

HEALTH & FITNESS

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Local chiropractor discovers niche

BY BARR PEST TEMPLETON
SPECIAL WRITER

He's young, dynamic, full of enthusiasm and eager to make you feel better. What more could you ask from a doctor these days what with a health care system that makes many patients pick their physicians from a small handbook?

Dr. Shelby Glazer, 27, a chiropractor, recently opened his own private practice in Southfield. A Michigan native, Glazer graduated from West Bloomfield High and attended Michigan State University and the University of Texas before graduating in 1993.

"I knew I wanted to be some kind of a doctor and when I left Michigan for Texas I was considering medical schools," said Glazer, who had a close friend already in practice as a chiropractor. "I used to hang out at his office all the time and it was such a happy place. People were there because they wanted to be there."

The experience helped Glazer decide to attend Life University in Chicago where he earned his degree in Chiropractic Medicine. After a short stint as a partner in an office in Farmington, Glazer was ready to move to his own digs last April. Sharing his skills and knowledge with patients has proved extremely rewarding.

In four months we're seeing 90 patients a week and most come in by word of mouth," smiled Glazer, whose easy manner seems to attract even the most initially skeptical patient.

"People are still not familiar with chiropractors even though they've been around since the 1800s," Glazer said. "We've always been taught that if you don't feel good you have to go to the doctor. We base our health on how we feel, but you don't always know if something's going wrong."

Early signs and symptoms of some serious illness can be back or neck pain because the nervous system controls everything. The spinal cord is that connection between the brain and the rest of the body. It's also important for patients to realize that because the spine core is encased in 24 vertebrae that are freely moveable, spinal nerves in that vertebra can become misaligned.

"Actually only nine percent of your spine has pain," Glazer said. "Ninety-one percent has nothing to do with pain." Glazer explains that he looks at the spine as a structure or building and if there are misalignments the spine will adjust to compensate for them but after time that can be detrimental.

Glazer doesn't charge patients for consultations or exams. When they first visit his office he spends a lot of time talking to them about their situation before doing a range of motion X-ray.

"I can recognize the early signs where the body is breaking down," he said. "If the patient has occasional lower or mid-back pain I show them an X-ray of it and explain that it can be stopped and reversed at that time. If it's a chronic problem, I tell them we have to look at what they're doing everyday."

Having to address the fears and skepticism of some patients who aren't eager



STAFF PHOTO BY LAWRENCE H. SMITH

Budding back business: West Bloomfield native Shelby Glazer's new Southfield chiropractic practice now sees 90 patients a week.

"The spine will do whatever it takes to keep the top and the tail in place but you still need to relieve the pressure on those nerves," he said. "Unfortunately people walk into my office all the time like that. I'll offer to treat them for two to six months to stabilize their situation so they can avoid surgery."

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to have such adjustments made is a regular part of Glazer's day. He has no problem discussing such concerns.

"Many people have issues about chiropractors - they think it's quackery," said Glazer. "Well, you have to be able to handle those issues and resolve them. Listening is a big thing."

And you it can be frustrating because more times than not people come back with a problem that could have been corrected earlier because most say "I want to talk to my medical doctor first," added Glazer.

The medical doctor will often prescribe anti-inflammatory or pain killers and ice heat. Glazer prefers to treat the whole person, not just the back ache.

"I don't treat diseases or any specific type of condition, I just treat the entire person," Glazer said, "and I'm not a threat to them (medical doctors) or even in competition with them; it's all to benefit the patients."

A desire to share his philosophy and skill with the public prompted Glazer to start "Back to Health Management." The company allows the doctor to take his expertise on the road where he offers spinal screenings at area health fairs.

Currently he makes weekly visits to the Birmingham YMCA and via his company establishes health fairs, requests for area businesses, schools and community groups.

"In this country (people) are over-prescribed and over-medicated, and there are too many surgical procedures," Glazer said. "I feel I'm doing people a disservice if I don't tell them there is an alternative. And people also have to remember not to rely on a doctor to keep them healthy. You are the only one that can keep you healthy."

To contact Glazer call (248) 203-1970.

Don't let the flu season get you down

It's the season to be sneezy! I know it's hard to believe that amidst running around doing your holiday shopping, going to parties, cooking, organizing, and decorating, you do actually have time to catch a cold. But it's true! It's peak season for cold and flu.

