

12919 Stroh Ranch Court #B
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Monday & Wednesday 9-1;3-6
Closed Tuesday
Thursday 3-6 & Friday 9-1



Derry Chiropractic

Texting and Chiropractic

The need for chiropractic care has significantly increased with advances in technology, and the reality that the public at large is constantly “connected”. Over the last couple of years I’ve noticed more and more young people coming to my office with similar complaints. They all had neck pain, headaches, shoulder pain, or numbness and tingling into the upper extremity. The history reported to me was one of constant looking down during school and while texting. Most of them reporting that texting was the primary mode of communication. One report showed that young people from ages 8-18 years of age spend in excess of 7 hours a day using some form of mobile media. As a result, the curvature of the neck begins to reverse, creating degenerative changes to occur much too early. The major issue that can result from this improper posture is the flattening or reversal of the normal neck curve, resulting in disc compression, damage and early degeneration. So what can you do? Spend less time on your mobile devices and when possible don’t look down to use them, hold them at eye level. Make sure you are stretching the neck and the chest to offset the tightness that is occurring from poor posture. Exercise at least 30 minutes a day, this will increase flexibility and strength. Getting regular adjustments will also help by reducing the strain on the spine.

Recipe of the Month

Chocolate, Chocolate Chip Ice Cream

- 1 can Coconut Cream or coconut milk (I prefer Thai Kitchen)
- 1 ripe avocado
- 3 large medjool dates pits removed
- 3 Tbsp. honey or sweetener of your choice
- 1/4 cup unsweetened cocoa powder
- 1 cup chocolate chips

Place all a blender, Vitamix if you have one, and blend until all combined and smooth.

Pour into large bowl and hand mix in ½ to 1 cup of chocolate chips. Let set in the refrigerator for about 4 hours. Place in ice cream maker.

Variations: You can omit the cocoa powder and add 1 Tbsp. of vanilla. You can also make this without the chocolate chips and add nuts instead. The nuts should be added at the end cycle of the ice cream maker.

Vitamin D

Vitamin D plays an essential role in many aspects of our health such as bone health, heart health, reducing our risk of cancer and type 2 diabetes and preventing chronic disease. The best way to get Vitamin D is through sun exposure, though this is not feasible during some months of the year. The most accurate way to dose this vitamin is to get your blood work done. If this is not an option, using the formula below works great. It is recommended that Vitamin D be taken daily dosing at 35 IU per pound of body weight. For the 150 pound person that would be 5,250 IU’s per day. One of the better forms of Vitamin D is a liquid form as it is more easily absorbed. We do carry a liquid form at our office for your convenience.

Thank you to those who referred in patients this month!
Candace L., Heidi B., Dorothea C., Kim S., Jason M., Lee B.,
Valerie H., Dawn C., Anna C., Amy H., Sheryl V., Steve A.