

What's Happening at Baze Chiropractic:

Refer your friends & family to our office from Nov.2 – Nov. 23rd for a complimentary exam and x-ray! In addition, the person who refers the most new patients during that time will receive a **\$150 grocery gift-card** for your Thanksgiving Dinner! (\$75 runner-up prize as well ☺)

How to Buy Sneakers

Before you even set foot in the store to buy a pair of sneakers, ask yourself these key questions, says Todd Galati, clinical exercise specialist for the American Council on Exercise and an adjunct professor of biomechanics and kinesiology at California State University, San Marcos.

What's the main activity I'll be doing in these shoes?

You'll need different types of support and cushioning for different activities. Otherwise, it's like trying to play tennis with a racquetball racquet, says Galati. You might be able to hit the ball, but you'll be at a disadvantage.

Do I need extra cushioning or motion control?

This depends largely on the type of arch you have. Do the bathmat test to figure it out: Look at the mark your damp feet leave on a mat when you get out of the shower. Notice your heel and forefoot, but see little or no connection in between? You've got high arches, and you'll need sneakers with extra shock absorption. If it's more a solid oval than a kidney shape, you have low arches; look for shoes that help prevent your feet from overpronating, or rolling in, when you exercise.

What size am I?

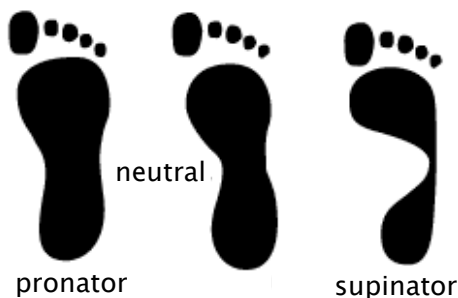
Sneakers usually run smaller than regular shoes, so you may go up as much as a full size. Get measured, ideally with the socks you'll be wearing -- they can affect both the width and the length.

How do they feel?

Galati recommends that you try on at least four pairs of shoes, walking around the store in them to make sure the heel doesn't slip and that there's no rubbing or pinching. No good shoe -- athletic or otherwise -- should have to be broken in.

The Right Running Shoe for Your Foot

If you run two or more days a week, running shoes are a must. To find one that suits you, try this test from Stephen Pribut, past president of the American Academy of Podiatric Sports Medicine. Wet your bare feet, step on a paper bag, and match your print to the following:



If your print is brick-shaped (pronator):

Nearly all of or the entire sole leaves a mark, a sign of being flat-footed, which can lead to injuries such as shin splints.

Look for: a motion-control shoe with a straight-shaped sole and firm materials on the inner side of the midsole to keep it from sinking inward as your foot lands.

If your print is classic foot-shaped (neutral):

Connected fairly evenly from forefoot to heel; generally means less injury risk.

Look for: a blend of cushioning and stability features with a semicurved sole.

If your print is C-shaped (supinator):

There's little or no print between forefoot and heel, thanks to your high arches.

Look for: a shoe with a curved or semicurved sole, plus lateral stability features to prevent excessive outward rolling of the foot, which can lead to ankle sprains and other injuries.

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Candy Lovers' Calorie Blast

Cancel out those bite-sized sweets with these calorie-burning exercises that tone your calves, butt, shoulders, chest, and abs.

By the editors of FITNESS

Cancel Out Candy Calories in 3 Moves

TRY: Mountain Climber

Start in plank position (hands and toes on floor, back straight, abs engaged). Bring right knee to chest and tap toe on floor; straighten leg. Repeat with left knee. Do for 3 minutes.

Burn off: 70 calories, or 13 pieces of candy corn.

TRY: Power Jump

Stand with feet 6 inches apart. Squat, then push up, leaping forward and as high as you can. Repeat, jumping to the left, back and to the right. Do 25 rounds.

Burn off: 80 calories, or two Snickers Minis.

TRY: High March

Extend arms while holding a candy-filled pumpkin. March in place, bringing knees up as high as you can for 2 minutes (without spilling candy!). Rest 1 minute. Do 3 sets.

Burn off: 40 calories, or one mini Reese's Peanut Butter Cup.

