



Oak Springs Chiropractic:
A Creating Wellness
Center

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Healthy Family News

-- Secrets For Living A Healthy, Wealthy & Happy Life --

St Patrick's Day

St. Patrick's Blue, not green, was the color long-associated with St. Patrick. Green, the color most widely associated with Ireland, with Irish people, and with St. Patrick's Day in modern times, may have gained its prominence through the phrase "the wearing of the green" meaning to wear a shamrock on one's clothing. At many times in Irish history, to do so was seen as a sign of Irish nationalism or loyalty to the Roman Catholic faith. St. Patrick used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pre-Christian Irish.

The wearing of and display of shamrocks and shamrock-inspired designs have become a ubiquitous feature of the saint's holiday. The change to Ireland's association with green rather than blue probably began around 1750s.



Irish people brought Saint Patrick's Day to what is now the United States of America. The first civic and public celebration of Saint Patrick's Day took place in Boston in 1737. During this first celebration *The Charitable Irish Society of Boston* organized what was first Saint Patrick's Day Parade in the colonies on 17 March 1737. The first celebration of Saint Patrick's Day in New York City was held at the Crown and Thistle Tavern in 1756, and New York's first Saint Patrick's Day Parade was held on 17 March 1762 by Irish soldiers in the British Army.

In 1780, General George Washington, who commanded soldiers of Irish descent in the Continental Army, allowed his troops a holiday on 17 March. This event became known as The St. Patrick's Day Encampment of 1780. Today, Saint Patrick's Day is widely celebrated in America by Irish and non-Irish alike.

Some cities paint the traffic stripe of their parade routes green. Chicago dyes its river green and has done so since 1961 when sewer workers used green dye to check for discharges and got the idea to turn the river green for St. Patrick's Day. Indianapolis also dyes its main canal green. Savannah dyes its downtown city fountains green. University of Missouri Rolla – St Pat's Board Alumni paint 12 city blocks Kelly green with mops before the annual parade.

March 31st is Cesar Chavez Day

Celebrates the famous Hispanic labor leader who founded the United Farm worker's Union.

Cesar Chavez Day is a state holiday in California observed on March 31, in remembrance of Cesar Chavez's birthday, or the appropriate Monday or Friday nearest that date. The state holiday is intended to promote service to the community in honor of Chavez's life and work. All state government offices, community colleges, and libraries are closed, except for k-12 schools. Governor Arnold Schwarzenegger suspended observance of the holiday in 2004 and 2005 to save money during the aftermath of the power crisis. Chavez Day is currently a holiday in eight states: Arizona, California, Colorado, Michigan, New Mexico, Texas, Utah, and Wisconsin.



*Dear March, come in!
How glad I am!
I looked for you before.
Put down your hat-
You must have walked-
How out of breath you are!
Dear March, how are you?
And the rest?
Did you leave Nature well?
Oh, March, come right
upstairs with me,
I have so much to tell.
Emily Dickinson*

Wash Away Allergies:

Allergy sufferers should take a shower after spending any time outdoors during pollen season. Pollen can collect on your skin and hair, prolonging your exposure and allergic reaction to it.

Also: Be sure to wash your hair to remove excess pollen, so it won't fall onto your pillow. Symptoms of hay fever include sneezing, stuffy nose and itchy eyes.

Worst offenders: Trees in the spring and grasses in the summer.

Helpful: Chiropractic adjustments, and the hours between mid- and late-afternoon (when pollen levels are lowest) are the best times for outdoor activities.

*The secret of staying young
is to live honestly, eat slowly,
and lie about your age.*

Lucille Ball

Visit our Website at www.oschw.com!

Outstanding Practice Member of the Month!

Meet Isabel J.

I have loved playing sports all of my life. In November of 2005, at the age of 12, I fell really hard playing basketball and landed on my hip. It hurt so badly that I couldn't play basketball or any other sports that involved running. After a few months of waiting for it to heal, my mom and I started what turned out to be almost 3 years of consulting with many specialists to take away this pain.

Over the course of three years, I had many tests to try to determine what was causing this pain to continue. I have had many x-rays, 4 MRIs, and CT scan and some blood tests.

Most doctors thought that my problem was growth plate inflammation on my iliac crest, and treatment for that is 4-6 months of rest. But when those months passed, I was no better, so I started long sessions of physical therapy, daily exercises at home, steroid injections, acupuncture, a TENS unit, lidocaine injections, pain medications, anti-inflammatory medications, icing, Prolotherapy (Dextrose injections) electric stimulation. I also wore a Protonics device for about 6 months. I tried physical therapy at 3 separate clinics for months at a time. I have seen orthopedic and neurologic specialists and I saw three chiropractors for extended periods of time before finding Dr. Salonek.

After all of this, I was no better. There were times when it hurt to walk a single block. I was very unhappy to be missing out on sports and fun with all my friends and family for almost 3 years.

Last August I came to see Dr. Heidi and she decided that I should have some x-rays in the standing position, and it was revealed that I have a large curve in my lower spine which was putting too much tension on the nerves leading to my hip. She has been helping me to change how I eat and how I exercise. I take some supplements and she has been adjusting me for about 6 months. I started to get better after just a couple of months and now I am able to play basketball and other sports again. It is like a miracle. I can't imagine what my life would be like if we hadn't come to know Dr. Salonek.

Congratulations!!!

Thank you to everyone who referred their friends, families,
and neighbors to us last month.

As special thanks, we drew the name of one lucky person to win a bouquet of flowers
because they shared the benefits of chiropractic care with a loved one.

