

# The LIGHT HOUSE

*A Beacon of Health*



NATURAL HEALTH CENTER, P.C.  
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## “Are You Getting The Right Support?”

by Dr. Janine Belitz

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Gentlemen, you can skip this article, UNLESS you want some information on the bra support the women in your life should have!

Ladies, did you know wearing the wrong bra can have many health effects, such as, neck pains, shoulder pains, back pains, pain under the breasts, bad posture,

restricted circulation, constricted breathing, muscle pain and nerve impingement?

After interning in Dr. Shawn’s office the past 6 months, I have learned many things, but the one consistent thing I have learned/seen is that 8 out of 10 women are wearing the wrong bra. More often than not, women choose a bra for the look,

not the support it gives. Wearing the wrong bra size or the wrong type of bra can cause a woman to adopt a posture that is unnatural. A bra that is too tight can reduce the mobility of the upper back and can make the function like a single muscle. Therefore, women should analyze what

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## “It’s Time To Check Your Prescription Medications” by Jim Jensen

When was the last time you reviewed your prescription medications and the list of potential side effects?

Routinely we will have patients that will

come into the office for treatment of symptoms that are side effects of the prescription medications they’re on.

Many times these same patients have gone to

their doctor complaining of symptoms that they were unaware were caused by the prescription that the same doctor prescribed to them.

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## “Are You Getting The Right Support?” (continued)

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size and type of bra they are wearing and decide if it is the correct one for them. There are 2 steps to take in choosing the bra with the best support for you.

1. **Determine your correct bra size.** My recommendation for this is to go to a store where there is a personal fitter available. Victoria’ Secret and J.C. Penney offer these services. But, if you would rather do this on your own, I recommend the website [www.afraidtoask.com](http://www.afraidtoask.com), and using their web page search engine, type in “determining correct bra and cup size”.

1. **Once you know the correct size, find a bra that offers postural support.** The support you should be looking for in a bra is one where the back support

bands apply gentle pressure on the shoulders. This also aids in preventing bad posture as people who wear “normal” bras often slump forward in an attempt to lessen the pressure. The bra should have a front fastener and the back should have criss-cross (racer-back) straps supplying the support.



Depending on the size of the bra, there are two I recommend: the “Body” by Victoria Shaping Full Coverage Racer Back Bra or the Playtex 18-hour Posture Bra. Check out the different brands, find one that feels right for your posture and start with

purchasing just one until you know for sure its worth investing further. This can be a relatively inexpensive purchase with a lot of return for your present and future health.

Speaking from personal experience, once I changed my bra, my chiropractic adjustments held longer and my left shoulder pain disappeared. And, remember, there’s no rule that says you can’t have one of the ‘Victoria’s Secret’ specials for those romantic date nights! Enjoy the shopping trip to find the best support for you!

Best of Health!

*Dr. Janine Belitz*

## “Three Easy Steps To Filing Your Claim” by Mary Demers

Although many of our patients are already aware of our policy change we would like to inform any additional patients that are unaware of this change.

**As of January 1, 2006 patients are responsible for submitting their own claims to their insur-**

**ance carrier. This process allows for patients to receive their reimbursement much faster.** Below are the three easy steps to filing:

1. **Call your insurance company to get several claim forms.**
2. **Fill out information on your claim form. All the information you need to file your**

**claim is on the super bill provided at the front desk.**

3. **Staple the super bill (statement) to the claim form and mail it to the address presented on the claim form.**

If you have any questions please call Mary @ 402.399.2020

## “It’s Time To Check Your Prescriptions and The Side Effects” (Continued)

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Often, these additional medications are used to treat or mask the side effects of the initial drug that was prescribed.

**Who’s responsibility is it to know what the side effects are?** The correct answer is both the patient and the doctor.

**We as consumers are sometimes more concerned about Miles Per Gallon, Mega pixels, and Money Back Guarantees,** then we are about potentially dangerous side effects of our prescriptions.

**Are the prescriptions I’m taking safe to take together?**

There is no real exact answer to this question. Most drug studies are done to determine the side effects and efficacy of that single drug. Although there are a number of drugs that have been determined unsafe with other types of medications there are no studies that go much beyond that.

Many of the patients we see can be on as many as 3 to 16 different medications at one time. Once we get into the higher combinations of medications do we really know what the potential dangers are?

