

GUTHRIE CHIROPRACTIC & MASSAGE NEWSLETTER

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WINTER 2009



Myofascial Release

By Yelena Olmstead, LMT, CA

Guthrie Chiropractic & Massage

I have worked with Dr. Guthrie since 1997 and enjoy working with him very much. I would like to talk to you today about Myofascial Release, it is just one of the many techniques that I and the other massage therapists offer here at Guthrie Chiropractic & Massage and because it is somewhat different from traditional massage, many patients ask "What is it?" Myofascial release is a massage and stretch that has a profound effect on the body tissues. Its name comes from the word Fascia (connective tissue). Fascia is a tissue system of the body that is composed of two types of fibers; collagenous (very tough and have little stretchability) and elastic (stretchable fibers). Because fascia permeates all regions of the body, when it scars and hardens in one area (following injury, disease, surgery, etc.) it can put tension on adjacent areas, as well as far-away areas you wouldn't think were related. So we use this technique of massaging and stretching among other techniques on your whole body not just the injured area. All of us here at Guthrie Chiropractic & Massage believe in treating your whole body and mind and want to encourage you to be open to all kinds of massage for improving your overall wellbeing and your health.

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Product of the Season

Bio-D-Mulsion Forte™ (Vitamin D)



By Dr. Wade Guthrie

Guthrie Chiropractic & Massage

Vitamin D deficiency causes dull, achy musculoskeletal pain that responds poorly to both medications and manual therapies. In other words, all of our best efforts may get us only so far, and without sufficient Vitamin D you will continue to have recurring pain. This pain may be widespread or confined to a particular area, most commonly the low back. What happens is the outer covering of the bones (called the periosteum) swells in the absence of sufficient vitamin D and the swelling pressures nerves, causing pain. Also, many clinical investigations (done internationally) clearly show that a vast proportion of populations are showing low vitamin D levels and especially in those individuals with musculoskeletal pain. Most importantly, the clinical studies are showing that 95% of affected people will have tremendous resolution of their pain, within a few months of taking adequate levels of vitamin D supplements.

The two issues that probably contribute the most to people not getting enough vitamin D are modern lifestyles being conducted indoors – away from the sun, and the very low recommended dosage set by the FDA. The first of these observations is perhaps the easiest to grasp – since sunshine exposure on the skin is the "normal" way in which vitamin D is supplied to us. And since we have developed habits in our culture (and of course in most modern cultures) of wearing clothes or covering ourselves with sunscreen, we are robbing ourselves of needed vitamin D production. Of course the advantages of protection are well known in regards to skin cancer; however, as you will read soon, many other cancers seem to be caused by inadequate vitamin D levels!

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Bio-D-Mulsion Forte™, *Continued from page 1*

The second issue is that since vitamin D is a fat-soluble vitamin, the FDA has been reluctant to set standards for dosing higher than 400 IU's per day. For those in the know: some fat-soluble vitamins (like vitamin A) can get temporarily "trapped" in the fat of the body and build up to toxic levels. In the case of vitamin D, however, studies have shown that normal levels of sunshine exposure (in persons getting full skin exposure to sun) raise the blood levels of vitamin D to levels, which we only see when we supplement with 10,000 IU's per day – that's over 20 times the RDA. And it should be noted: no one has ever demonstrated a case of vitamin D toxicity from sunshine exposure.

Recent studies have shown that there are receptor sites for vitamin D in the brain, breast, and prostate and in white blood cells. This is in addition to those regions of the body that have been known for a long time to be under the influence of vitamin D, namely the bones and intestines. The story with the intestines is that calcium absorption (which occurs in the intestines) is largely controlled by vitamin D and if there is not enough vitamin D, no amount of calcium supplementation will be optimal in preventing problems like osteoporosis or nerve and muscle dysfunction.

As I promised earlier, many types of cancer have been linked to low vitamin D levels. These include: cancers of the breast, prostate bladder, esophagus, kidney, lung, pancreas, rectum, stomach, uterus and colon.

