



# The Wellness Newsletter

For the benefit of our patients at Desert Rose Chiropractic and Light Chiropractic

Summer 2013 Dr. Rick Boatright



**June**



**July**



**August**

**Desert Rose Chiropractic and Light Chiropractic**

## An Update from Dr. Boatright

**Intention Makes Things Happen!**

So we start with an idea. Then we *build* it with our intention.

A little over a year ago we decided we wanted to have warmer, snow-free winters. We bought Desert Rose in Phoenix. It has been going great guns ever since!

We decided we wanted to promote our work with horses too. Kaboom! Our equine practice has exploded!

We wanted to be sure that we could continue serving our loyal friends in Show Low as well. So we built an office onto our home. Our Show Low business is so strong we need to shift to an extra half day in Show Low during the summer while it's really hot in Phoenix.

In fact, our intentions in establishing and growing our practice have been so successful that our "semi-retirement" has morphed into 7 days per week, sometimes

12 hours a day!

Intention is what converts our ideas and desires from abstract mental workings into outer, external reality.



**Ideas coupled with intention can accomplish the nearly impossible!**

In fact, it can be so powerful that our creations can run away with us.

But you can use intention for some really important things in life. One of the most important aspects of life is our health.

It's hard to work ... hard to play ... if we have health challenges. Life can become a drudge when we don't feel right or if we're in constant pain. We can get irritable with those we love the most when we're in bad health.

That's why you hear me saying,

"Life's too important to live it in pain!"

And so it is.

There is a powerful tool that everybody can use to make their lives better! You can work with more energy and excitement. You can play with all your heart. You can be in a better mood, more of the time, if you can just feel good—be healthy!

Nerves run every function in your body. Maximize nerve function, maximize organ function, maximize your health. **CHIROPRACTIC** maximizes the function of all the nerves in your body. BE healthy & feel good!

Intend to do that. Keep that intention foremost in your mind. Make it a priority in your life rather than something you just fit in where it's "convenient."

Because without your health, truly, nothing is convenient. Live your life, gloriously, with your full intention!

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# Arthritis and the Thumb

## Thumb Pain?

### Short-Term Pain Strategies Contribute to Lifelong Arthritis!

Every time you try to button your coat, pick up a cup of coffee or try to tie your shoes it stabs you again. It's amazing how easily you can forget it. You find yourself jerking back your hand and grimacing in pain every time that nasty, sharp, little pain pokes you again. You never realize how often you use your thumb to do things until you have a thumb joint that hurts like mad every time you bump it or try to put any pressure on it.

Sometimes it swells up, gets sore and red. Sometimes it even hurts to bend or turn your wrist. You've read about it on the internet and Web MD. Maybe you've talked about it with your doctor. Maybe you've worn braces, used pain creams or eaten aspirins several times a day. Maybe your doctor has even given you injections. But it still hurts. Maybe not as much, but doggone it ... it still hurts!

Your family and friends have told you that it's arthritis. You didn't want to believe them so you went to the doctor and he or she verified it ... it IS

"arthritis." So now what? What do you do? You only have one set of thumbs and they're going to have to last you a lifetime!

The most important thing you could do at this point is to fully understand one simple, indisputable fact! Arthritis is NOT a disease. It never has been and it never will be. EVER!



"Arthritis" is a Latin term made of two root words, "arthro..." which is a term that refers to joints; and "...itis" which is a Latin term indicating that something is irritated, inflamed or sore. That's it!

### So here's the deal.

You go to the doctor and you say, "My thumb is sore." The doctor looks at it. He sees that it's red, moves it around and watches you flinch. Then he pronounces what you already knew: you have a sore thumb. Except the doctor doesn't say it in English like you did. The doc says it in Latin, "You have

"arthritis." But here comes the really scary part.

Your doctor ... like you and your friends ... believe that "arthritis" is a disease that somehow attacks your thumb and makes it sore. The fact that you have arthritis is NOT evidence of WHY your thumb is sore. The fact that your joint is sore IS the arthritis itself! Arthritis doesn't CAUSE sore joints, it IS the soreness!

Well, you wonder, if the arthritis isn't causing the soreness, then what is? And this is the most crucial question you could possibly ask.

By far, the most common cause of arthritis (joint pain), according to the medical literature, is excess wear. It results in what medicine calls "osteoarthritis." Long-term osteoarthritis is characterized diagnostically by pain in the joint, deteriorating cartilage in the joint space and the formation of bone spurs at the joint surfaces. But it's not deterioration in the joint that's **causing** the joint pain. Rather, it's that the process causing the deterioration in the joint is also responsible for causing the pain.

So the next important question has to

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## Helping Doggies Walk Again!

Recently, a lady brought in her little dog. The vet had determined that he had spinal problems hindering his ability to walk. So the vet prescribed a wagon to attach to his hind

end. The only other alternative offered was euthanasia.

The owner brought him to us instead.