Source: Amie Hoff, a trainer at New York Sports Clubs in New York City
Originally published in FITNESS magazine, October 2007.
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Dr. Baze's Health Talk Series

Wednesdays, 5:00 pm

at Baze Chiropractic

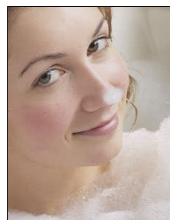


Call today to **reserve a spot!** 425-251-5715

The 7 Keys to Optimum Health: Nov. 4th

Nutrition for Optimum Health: Nov. 18th

Stress Management: Dec. 16th



Is Your Beauty Routine Causing Long-Term Health Damage?

Do you enjoy a shampoo with a rich lather? A shaving cream that really foams? Relaxing in a tub full of bubbles?

These may seem like some of life's simple, innocent pleasures -- until you look at what is causing all that foam and lather. Once you find out, you may decide it's not so simple or pleasurable after all.

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES), and their cousins like Ammonium Lauryl Sulfate and Sodium Myreth Sulfate produce a lot of foam very inexpensively. But SLS is so strong that it's also used to scrub garage floors. And it has been proven to cause cancer in the long run.

SLS stays in the body up to five days. Other studies show it easily penetrates the skin and enters and maintains residual levels in the heart, liver, the lungs, and the brain. Yet SLS is found in most cleansing, foaming products -- and even in some toothpastes.

~ Provided by: Dr. Joseph Mercola

~ Sources: Organic Consumers Association October 1, 2009; FoodMatters; U.S. NEWS & WORLD REPORT, November 10, 1997

Best Consumer Reports Rated Athletic Shoes

The following is recommended athletic shoes from Consumer Reports. They have the "largest nonprofit educational and consumer product testing center in the world" meaning; no one is paying them to give their products good reviews.

Athletic shoes

Although some shoes performed better than others, all but four earned very good overall scores in our Ratings. But size can be a limiting factor, especially if your feet are wider or narrower than average. Most models offer a wide range of lengths, but nearly half come in only medium width.

Top overall performers for men:

The top overall performer for men was the Asics GE-150TR, which has excellent fit and cushioning. The Champion Amp 2 (Payless), technically a running shoe, is another very good choice among men's shoes. At \$45, it was a CR Best Buy and is appropriate for many uses.

Asics GE-150TR



Champion Amp 2



Top overall performers for women:

The top overall performer for women was the Asics GEL-150TR, which has excellent fit and cushioning. The Ryka Core Strength XT was also noteworthy, rating very good across all categories. The Avia A104W scored well in every category except breathability, so it's a good choice if ventilation isn't a priority.

Asics GEL-150TR



Ryka Core Strength XT



Avia A104W



Brand & Model	Price	Ratings and Test Results	Weight (oz)					
	Approx. retail price	Overall Score 0-100	Cushioning	Stability	Fit	Flexibility	Breathability	
Men's								
<input checked="" type="checkbox"/> Asics GEL-150TR (Men's)	\$65	71	●	●	●	○	○	13
<input checked="" type="checkbox"/> Champion Amp 2 (Payless)	\$45	70	●	●	●	●	●	11
Avia A104M	\$45	62	●	●	●	○	●	11
Under Armour Proto Evade II Trainer (Men's)	\$80	59	○	●	○	●	○	13
New Balance MX1010	\$110	58	○	●	●	○	○	14
Nike Shox Sparq P9	\$110	57	●	●	●	○	○	12
Champion C9 Jones (Target)	\$30	56	●	●	●	○	○	11
Nike Sparq Air Zoom Edge TR 09 *	\$80	52	●	●	○	○	○	9
Adidas Microbounce+ TRS09	\$110	51	●	○	○	●	●	13
Reebok SmoothFit Mobile Trainer (Men's)	\$70	51	●	○	●	○	○	11
Women's								
<input checked="" type="checkbox"/> Asics GEL-150TR (Women's)	\$65	71	●	●	●	●	●	10
<input checked="" type="checkbox"/> Ryka Core Strength XT	\$70	70	●	●	●	●	●	9
Nike Zoom Quick Sister+	\$85	66	○	○	●	●	●	7
Under Armour Proto Evade II Trainer (Women's)	\$80	66	○	●	●	●	○	10
<input checked="" type="checkbox"/> Avia A104W	\$45	65	●	●	●	○	●	9
Adidas AP Complete	\$70	62	●	●	●	●	●	9
Skechers Endorphin Sugar Dust	\$55	61	●	●	●	○	●	9
New Balance WX1010	\$110	60	○	●	●	○	○	11
Reebok SmoothFit Mobile Trainer (Women's)	\$70	59	○	○	○	●	○	9
Champion C9 Rocksie (Target)	\$28	38	●	●	●	○	○	7

* Also sold as Nike Zoom Sparq P2.