If you simply don't have the time to be set back by coughing, runny nose, sneezing, nausea or fever, you'd better make time for yourself. You can dramatically decrease chances of getting a cold or the flu if you care for yourself.

And I don't mean following the basics like getting plenty of rest, washing your hands regularly and avoiding people who are sick. I mean getting proper nutrition.

Keeping your immune system in tip-top shape is important when it comes to fighting illness. The immune system only functions well when it is properly supplied with vitamins, minerals, protein, carbohydrates and even fats.

Proper nutrition can ward off illness by strengthening the body's immune system and relieving the symptoms of a cold. If you are already sick, getting the proper nutrients will help speed up your recovery from illness.

For example, protein is important for proper immune function. Some recommend eating .36 grams of protein per pound of body weight every day. I advise that you get protein from low-fat sources such as legumes, extra-lean meats, or low-fat or fat-free dairy products.

During cold season, it's time to load up on vitamin C and zinc because these tend to lessen the severity and duration of a cold. You don't have to take a pill to satisfy your body's needs for these nutrients. There are plenty of health foods to get them in your diet.

Vitamin C can be found in:

- Citrus fruits
- Broccoli
- Green peppers
- Papayas
- Strawberries

Look for zinc in:

- Brewer's yeast
- Liver
- Seafood
- Soybeans
- Spinach
- Mushrooms
- Sunflower seeds

Believe it or not, another cold reducer rests in a clove of garlic. As soon as you start to feel cold symptoms coming on, eat two cloves of raw garlic. Garlic has powerful antibiotic influences and you can eat it however you like.

Cut the cloves into smaller pieces and swallow them like pills - or if you like garlic like I do - finely chop them up and spread them over bread.

Even mom's old chicken-soup remedy has merit. Researchers have found that eating hot soup helps improve the flow of nasal mucus better than drinking cold water. Plain hot water doesn't work quite as well because you're missing out on the broth of the vegetables used in chicken soup (parsnips, turnips, onions and carrots) which has been found to boost immunity.

I always try to eat a well-balanced and varied diet to ensure an adequate intake of immune-boosting vitamins and minerals. Proper nutrition before and during an illness gives your body the ammunition it needs to fight and prevent illness.

In some cases, however, it may be wise to skip meals when you're sick. If you have a fever and have lost your appetite, these are ways the body is alerting you to back off. In this instance, the body is storing the important nutrients in order to keep them away from the bacteria that need to feed on them.

When a fever is accompanied by heavy perspiration, be sure to drink at least eight glasses of water daily to prevent dehydration. Switch to juices once the fever breaks.

On the other side of the coin, it is essential for you to eat when you can't seem to keep food down. Our bodies need the fluids, sodium and potassium that are lost during vomiting or diarrhea, so eat your three square meals a day filled with lots of vitamins and minerals and get going. Enjoy this magical season in good health. Who has time for the flu?

I read every one of your letters and I love your comments. Please keep writing to me with any questions, inspirational stories or suggestions for upcoming articles to talk to the Mirror. Write: Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills MI, 48334-2974 or fax: (248) 553-7106.

Answer all your questions before starting a new exercise program

EXERCISING OPTIONS



MYRNA PARRISH

Question: I have a few fitness questions to ask. I want to start an exercise program. I am a 42-year-old woman who never exercises. Should I see a doctor before starting this program? Should I work out during my period? Is there anything special I should do or avoid at that time of the month? How many times a week should I exercise just to stay feeling good?



MYRNA PARRISH

Answer: In regards to your first question about seeing a doctor before starting an exercise program, the answer is absolutely!

It has been suggested that all people, especially age 35 and over, should visit

their doctor for a routine check-up each year. This is because from the mid-30s on, physiological problems such as the incidence of hypertension, heart disease and complications from smoking begin to take their toll.

I believe in this theory. When you make your annual visit to the doctor, check for cardiovascular fitness. A routine electrocardiogram (EKG) is very helpful in determining your fitness level. Assuming you are healthy, knowing your fitness level before starting an exercise program is very helpful. Ask your doctor to explain about your cardio fitness.

As I mentioned in one recent column, our cardiovascular system's endurance is defined as the heart's capacity to deliver blood to our working muscles.

The term "cardiovascular fitness" is a simple measure of our cardiac capacity. One of the important elements of total

fitness is the measurement of the ability of your heart and blood vessels to carry oxygen to your muscles.

A fit person's lungs, blood vessels and muscles work much more efficiently and easily during exercise than do those of an unfit person.