He was doing better immediately after his first adjustment and I think she's going to sell the wagon!

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be, What could cause all that excess wear? There's plenty of research to tell us. When a joint is misaligned, it accelerates the rate of wear up to seven times the normal rate! THAT can cause the characteristic degeneration ... BIG TIME!

### Your challenge:

You get some pain in the thumb joint. The creams, braces and aspirins may offer some degree of **temporary** relief, but not complete relief. Over time, when the pain reappears, it lasts longer and it's more severe. That's because you're treating the *symptom* rather than the *true problem*. It's like having an arrow in your back, going to the doc and getting pain pills, but walking out of the door with **the arrow still poking through your flesh!**

If the excess wear is causing the accelerated degeneration of the joint and also causing the pain (arthritis), the logical therapeutic solution is to stop the *excess wear*. Since the most common cause of excess wear is a misalignment in the joint, the most logical therapy is to realign the joint!

### You can do that!

It's pretty easy. If it's a relatively

new condition, it will take a relatively short time to correct. If it's been there for a long time, it will take longer to retrain those tendons, muscles and ligaments surrounding the joints but it



can be done.

The experts who've been realigning joints with unparalleled precision for 118 years are doctors of chiropractic. Most have focused their attention on backs and necks. Certain groups of chiropractors include "extremity" work in their regular practices ... they adjust the alignment in the limbs.

A few groups work extensively with extremities ... groups like those who are certified in the Impulse technique and particularly those who are Ad-

vanced Proficiency Rated in the Activator technique. Some of these doctors who've mastered these techniques can identify tiny but hugely significant misalignments in joints like the **thumb**.

### In my practice I correct these every day!

I have very good success with them. Obviously if they've been deteriorating for so many years that the bones are grossly misshapen, I'll have some limits. But invariably, I've always been able to make improvements, especially when we reinforce the adjustments with laser therapy. In most cases, we've been able to give these sufferers their normal lives back. If you're having frequent thumb pain, I'd love to try to put your case in that category too.

Don't suffer any longer! You don't have to! Stop chasing temporary symptom relief only to allow the misalignment and degeneration ... the real problem ... to increase over the years without ever truly conquering the pain. If you or somebody you care about has chronic thumb pain, come and see me! Life's too long to live it in pain!

**(602) 264-6300** in Phoenix

**(928) 537-7355** in Show Low



### Saving Horses' Lives

This gorgeous part-Friesian beauty was hit by a car. The vet did a very nice job sewing her up and checking her for internal injuries. But there were still problems.

After a few adjustments, we're happy to report that her owner is gliding along on her back again as smoothly as silk!

For about 10% of the horses we

see, the owners have been told to put them down. So chiropractic has literally saved their lives.

We work on everything from the giant draft horses to the smallest miniature horses, everywhere from the White Mountains to South of Phoenix and locations in between.

If your horse isn't acting just right, give us a call at

**(928) 243-5665.**

## Summer Survival Tips



Linda and I love Mexico. One of their customs is particularly important to our health. Siesta - a time right after lunch when they

suspend work and take it easy for the early afternoon.

With our Arizona summers, it's vital to think this way ourselves, particularly if working means spending time outdoors. Avoid the afternoon sun whenever you can.

Once people experience heat stroke or heat exhaustion, they become particularly vulnerable to heat for the rest of their lives. It can interfere with a great many activities that might otherwise be a lot of fun.

Dehydration is a challenge many Americans face even in cooler climates. Sugary

drinks, alcoholic beverages and even tea and coffee can actually contribute to dehydrations. Just because it's a liquid doesn't mean it acts the same way as water in your body.

Anything with caffeine, for instance, inhibits a specific hormone, causing us to urinate more and that contributes to water loss over a period of hours.

Sugar pulls moisture out of our tissues like sugar curing a ham.

Dehydration is believed to be a major contributor to many chronic health problems, including Alzheimer's Syndrome.

Experts tell us that we need to drink 1/2 ounce of water daily for every pound of body weight. If you weigh 130 pounds, you need to drink 65 ounces of WATER a day. If you weigh 240, you should be drinking a full gallon—120 ounces.

Avoid outdoor activities in the hottest part of the summer days, and be sure to stay well hydrated!

## Falls Can BE More Serious Than We Think!

Falls and auto accidents can harm our bodies in very similar ways. The damaging forces are the same.

Auto accidents can cause whiplash, back pain and pains in other joints. So can falls around the house.

People often walk away from falls and auto accidents reporting that they don't feel any real pain at all. But three days to a few weeks later, after the inflammation sets in, they can barely move!

The longer we have skeletal misalignments after an accident or a fall, the longer it takes for it to correct and stabilize.

The best thing to do in either case is to have your skeletal frame checked out immediately.

Preventing pain is preferable to trying to get rid of it later!

## Dr. Rick Boatright

532 E. Maryland Ave., Ste. D

Phoenix, AZ 85012