~Consumer Reports, November 2009

Running Q & A

Question: "I'd like to start running, but I worry about getting injured. What should I watch for?"

Answer: Though running isn't inherently harmful, it's smart to take precautions before you start something new. Alan Hreljac, Ph.D., of California State University in Sacramento, offers these tips:

- Increase time or distance -- not both -- no more than 10 percent from one week to the next.
- Stay on soft surfaces to lessen impact. Run on dirt paths, not streets.
- Stop before you get tired. When muscles fatigue, they don't absorb as much impact.
- Rest one to two days between runs. Injuries can occur when bone or tissue is continually taxed without time to rejuvenate.
- Strengthen. Stronger leg muscles absorb more impact. Try a lower-body move like squats.

Originally published in Fitness magazine.

Question: "How can I avoid side stitches and cramps when I run?"

Answer: The moment you feel the cramp, take a big breath, as if sucking air through a straw; then exhale forcefully, as if blowing up a balloon. This should alleviate cramping in the diaphragm. Side stitches are common in novice runners or anyone who overexerts herself, so don't try to go too fast, too soon. Drinking too much water or eating gas-producing foods like broccoli before you go for a run can also contribute to the problem.

Shelly-Lynn Florence Glover is an exercise physiologist in New York City and co-author of The Competitive Runner's Handbook. (Penguin, 1999).

Originally published in Fitness magazine



Chicken Green Chili with White Beans

Our kitchen has found that Anaheim chiles run the gamut from mild to fairly hot.

Ingredients: 6 servings

- 6 Anaheim chiles
- 1 tablespoon peanut oil
- 3 chicken leg quarters, skinned (about 13/4 lbs)
- 1 3/4 cups chopped onion
- 4 garlic cloves, minced
- 4 cups fat-free, less-sodium chicken broth
- 2 cups water, divided
- 1 1/2 teaspoons ground cumin
- 1 (15.5-ounce) can cannellini beans (such as Goya) or other white beans, rinsed and drained
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 3 tablespoons reduced-fat sour cream
- 6 lime slices

Preparation

1. Preheat broiler.
2. Cut chiles in half; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 5 minutes or until blackened. Place in a heavy-duty zip-top plastic bag; seal. Let stand 15 minutes. Peel chiles; discard skins. Chop chiles.
3. Heat oil in a large Dutch oven over medium-high heat.
4. Add chicken; cook 4 minutes on each side or until browned.
5. Remove chicken from pan.
6. Add onion and garlic, and sauté 6 minutes or until browned, stirring frequently.
7. Return chicken to pan.
8. Add broth, 1 1/2 cups water, and cumin; bring to a simmer.
9. Cook 20 minutes or until chicken is done.
10. Remove chicken; cool slightly.
11. Remove chicken from bones; cut meat into bite-sized pieces.
12. Discard bones.
13. Add chicken to pan; stir in chopped chiles and beans.
14. Combine 1/2 cup water and flour, stirring with a whisk.
15. Stir into chicken mixture.
16. Bring to a simmer; cook 15 minutes.
17. Stir in salt.
18. Spoon about 1 1/2 cups soup into each of 6 bowls; top each serving with 1 1/2 teaspoons sour cream. Serve with lime slices.

Nutritional Information

Calories: 248 (20% from fat), Fat: 5.6g (sat 1.5g, mono 1.9g, poly 1.4g), Protein: 19.1g, Carbohydrate: 25.1g, Fiber: 4.8g, Cholesterol: 45mg, Iron: 3.2mg, Sodium: 903mg, Calcium: 87mg

~Lorrie Hulston Corvin, Cooking Light, OCTOBER 2004