If you plan to attend an exercise program in a reputable studio or club, make sure to talk to the teacher and know exactly what you are getting into and to what degree is the intensity level of the class.

I highly recommend a good beginner-level exercise class. If it's weights you want, be very careful not to work with too heavy a weight. We have a nice, framed sign in our studio that says: "We recommend you visit a doctor before starting an exercise program here."

The answer to your next question is of course - if you feel all right. In fact, if you are the type to experience cramps,

working out will help the cramps go away. I believe you should keep your life as normal as possible during menstruation. We women should not become victims of our monthly cycle. I hear many women complain of PMS and exercise has been proven to help.

Your last question regarding how many times a week one should exercise to feel good is common. My question to you is: What is feeling good?

Exercising three times a week is possible for a person starting a program. Four times a week is even better for cardiovascular fitness, weight control, balancing fat, etc. Some people feel the need to exercise five to six times a week. It is like a fix; we get our healthy high and feel good all the time.

(Myrna Parrish is co-owner of The Workout Co. in Bloomfield Hills. Send questions or comments for Myrna to: 805 E. Maple, Birmingham MI, 48009.)

Healthy Living spotlights Oakland County-related health and medical news and information. To submit information, write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009. Or fax: (248) 644-1314.

■ HEADACHE SUPPORT
In cooperation with Providence Hospital in Southfield, the National Headache Foundation holds a free monthly support group, from 7 to 8:30 p.m. the second Tuesday of each month at the Providence Medical Center, 30055 Northwestern Highway at Inkster Road, in Farmington Hills. For information, call (248) 647-0614.

■ ATTENTION DEFICIT
Children and Adults With Attention Deficit Disorders of eastern Oakland County regularly holds drop-in, support group meetings for adults who have been or are in the process of being evaluated for the

disorder. Meetings occur from 7:30 to 9 p.m. on select Thursdays at the Quanton Elementary School library, on the corner of Chesterfield and Oak in Birmingham. Register at 7 p.m. For additional information, call (248) 682-8185.

■ PEDIATRIC DONATION
Television talk show personality Rosie O'Donnell selected William Beaumont Hospital in Royal Oak among one of only 10 hospitals nationwide to receive a \$10,000 donation and an assortment of toys from toy manufacturer Fisher-Price Inc. O'Donnell, who is closely affiliated with children's charitable organizations, teamed up with Fisher-Price in a campaign to introduce the company's newly redesigned "Little People" figurines through an outreach program targeted at moms and kids and an effort to benefit children's hospitals. Beaumont will use the funds to enhance children's services

HEALTHY LIVING



and the play sets will be available in the pediatric playroom.

■ HOME SAFETY
Oakland County residents are reminded that malfunctioning oil or gas heating systems that fail to ventilate homes properly can produce carbon monoxide, a colorless, odorless and extremely dangerous gas. The result is venting of toxic gases in the home can cause injury or death. Because CO poisoning can mimic the flu, causing headache, nausea, and fatigue, it is often ignored until it's too late. The National Safety Council recommends having your chimney periodi-

cally cleaned to remove creosote, the highly combustible residue that adheres to the inner walls of the chimney.

■ SMART EATING
Gale Center of Botsford General Hospital's Health Department Network in Farmington Hills offers the following strategies to maintain control of your appetite during the holidays and year-round.

Don't eat from the table, but do eat high-fat or high-calorie items sparingly. Train yourself to eat when you're hungry, not just when you're bored or nervous. Eat without distractions and in a calm environment. Don't let the television or the car. Eat only until you're satisfied. And enjoy your eating experience. Eating food should be a pleasure, not a punishment.

■ WINTER FITNESS
Unlike their boomer parents, children nowadays have a lot of indoor pursuits like television, computers and video

games to keep them occupied. But it's important that parents encourage their children to get involved in physical activities they can enjoy all year round. Even non-athletic kids can reap the numerous physical and psychological benefits of fitness with a little parental encouragement.

"Getting kids started when they're young can be as simple as creating regular family outings that are exciting and fun," said Ed Pienkos, an exercise physiologist at Botsford's Total Rehabilitation and Athletic Conditioning Center in Novi. "Kids need to apply and hone motor skills. Maybe for yours, ice skating, cross-country skiing, hiking or swimming during the winter months may be just the ticket. As they fine-tune their abilities in a particular set of activities, they'll be developing hand-eye coordination, balance, muscle conditioning and an overall sense of well-being."