

The CHARGING RHINO





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Dr. Charles Enouen
Master Chiropractor

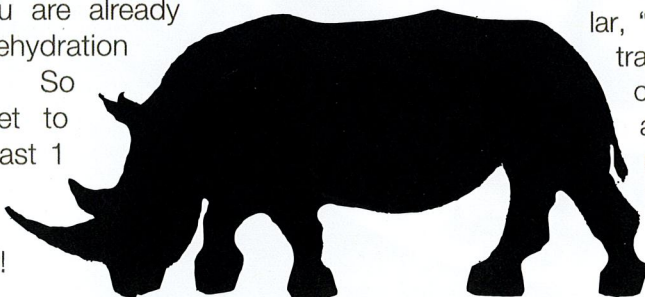
My name is Dr. Charlie Enouen (rhymes with pronoun). I am the chiropractor at Kingswood Family Chiropractic. I was born and raised in North Phoenix. While I was attending the University of Arizona as a pre-med major, I suffered a severe right shoulder dislocation, along with injuring my upper back and neck. After being seen by the medical doctors, I was eventually cared for by the father of a good friend, who happened to be a chiropractor. Now, it should be noted, that as time progressed after the accident, I slowly began to lose the muscle mass and function of not only my shoulder, but the entire right arm as well. It was chiropractic that gave me the answers to my health problems, and chiropractic that restored ALL function to my shoulder, arm, back and neck. It was chiropractic that ultimately saved me. It was then that I realized my true purpose in life was not to work in the world of drugs and surgery, but to serve in a world where the idea that the body has the innate ability to heal itself which is the key to optimum health.

Your Health

Hydration

by Dr. Charlie

Most people don't realize the importance of proper hydration all year long. Since we live in a dry climate, we are constantly evaporating water, even when it's not hot enough to make you sweat. Since the body is made of up to 70% water and the brain alone is 20% water, there needs to be a constant replenishing. Experts recommend drinking a minimum of 6-8 oz. for every waking hour. Common signs of dehydration include fatigue, muscle cramps and headaches to name a few. It should be noted that when you feel thirsty, you are already in the dehydration stage. So don't forget to drink at least 1 glass of water every hour!



Car Collisions

Affects on the body

by Dr. Charlie

Most of us know of someone who has been in a car accident, or have had the unfortunate experience ourselves. I actually refer to these events as car "collisions" rather than "accidents," as this more accurately describes the event, and there is rarely anything "accidental" about them. These collisions are typically the result of some inattention of a driver to some degree, and it's usually the soft bodies in the car that suffer.

The most common and well-known injury that occurs in a car collision is the ever popular, "whiplash." Contrary to what is commonly said about the mechanism of this injury, is not caused by the head and neck

being "whipped" forward and back after a sudden deceleration of the vehicle. Research has shown that what actually occurs is upon the sudden deceleration, a tremendous amount of force actually travels up the body, originating from the legs and hips. This force exits the neck and head, causing them to "whip" around, much like the knot tied at the end of a bullwhip, hence the name. This process takes only a few milliseconds to occur, and happens fast enough that the muscles do not have enough time to react and protect. In addition to neck pain, other common signs and injuries that occur in car collisions include but are not limited to: headaches, TMJ (Jaw Pain) syndrome, low back pain and muscle spasm. A common fallacy that is perpetuated out there, especially by insurance companies, is that of a direct correlation between the impact or the damage to the car involved, and the level of injury.

Car Collisions

Continued from Page 2...

When a collision occurs, great physical forces are released.

Size/Weight of vehicles, as well as their speeds, will determine the level of these forces. No matter what factors are involved, physics says that they don't just fade and disappear such as ripples in a pond; they are shared between objects in a physical reaction. So, if there is little damage to the vehicles involved, and the conditions are right, the forces involved will not fully be absorbed by the car, so the bodies inside become the unlucky recipients. I like to use NASCAR to illustrate this point. When a race car crashes in the infield and the car rolls and disintegrates, typically the driver will get out and kick what's left of his car. The car absorbed the majority of the forces applied. Conversely, Dale Earnhardt's car had relatively little damage to it, and he is no longer with us. The car did not absorb, but he unfortunately did. I understand that this is not a typical scenario on the road, but it does speak to the application of forces, and shows that lower impact does not always mean low or no injury.