Lastly, the studies are numerous, showing adequate vitamin D levels as being protective against diabetes, osteoarthritis, hypertension, cardiovascular disease, depression, migraines and several autoimmune diseases including multiple sclerosis. In my office I utilize liquid vitamin D drops "Bio-D-Mulsion Forte" (at 2 drops per day) to add 4000 IU's of vitamin D. This is a Biotics product, which is micro-emulsified in order to insure that it is fully absorbed. We have available a full discussion of why I choose the Biotics products, because it is absolutely critical that you not only get what you pay for, but that you are taking supplements which are safe. Taking a vitamin D supplement is unquestionably the best investment you can make for your health. It will cost you less than \$5 per month and remember, you are unlikely to get sufficient doses of this vitamin from sunshine alone (while living in Oregon) and there are no good food sources for this vitamin at the levels, which have been shown to be optimally protective.

The best of health!

Dr. Guthrie

Bio-D-mulsion Forte™ is on sale this month!
Just \$13.30 (Reg. \$19) for 1 fluid ounce
That's about a 3 month supply!

Bio-D-Mulsion Forte™

Each drop supplies:	
Vitamin D (as cholecalciferol)	2,000 IU
Bio-D-Mulsion Forte™ is an oil-in-water emulsion. Vitamin D oil has been dispersed into microscopic particles to aid absorption and assimilation.	
WARNING: Use only as recommended unless otherwise directed by a healthcare professional. This product is intended to be used under the direction and supervision of a healthcare professional.	
RECOMMENDATION: One (1) drop each day as a dietary supplement or as otherwise directed by a healthcare professional.	
Contains: 1 Fluid oz. (750 drops)	
Product #: 1012	
NDC: 55146-01012	

Bio-D-Mulsion Forte - each drop supplies 2,000 IU of emulsified vitamin D3 to aid in uptake and assimilation, especially important for those with malabsorption issues.

Note: Vitamin D deficiencies are widespread. While the importance of vitamin D for musculoskeletal health is well documented, its importance in numerous other aspects of health are now recognized. They include (but are not limited to) cardiovascular health and immune function.



**Looking to make 2009
your year for better
health and wellness?**

Sandi Thompson, certified nutritional therapist and wellness coach is offering Guthrie Chiropractic and Massage patients a **FREE 10-15 minute nutritional consultation at our office.**

In addition, she is seeing clients here by appointment. Her areas of expertise include digestive disorders, diet assessment, weight loss, detoxification, and much more.

Contact Sandi for your FREE consultation or an appointment at 541-953-8715 or email her at LetsEatRight@gmail.com.

CALENDAR OF EVENTS

NEW YEARS DAY

THURSDAY, JANUARY 1ST

Dr. Guthrie will not be in, massage may still be available.



MARTIN LUTHER KING JR. DAY

MONDAY, JANUARY 19TH

Dr. Guthrie will not be in, massage may still be available.

GROUND HOG DAY

MONDAY, FEBRUARY 2ND

Office will be open.

WEDNESDAY & THURSDAY, FEBRUARY 4TH & 5TH

Dr. Guthrie on vacation, massage still available.

VALENTINE'S DAY

SATURDAY, FEBRUARY 14TH



PRESIDENT'S DAY

MONDAY, FEBRUARY 16TH

Dr. Guthrie will not be in, massage may still be available.

MARDI GRAS

TUESDAY, FEBRUARY 24TH

Office will be open.

DAYLIGHT SAVINGS TIME STARTS

SUNDAY, MARCH 8TH

ST. PATRICK'S DAY

TUESDAY, MARCH 17TH

Office will be open.



FIRST DAY OF SPRING

FRIDAY, MARCH 20TH

Schedule Yourself for a Massage Today!

Take a hands-on approach to winter wellness with a healing massage. More than simple pampering this healing practice improves circulation, increases flexibility, and releases endorphins. We have massage therapists on staff 7 days a week.

