

THE AZNAR ARTICLES

A Quarterly Publication from the Desk of Dr. Aznar

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John G. Aznar, D.C., 594 East 800 South Suite A, Orem, UT 84097

801-221-7012



DOCTOR'S CORNER: As I stood on the edge of a drop-off on a mountain trail scouting a good spot for a picture, I turned in time to watch my little 8 year-old completely biff it off his bike, face first into the dirt and gravel of the trail.

Early that morning, we had embarked on what I hoped would be an epic father-sons adventure. My original intention was to let my 12 year old son get his "feet wet" on a mountain bike by trail biking next to me as I jogged on a mountain trail. But as soon as my 8 year old heard we were going, he pleaded to go too. I was a little worried about the little guy because his bike wasn't really a mountain bike, meaning it had no suspension and smooth tires. Knowing it would have to be a fun experience or neither would ever want to bike again, I was a little worried about crashes. However, figuring I could walk the bikes through any technical parts, I decided to risk it, leashed the dog and the four of us took off.

As we climbed the first big hill, two miles into the run/bike, I felt pretty confident that the little guy's bike would be just fine. At the top of the hill, before a couple of short downhills, I went over proper braking and proper falling, if necessary. Both boys had helmets on, but virtually no off road experience. The two down hills passed by with some extreme caution on the older one's part, but the little guy sailed through with whoops and hollers. The next few miles went by slowly with some serious climbing while pushing the bikes. By the time we got to the top and were able to ride/run on flat ground, we were all pretty tired. I didn't realize it then, but the combination of fatigue, overconfidence and slick tires were to be the undoing of the little guy's great experience.

Eight miles into the ten-mile run/bike, we were finally at the top of what was to be the last descent to get back home; one mile of steep downhill on dirt and gravel and another on pavement. We stopped to get this picture and it was in that process



that my little guy hit his brakes, slid, turned too hard and went down. He was tired, hungry, scared and now hurting. He howled in fear and pain. As I dusted him off, I saw that the worst of the damage was a few scrapes and bruises mixed with dirt from forehead to ankles. I'll never forget the cute tear trails left on his face in all the dust! Knowing he was okay, I encouraged him to continue the ride until I realized that I had grossly overestimated his bike's ability to handle the slick dust and gravel while going downhill. Each time he braked, the bike would dangerously begin to fish-tail. So, instead of a thrilling downhill run and ride, we

slowly walked his bike down the steep descent and 3 hours after we started, I waved the white flag, put a call into mom, and she picked us all up at the bottom of the hill. We were all physically exhausted, emotionally drained, and one of us may still have a small dose of PTSD ☹️.

Thinking on this experience, I realize that not being prepared wasn't our problem. It was my overestimating the bike's handling for the conditions. And as we discovered, overestimating one's ability in certain circumstances can be downright dangerous. It reminds me of when a 60 year old man came to my office with the symptoms of a herniated lumbar disc with sciatic pain. He reportedly had struggled with sciatic pain on and off for years. This particular episode was a nasty one, with pain shooting down into his calf and foot. I found out that part of his self-care routine was using heat. He loved using his heating pad. As many of you now know because we have had this discussion, heating an inflamed part of your back can be very bad. A symptomatic disc herniation in my field is known as a "hot disc", meaning inflammation and swelling. We want to ice that area to reduce those two things. This gentleman began to improve as soon as he switched to ice. After a couple of weeks of adjustments, he was feeling better, but not all the way. He decided to return to his preferred method of heat, but this time soaked in a very hot bath. He soaked for at least an hour. When he tried to get out of the tub, he was shocked with massive back and leg pain. It was so bad that he had to call a neighbor to help him get out. The neighbor took him to the ER where he was referred to a neurosurgeon and ended up with a lumbar fusion surgery. I still wonder to this day if I could have saved him from that surgery. He was doing so well prior to the bath incident! I'll never know.

Overestimating your ability can be manifest in a variety of ways. For example pushing your body to extremes like: how long can you go with too little sleep? How long with the pain of poor posture at the computer? How long can you tolerate the pain building in your back while sitting? How many days can you handle the headache? Pain is your body's way of alerting you to a problem. Tolerating it for too long is the equivalent of challenging your body to a chicken fight. Which will give out first, your will or your body? That's okay if you are in an endurance race and you've been preparing for months. It is definitely not okay when it is your average daily experience. Please come see me if you struggle with such things. It's my job to help you recover from those and prepare you to deal with them in the future. Learn from my experience and don't end up like my little guy, covered with dirt, abrasions, bruises and tears (metaphorically speaking of course ☐). -Dr. A

