

January 2020

# ACTIVE Health

Medical . Chiropractic . Physical Therapy .

## *WELCOME TO 2020!*

At Active Health we are celebrating YOU, the year 2020 and the start of a new decade.

This is going to be an amazing year (our 28th!) serving North Palm Beach and its surrounding areas with effective, quality and affordable Chiropractic and Physical Therapy care. And now, with the addition of our Medical Department and new modalities and therapies, we are here to help all of our current and future patients reach their healthcare goals by providing professional healthcare and state of the art treatments.

We are truly Better Together!

We are here for you and we wish you a very Healthy, Happy and Prosperous New Year!

Dr. Marc and Jill Weinberg

[Check Out This Month's Events](#)

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### *From the Doctor's Desk By Dr. Harvey*

#### ***What supplements a day, keep the doctors away?***

People are traveling more and more and with the extra travel comes the exposure to viruses and bacteria that we may not be around regularly.

There are 2 supplements that are vital to keeping your immune system in tip-top shape. First and foremost is Vitamin D-3. This has been proven to actually reduce the chance of getting the flu (American Journal of Clinical Nutrition 2010). It is important for bone health and helps with conditions such as Osteoporosis or Osteopenia. The form is important as Vitamin D3 will absorb the best. Currently about 40% of the population is deficient in vitamin D3. In fact the darker your skin tone the less you naturally absorb Vitamin D and the more likely you are to be deficient (Cureus Journal 2018).

The second vital supplement is magnesium citrate. The capsule form is important and helps keep your immune system working efficiently. Magnesium is known as the helper molecule. It is needed for over 600 bodily functions and, interestingly, almost 90% of Americans are deficient in it. Fun fact, that is 600 processes that may be affected and not occurring properly! It has been linked to helping lower cardiovascular disease as well as hypertension. Also, it is a natural muscle relaxer and keeps the toxicity of the muscles in a normal state.

These supplements are vital to have on hand and will help keep us healthier.

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### *Patient Spotlight By Jada Introducing, Jennifer!*

Jennifer first came to Active Health because she has been dealing with chronic pain, tightness, and instability in her

neck. She has been in car accidents and has had many sports injuries.

At Active Health her treatment has consisted of seeing Dr. Sandy for chiropractic adjustments, doing home exercises, and, most recently, has been exercising on our Multi-Cervical Unit (MCU).

Coming from a sports background Jennifer was thrilled to find a therapy that would accurately "train" and build the strength in her neck muscles as the MCU does. She was elated to report that since receiving her treatment, she has "become more stable and stronger in her neck and has seen a noticeable increase in the range of motion in her neck as well."

She looks forward to continuing her treatment at Active Health and is satisfied with the progress she has made on her journey towards becoming her healthiest self.



## Curious about what the MCU does for chronic neck pain?

[Click here to schedule a consult today!](#)

### Featuring Peripheral Neuropathy... By Dr. Sandy



By definition, it is damage to or a disease affecting the nerves. It can be associated to the feet, legs, hands, and arms. The most common symptoms are burning, tingling, numbness, muscle cramps, sharp electrical pains, feelings of walking on glass or walking on clouds. It disrupts sleep and often affects a person's balance.

The most common causes are:

- } Diabetes/ pre-diabetic
- } Poor circulation (micro-circulation)
- } Toxic exposure – Chemotherapy
- } Back/neck – herniated disk, spinal stenosis
- } Post-surgical

The traditional way of treating peripheral neuropathy is medication – Neurontin, Gabapentin, Lyrica. However, taking the medications do not stop the progression of the damage. It is designed to block the brain from feeling the symptoms. Many sufferers don't like the way their brain feels while taking the medication and many don't actually find relief of their symptoms.

There is Good News!

The National Health Institute has found that **“Peripheral nerves have the ability to regenerate as long as the underlying nerve cell has NOT been killed.”** There are over 2,000 references on light and electrical therapy that help regenerate the peripheral nerves. It is possible to care for this condition without medication!

Do you or someone you know suffer from Peripheral Neuropathy? Look for a seminar in 2020 to learn how we can help you improve or eliminate your symptoms.

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