Did you know?

Massage, Chiropractic & Physiotherapy is often covered **WITHOUT A REFERRAL** by auto insurance when you are in an auto accident.

Muscle Sculpting

By Leslie Rutherford, LMT, CA

Guthrie Chiropractic & Massage

Muscle Sculpting is one of the Deep Tissue massage modalities which concentrate on affecting the deeper structures of the musculo-skeletal and myofascial systems of our bodies. These techniques are applied through slow, firm pressure to reach the deeper layers and to allow the client to experience and assimilate the emotions and physical sensations that can be released.

Muscle tension which is ongoing or increasing in intensity, can be a result of physical or emotional trauma or injury, hereditary factors or body holding patterns from beliefs or ideas/thoughts in each of us.

The physiological results of this tension on the musculature and its encasing fascia (think flexible plastic food wrap) can be: constriction of blood and lymph fluid circulation; reduced elasticity, shortening and disorganization of fibers and movement; decreased independent and integrated muscular action and pain.

The firm constant pressure of Muscle Sculpting increases the pressure of blood and lymph coming to the area, as the pressure is released these fluids surge through the tissues cleansing and nourishing them. As the toxins flow away and nutrients flow in, the muscles return to their more natural length and increased elasticity. The flow of fluids to the fascia returns it to a semi-fluid state and the fascia becomes unstuck and can glide around muscle and over adjoining fascia.

The purposes of this work are to bring awareness to the body, to release and restore elasticity to muscles and fascia, to reestablish independent muscular action, to release and organize chronically contracted muscles, to free muscles from the skeleton, to release psychological/emotional tensions held in the muscles and to balance surface and deep muscles.

Leslie Rutherford, LMT, CA has explored healing in many ways since 1982. He is grateful for the opportunity to serve and support people in their desire for health and well-being.

What is Acupressure?

By Annie Siemens, LMT, CA

Guthrie Chiropractic & Massage

Acupressure has been used for centuries and by thousands of people. Its origins go back to China. The first major resource was The Yellow Emperor's Book of Internal Medicine in the second century B.C. The oldest forms called Anma and Traditional Chinese medicine are still practiced in hospitals in China next to allopathic medicine. The form of finger pressure called Shiatsu was recognized by the Japanese government in 1964, and is a relatively recent adaptation of the Anma form. The energy of the body is called chi (ki., or qi) and follows channels called meridians throughout the body. There is nourishing chi that we get from food, water, and air, and the original chi we are born with, and universal chi we get from our environment. The treatments are amazingly effective and have fascinated scientists for centuries. They have been studied extensively, especially in Japan.

Here is a little of the science for you: Acupressure can, in part, be considered *Ischemic Compression*. The body's connective tissue and fascia form a continuum, reaching even the innermost parts of the body. Every system including the muscular, skeletal, nervous, circulatory, organ and digestive tract are sheathed by a matrix of connective tissue and fascia which determines the shape and architecture of the body and all of its parts in detail. Movement is caused by tension carried through the connective tissue, whether it is a small part of the body or the whole body. This tissue also becomes the communications network for the whole body. Compression causes a multitude of simultaneous reactions including: bioelectrical signals throughout this network to surrounding tissues, the cytoplasm (inside the cell) becomes more hydrated so accumulation trapped in the cell can be released, allowing the cell to conduct energy more efficiently. The meridians are located in this matrix. Pressure can help regulate nerve function, improve circulation, increase ROM, and strengthen the immune system. Energy can be calmed or excited depending on the need.

Annie Siemens has practiced and studied this work for more than fifteen years. In 1994 she had the opportunity to study Massage in a hospital in Nanjing China. She has also studied with some of the most respected teachers in the USA. Her work is a blend of Asian and Swedish. Her clients are people of all ages and selected animals.