As a good rule of thumb you should request “detailed” in-

formation on the medications your doctor is wanting to prescribe to you. You should be able to get this information from the prescribing physician or from the pharmacist. You are entitled to this information and can find it a lot of times



online at the pharmaceutical companies own website, click on the prescribing physicians link to get the full information.

**What if I’m already on more than one medication?** If you are already on more than one medication we would advise you to go to your pharmacist with the **exact list of current medications you are on and the dosage.** Ask if it is safe for you to be on these medications in combination and at the prescribed dosage. We have had cases when a patient was unknowingly prescribed incompatible drugs by different doctors that could be potentially fatal. You can see how a simple trip to the pharmacy can be of great benefit.

**What are the most common drugs prescribed?** Statisti-

cally speaking if we go by the top 12 prescribed medications of 2004, we can guess that you are on at least one of the following medication types:

- Blood pressure
- Diuretic
- Antibiotic
- Cholesterol
- Pain
- Anxiety / Depression

**What if I find that I’m suffering side effects?**

You need to immediately contact your doctor and determine the severity and danger. If needed look for an alternative.

**Is there an alternative?**

Doctors of chiropractic do not prescribe or remove patients from pharmaceutical medications. However, many of the conditions listed above may be treated naturally with very safe herbal or nutritional remedies. **You should consult with one of the doctors at the Natural Health Center to determine your options.** Many times a good nutritional supplement and some lifestyle changes can make a profound change.

Best Of Health!

*Jim Jensen,*  
*MSA Tech*

# Natural Health Center Calendar of Events March -April 2006

## MARCH 2006

Sun Closed	Mon 7:30am - 6:00 pm	Tue 9:00am - 5:00pm	Wed 7:30am - 6:00 pm	Thu 9:00am - 5:00pm	Fri 7:30am - 6:00 pm	Sat 9:00am - 12:00pm
			I All nutrition purchases 10% off	2	3	4
5	6	7	8 All nutrition purchases 10% off	9	10	II Health & Wellness Class 101 (11:00 am)
12	13	14	15 All nutrition purchases 10% off	16	17	18 Closed for Staff Training
19	20	21 Health & Wellness Class 101 (6:30 pm)	22 All nutrition purchases 10% off	23	24	25
26	27	28	29 All nutrition purchases 10% off	30	31	

## APRIL 2006

Sun Closed	Mon 7:30am - 6:00 pm	Tue 9:00am - 5:00pm	Wed 7:30am - 6:00 pm	Thu 9:00am - 5:00pm	Fri 7:30am - 6:00 pm	Sat 9:00am - 12:00pm
						I Health in 21st Century (9am-5pm)
2	3	4	5 All nutrition purchases 10% off	6	7	8
9	10	II Health & Wellness Class 101 (6:30 pm)	12 All nutrition purchases 10% off	13	14	15 Health & Wellness Class 101 (11:00 am)
16 Easter	17	18	19 All nutrition purchases 10% off	20 Dr Schmidt & Dr Belitz gone for graduate study	21	22
23	24	25	26 All nutrition purchases 10% off	27	28	29
30						

# *Natural Health Center PC presents:* **'Your Health in the 21<sup>st</sup> Century'**

**'Good Health!'** ...isn't that what everybody wants? High energy, mental clarity, full function, and absence of disease well into old age. If that's what you want, the 'Your Health in the 21<sup>st</sup> Century' one-day seminar can help.

## **What is 'Your Health in the 21<sup>st</sup> Century' ?**

'Your Health in the 21<sup>st</sup> Century' is a "therapeutic lifestyle program". It is based on extensive scientific research demonstrating that many of the chronic diseases associated with aging are largely caused by lifestyle choices.

These diseases include:

- |                           |                      |
|---------------------------|----------------------|
| *Heart Disease            | *Diabetes            |
| *High Blood Pressure      | *High Cholesterol    |
| *Stroke                   | *Metabolic Syndrome  |
| *Osteoarthritis           | *Osteoporosis        |
| *Cancer                   | *Alzheimer's Disease |
| *Stress-related disorders | *PMS                 |
| *Menopause                | *Fatigue             |
| *Obesity                  | *Chronic Pain        |

**Saturday, April 1, 2006**

**9:00a.m. to 5:00p.m.**

**Program fee \$145**

This program includes your initial body composition testing and analysis, two seminar books, a full day of educating, motivating classes, snacks and a delicious healthy lunch.

**Seating Is Limited-**

**Sign up now!!! Call 399-2020**