DIET GEM: Early Dinner? My dad's side of the family always had dinner late in the evening, 9 PM or so. My mom's side about 6 PM. Since becoming a doctor, I've paid particular interest in research to see if one is better than the other for good health. In a recent pilot study involving eleven adults, researchers observed that when participants ate their dinner earlier in the afternoon and did not eat again until the next morning, their bodies were better able to burn fat for energy and they had lower levels of the hormone ghrelin, which stimulates appetite which may help people eat less. *Obesity, July 2019* Just FYI- Dr. A

CHIROPRACTIC: Here is a cool article on how getting adjusted, described as "oscillatory mobilization therapy", compares to stretching therapy for neck pain. "Cervical radiculopathy is a relatively common disorder that compels patients to seek chiropractic care. In this study, researchers compared the effects of two forms of mobilization therapy (oscillatory vs. sustained stretch) on 46 cervical radiculopathy patients and found that both were effective at improving pain, range of motion, and disability. However, the patients in the oscillatory mobilization group experienced greater improvements with respect to functional ability and range of motion. *Journal of Back and Musculoskeletal Rehabilitation, May 2019.*" The moral of this story is the adjustments provide greater help with function and range of motion than stretching alone. Those of you who have been with me for a while know that I prescribe both: Heavens knows those of us with stiffneckedness need all the help we can get. 😊 -Dr. A

Patient Spotlight

Beth Snider of Pleasant Grove

I came to see Dr. Aznar because my hips were bothering me. They constantly ached. Dr. Aznar was able to fix them pretty quickly. After that my neck began giving me trouble. He listened very intently to what I had to say and wrote everything down. Only then did he start working on my neck. I always feel better after seeing Dr. Aznar, and I love how much he cares about me.

I love coming to Dr. Aznar's office because every one knows my name. The (the staff) ask about my life and I feel as if we're family. Dr. Aznar is also very good with answering any and all of my questions. I never feel rushed during my appointments.

It did take a few weeks to improve both my hips and neck. In the beginning I came in twice a week, but now it's only when I need it. I keep up with the exercises that Dr. Aznar showed me how to do at home and they make a difference.

I'm originally from Orem. I went to high school in Dallas, Texas but returned to continue my education and have never left again. We've been married for almost 16 years and have three children, Lindsay (14), Logan(12), and Ryan(8). We've lived in Pleasant Grove for nearly ten years. I have three cats; Toby, Phoebe, and Charlie. I stay home and try to keep our world organized. I love to cross-stitch! I also enjoy movies, hiking, being with family and trying new things.

I love baseball, too! Dodgers all the way!



Dr. Aznar's Chimichurri Sauce

This is a delicious dipping sauce that pairs extremely well with steak and chicken. It is also delicious spread on warm sourdough bread. It is simple and can take your weekend bbq to a whole new level!

1/4-1/2 small sweet onion

1/2 jalapeno (de-seeded if you don't like it too spicy)

3-4 garlic cloves

1/4 cup rice or red wine vinegar

1/4 cup fresh lemon juice

1 tsp salt

1 bunch of cilantro, stems trimmed (parsley can be substituted or half and half)

1 tsp of dried oregano or 2 T of fresh oregano leaves

3/4 C olive oil

I combine all ingredients into a blender and zip until thoroughly mixed. You can also fine dice all the ingredients for a more course texture. I often double the recipe because it goes so quickly in my family of 6. Serve in a bowl for dipping! (PS. This is also a delicious marinade for all cuts of meat.)

Welcome New Patients:

Megan A. Katie G. Luciana M. Elena E. Janalee C. Kayleen O. Muriel F. Brenda B. Ward C. Adam M. Michael B. Barbara T. Amy B. Hayden W. Trevor C. Erin H. Katy J. Kathy B. Sarah A. Mary G. Tonya W. Leslie J. Ryan M. Miguel S. Brooklyn C. Adam H. Sevilla P. Matt C. Linda C. Melinda S. Heidi A. Arianna T. Maria B. Rachel T. Thomas K. Preston B. Peter M. Lydia M. Dell R. Sam H. Gabriel B. Caleb U. Shiloh S. Cheyenne H. Sarah C. Lynnae V.

Thank You For the Referrals !

Todd S. Leslie M. Tatiana M. Ruth E. Russ P. Kari O. Melissa G. Jereme M. Neldon M. Jeann B. Ann S. Dale H. Jean W. Rebecca P. Josh J. Mike A. Denine S. Amanda B. Aller Family Janie M. Miguel S. Cori C. Barb H. Carolyn H. Meghan P. Bryce T. Kristi A. Abbie B. Luciana M. Kara M. Helen R. McKenzie C. Katie B. Haman o. Sam H. Jacob C. Chad V.

Gift Certificate

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