REFERENCES

1. Matsumoto and Burch 1988
2. THE WEB THAT HAS NO WEAVER KAPTCHUK 1983

Massage Dictionary

Deep-Tissue Massage – Deep-tissue massage utilizes slow strokes, direct pressure or friction applied across the grain of the muscle with the fingers, thumbs or elbows. Deep-tissue massage works deeply into the muscles and connective tissue to release chronic aches and pains. Its purpose is to reach the fascia beneath the surface muscles.

Reflexology – This technique is based on a system of points on the hands, feet and ears that correspond, or reflex, to other areas of the body. Reflexologists believe applying appropriate pressure to these points stimulates the flow of energy, thus helping to relieve pain or blockages throughout the entire body. A very pleasurable form of body work, reflexology also is used to ease stress and promote relaxation.

Stone Massage – A massage utilizing both hot and cold smooth stones usually harvested from natural rivers, springs or volcanoes. Stones are used with massage oil, often in conjunction with deep-tissue massage to provide relief from tight or sore muscles. The alternate use of hot and cold stones in a single treatment creates a hydrotherapy effect that also helps to revitalize the body and restore energy.

Swedish Massage – Generally regarded as the most common form of massage, Swedish massage involves a combination of five basic strokes (light touch, kneading, rhythmic tapping, compression & vibration) and concentrates on the muscles and connective tissues of the body for improved circulation, relaxation, pain relief, and overall health maintenance and well-being.

All of our Licensed Massage Therapists are highly skilled and adept in a wide range of techniques including the therapies listed above and many more.

Watch for more definitions in the next issue, including: Assisted Stretching, Craniosacral Therapy, Energy Techniques, Lymphatic-Drainage Massage, Myofascial Release, Neuromuscular Therapy, Polarity Therapy, Reflexology Reiki, Shiatsu, Sound/ Vibration Therapy, TMJ Release, Traeger, Trigger Point Therapy & Visceral Manipulation.

QUESTIONS AND ANSWERS

Q: *"I hear so much about inflammation these days and it seems to be the underlying cause for so many diseases. So how do I know for sure if I have inflammation in my body?"*

A: Because of the toxins that are all around us in our environment and the lifestyles we lead you can pretty much assume that you do. However, there is a simple blood test that checks your C - Reactive Protein (CPR) levels which will give you a more definitive answer. Dr. Guthrie would be happy to discuss your test results with you. Also, the next time you get a massage take notice of how your body feels after the massage. If you are sore for more than a day you may have inflammatory tendencies.



Mindfulness

By Annie Siemens

music flowing
scents
weaving in and out
feeling
all ways aware
all ways there
steady
unsteady
but always there
all ways aware

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VISCERAL MANIPULATION

By Katja Torneman, LMT, CA

Guthrie Chiropractic & Massage

"The purpose of visceral manipulation is to create, harmonize and increase proprioceptive communication in the body to enhance its internal mechanism for better health."

Jean Pierre Barral

Visceral manipulation is a manual therapy consisting of gentle specifically placed manual forces that encourage normal mobility, tone and inherent tissue motion of the viscera, their connective tissue and other areas of the body where physiologic motion has been impaired.

Motion is a sign of life itself. Everything in the universe is in motion. Everything moves in space and time and humans are no exception to this rule. Our bodies need movement to be healthy. This is the same principal that applies to every structure in our bodies including the viscera.

"For an organ to be healthy and have optimal function there needs to be a motion."

The Barral Institute

When I first learned about visceral manipulation and restoring kidney function, I tried it on my dog Thelma. After only two treatments she regained strength and mobility in her body. She was able to walk for 30 minutes instead of 3 minutes. I then applied it to my clients and had wonderful results. Not only working with kidney problems but other visceral manipulation treatments that people needed. It is a wonderful approach to the body and it has great potential to restore mobility and motility in the body. It has also helped my knee problems and now I can hike and run a lot more thanks to Visceral Manipulation.

If there is a topic you would like to see addressed in this newsletter or would like to know more about, just let us know, we would be happy to answer any questions you have. Send questions/comments to: Marie Dearing
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Or email me at receptiondesk@mydocwade.com