There is a lovely arrangement at our clinic waiting for **Heather S. of
Woodbury** to pick it up!!





The first US National Park Yellowstone National Park

Yellowstone National Park, established by the U.S. Congress as a national park on March 1, 1872, is located primarily in the U.S. state of Wyoming, though it also extends into Montana and Idaho. The park was the first of its kind, and is known for its wildlife and its many geothermal features, especially Old Faithful Geyser, one of the most popular features in the park. It has many types of ecosystems, but the subalpine forest is dominant.

Yellowstone National Park spans an area of 4,468 square miles, comprising lakes, canyons, rivers and mountain ranges. Yellowstone Lake is one of the largest high-altitude lakes in North America and is centered over the Yellowstone Caldera, the largest super volcano on the continent. The caldera is considered an active volcano; it has erupted with tremendous force several times in the last two million years.

Half of the world's geothermal features are in Yellowstone, fueled by this ongoing volcanism. Lava flows and rocks from volcanic eruptions cover most of the land area of Yellowstone. The park is the centerpiece of the Greater Yellowstone Ecosystem, the largest remaining, nearly-intact ecosystem in the Earth's northern temperate zone.

Mothering Sunday

Britain's version of **Mother's Day** and has been celebrated in Britain on the fourth Sunday in Lent since at least the 16th century. **Mothering Sunday** did not begin as a celebration of motherhood, but a synonym of **Laetare Sunday** in the Christian liturgical calendar. During the sixteenth century, people returned to their "mother church" for a service to be held on the fourth Sunday of Lent.

This was either a large local church, or more often the nearest Cathedral. Anyone who did this was commonly said to have gone "a-mothering", although whether this preceded the term Mothering Sunday is unclear. It was often the only time that whole families could gather together, if prevented by conflicting working hours.

March Birthday Hall of Fame: Dr. Seuss

Dr. Seuss, 1904, Theodor Seuss Geisel (March 2, 1904- September 24, 1991) was an iconic and beloved American writer and cartoonist, better known by his pen name, Dr. Seuss. He published over 60 children's books, which were often characterized by his imaginative characters, rhymes and frequent use of trisyllabic meter.



His most notable books include the bestselling classics *Green Eggs and Ham*, *The Cat in the Hat*, and *One Fish Two Fish Red Fish Blue Fish*. Numerous adaptations of his work have been created, including eleven television specials, three feature films and a Broadway musical.

Geisel also worked as an illustrator for advertising campaigns, most notably for Flit and Standard Oil, and as a political cartoonist for PM, a New York magazine. During World War II, he joined the Army to work in an animation department of the Air Force, where he wrote *Design for Death*, a film that later won the 1947 Academy Award for Documentary Feature.

*The very existence of flame-throwers proves that some time,
somewhere, someone said to themselves,
"You know, I want to set those people over there on fire,
but I'm just not close enough to get the job done."*

George Carlin

Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful Practice Members and friends who graciously referred us to their friends and neighbors last month! Our practice runs on the positive comments and referrals from people just like you! *We couldn't do it without you!*

A special thanks to all these fine folks who referred us...

Nora I., Heather S., Mary M.

CHIROPRACTIC WORKS!

Yes, chiropractic works and changes lives! Continue the new year right... by optimizing your health through chiropractic care. Call 651.739.2500 for your next appointment!

Good Health Isn't Just Good Luck

Join us through out March as we celebrate our patient's good health and bring some green to your lives.

March 16th thru March 20th

We are celebrating St. Patrick's Day and Going Green.

During March receive a Nerve Function Analysis Scan with a \$17 donation which will be given to local food shelves.

Help us "Go Green" as we transition to e-newsletters and make other green changes throughout the clinic.



Are you "tuned" in?

Continue watching your email inbox for the introduction of Dr. Heidi & Dr. Ben's iTunes HealthNews podcasts. Get all the HealthNews you need to take charge of your life and take it with you on the go!

Click on the picture below to listen to the latest HealthNews podcast.



www.ssmetana.healthnewspodcast.info/

Clinic Calendar

Dr. Heidi's Maternity Leave Hours:

Dr. Heidi is scheduled to be out
April 6th- April 17th.

When she returns, her hours will be as follows:

Monday – 8:00-10:00 AM & 4:00-6:00 PM

Tuesday – Out of the Office

Wednesday – 4:00- 6:00 PM

Thursday- 8:00-10:00 AM & 4:00-6:00 PM

Friday 8:30- 10:30 AM

Dr. Ben will be available during normal clinic hours for the 2 weeks that Dr. Heidi is out to ensure that you stay current on your recommended care program.

Earth Day: March 21

The official Earth Day is 3/21 – always falling on the Spring Equinox. Earth Day is one of two observances, both held annually during spring in the northern hemisphere, and autumn in the southern hemisphere. These are intended to inspire awareness of and appreciation for the Earth's environment.

The UN celebrates an Earth Day each year on the March equinox, a tradition which was founded by peace activist John McConnell in 1969. A second Earth Day, which was founded by U.S. Senator Gaylord Nelson as an environmental teach-in in 1970, is celebrated in many countries each year on April 22.

Fun Facts about Earth Day:

- Earth Day Networks estimates that 500 million people from 4,500 organizations in 180 countries will participate in Earth Day events during the month of April.
- Earth Day is big with schools. On many school calendars, it is the third most activity-inspiring holiday, after Christmas and Halloween.
- Companies have even gotten into Earth Day. Last year, office supply stores Staples introduced office paper made entirely without new trees.
- As part of the celebration, some communities make Earth Day a "Car-Free Day".