5-6 pounds over the holidays. It doesn't have to be that way. If you have a broader strategy to avoid fattening up, you can cheat a little, enjoy yourself, and not have a flabby problem to start 2012. Here's all you have to do, followed by a brief explanation of each.

1. Control the carbs.

If you've been reading the Weekly Health News for You emails we send out every week, you know that there's a great research review out there called "What Make us Fat." This book summarizes the last 100 years of weight loss research and shows pretty conclusively that excessive consumption of carbohydrates what produces excess body fat.

Mark Sisson, in the excellent book "The Primal Blueprint" takes this discussion further explaining that excess carbs produce excess insulin, and this in turn leads to increased fat storage. He suggests keeping carb consumption in the 100 – 150 grams per day to maintain weight. Stay closer to 100 to lose weight. Following this advice, I've lost almost 20 pounds of fat this year. Once a week I cheated and ate whatever the hell I wanted. But only once a week.

2. Get a heart rate monitor / Calculate your target zone (50-70% of your estimated max).

Sisson goes on to further explain that exercising in the aerobic zone, generally the easy cardio zone, burns more fat. To do this it's best to get a heart rate monitor to stay within a target heart rate zone to burn fat. Training too hard burns carbs, and

causes you to eat more after exercising.

Take 220 - your age to estimate your max HR (or use one of the other newer formulas). Then multiply that number by .5 to get the bottom of your target range, and .75 to get the top. You can round off to make life easy.

So for me, I use 40 as my age (I'm 42). $220-40=180$. $180 \times .5 = 90$, the bottom of my range, $180 \times .75 = 135$, the top of my range. So with my heart rate monitor, I try to stay between 90 and 135. This is my aerobic fat burning zone.

3. Try to get into the target zone 2 or 3 days a week for 45 mins to an hour, if possible, go outside.

In addition to working out with weights 2 or 3 times a week, try to get that low-level aerobic cardio in. Yes, you can do them on the same day if you want. And yes, you can go longer if you stay inside the zone. Try anything you can to get outside a little.

4. Read the books I mentioned in #1.

Think about ordering the books "What Makes Us Fat" by Gary Taubes and "The Primal Blueprint" by Mark Sisson. Together they'll set you back no more than \$30 (find them at Amazon.com). By reading these books during the holidays, you'll have some motivation to avoid the chronic over-consumption of the wrong things that leads to holiday weight gain.

This will give you a reasonable strategy on which you can cheat a little and still fit in your pants on January 2nd. There you have it. Give it a try. I know some of you will, and that's great!

In chronological order: Have a safe and happy Thanksgiving, Happy Hanukkah, Healthy Solstice, Merry Christmas, and Happy New Year!