

MILAN CENTER NEWS

Seasonal Newsletter

Winter 2017

Supplement Corner: Garlic

Garlic is a wonderful spice with many culinary uses, but did you know that garlic has a variety of medicinal uses as well? Listed below are a few of the health conditions that garlic can help with and you may be surprised.

- Atherosclerosis
- Hypertension
- Common cold and sore throat
- High cholesterol

One supplement capsule daily through the cold season can lower the occurrence and the duration of a cold. For garlic to be beneficial, it must contain the sulfur compound allicin. This is found in fresh garlic, either by chewing it or crushing it, and in powdered garlic with allicin. Below are some ways to consume more garlic:

- 1-2 whole cloves of fresh crushed or chopped garlic, allowed to sit before using
- If you don't want to smell like garlic, 600-900 mg capsules with 1.3% allin

Come in and see us if you have questions regarding garlic or any other supplements you are taking.

Welcome to our winter newsletter! Our newsletters will keep you informed on current topics in healthcare, updates to the clinic, and other matters related to chiropractic and your health. New year, new goals! Go after them! Keep your spine aligned for optimal health.

New resolutions, new injuries?

The first of January has come and gone once again. Often with the New Year comes resolutions that include a start or a return to exercise. With that sudden increase in activities, new injuries occur or old injuries return with a vengeance.

Some common questions that get asked when these injuries arise are "When do I use heat? When do I just ice? Should I get this looked at?"

There are 3 main phases of injury and healing: acute, subacute, and chronic. The acute phase of an injury usually lasts 24-48 hours, when swelling and bruising are most common.

Most of the time, ice is the best choice in the acute phase of an injury. We suggest using ice for no more than 20 minutes at a time. Elevating the injured area is also helpful.

Once the swelling has improved, we cross into the subacute phase of healing. Alternating between heat and ice is best to accelerate the vascular system and speed up healing. Fresh nutrients and cells are brought into the injured area, pushing out swelling and cellular waste products. Use ice for 5 minutes, followed by heat for 5 minutes, and repeat 3-4 times. Remember to place a thin barrier between the skin and the ice or heat to avoid damage to the skin.

For those pesky chronic injuries that are not made immediately worse by exercise, such as that hip or shoulder that gets sore after working out, heat is usually the best choice to reduce muscle spasms and loosen up the area. Use heat on a symptomatic area for about 15 minutes at a time.

So when should you get an injury evaluated? If the swelling from a new injury hasn't gone down in a day or two, or if those chronic aches and pains are limiting your activity or exercise, then it's time to get it looked at. Let us help you get back on your feet so you can continue working towards your 2017 goals. As always, if you have any questions or concerns, don't hesitate to ask.



**There's an
app
for that!**

Do your goals this year involve health, exercise, and better dietary choices? Is finding the time to exercise sometimes difficult? The 8fit app will help you squeeze in quick and effective workouts. Upgrade to include meal suggestions to help you reach your goals.

Suggested App: 8fit

Meet the Team



Dr. Michael Milanovich, DC, CCSP

Dr. Michael Milanovich was born and raised in the world of chiropractic, so it was quite fitting that he would pursue this career path like his father. Dr. Mike received his Doctorate of Chiropractic from Western States Chiropractic College. He furthered his education by attaining board certification as a Certified Chiropractic Sports Physician (CCSP). Dr. Mike thoroughly enjoys movement biomechanics, assessing patients from head to toe to get to the root of their problems. His favorite part about being a chiropractor is getting to know patients, their families, and developing lasting relationships that bring patients back for a myriad of issues. When not in the office, Dr. Mike enjoys spending time with his wife and two daughters, doing projects around the house, and watching sports.

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latest news, office events,
raffles, and more!*



Hours & Info

Monday 8:30—5:30
Tuesday 8:30—5:30
Wednesday 8:30—5:30
Thursday 8:30—5:30
Friday 8:30—5:30

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Visit us on the web at
www.themilancenter.com



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