When the body is injured in a car collision, the most common injuries involve a strain/sprain of the back and neck joints, as stated above. This always translates to joint swelling and dysfunction, and most importantly, a negative stress to the nervous system. These are active ingredients of pain. Chiropractic adjustment helps to restore function to joints, relieving nervous system stress, thus removing the pain and

muscle spasm. This is all done without the interference of drugs, and with the body's own ability to heal itself.

It is important to know and remember that if involved in a car collision, you may not experience symptoms immediately, and they may not occur for up to 24 to 48 hours following the collision. This is called "delayed onset of symptoms." if you do experience pain symptoms immediately, they can and usually do get worse in the days following the collision. So, if you or someone you know is involved in a car collision, call our office right away to be evaluated and taken care of as soon as possible. Obviously, if there are more serious injuries such as lacerations and/or bone fractures, please seek medical attention, as they are experts in crisis care, but contact our office as soon as you can afterwards to let the healing begin.



A successful man is one who can lay a firm foundation with the bricks others have thrown at him.
David Brinkley

Action is the
foundational key to
all success.
Pablo Picasso

From the Doctor

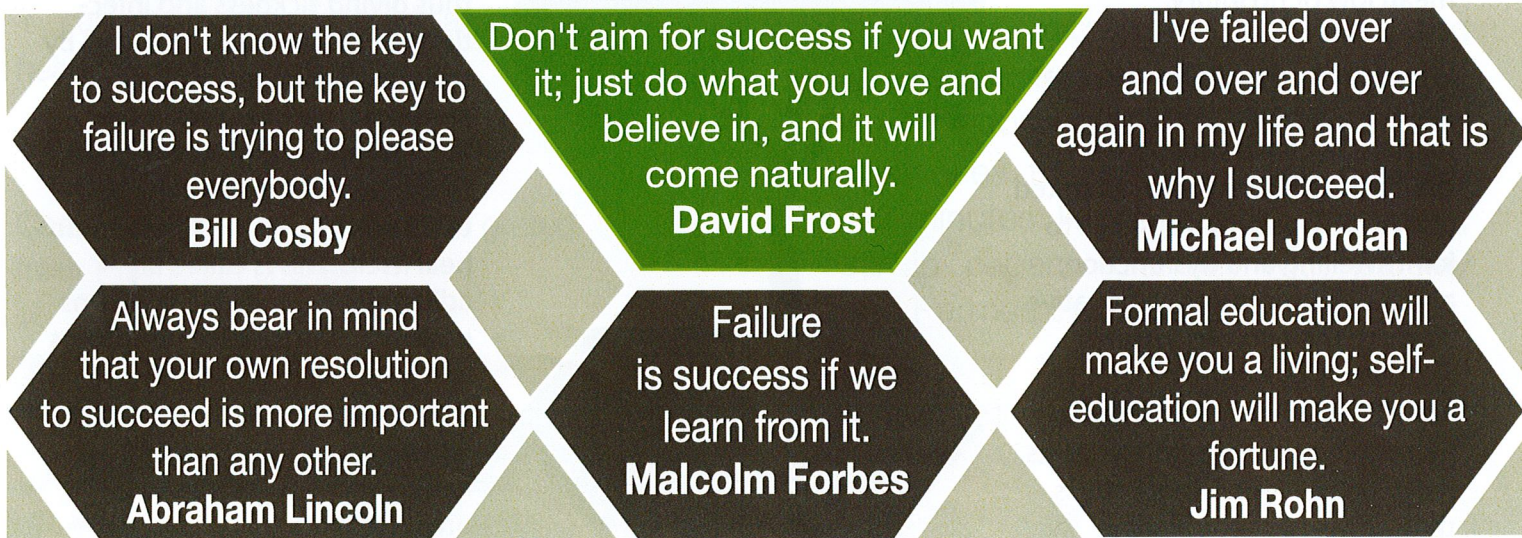
Chiropractic is a very legitimate and precise art of healing. There is a specific and complex science to what it is that we as chiropractors do. There is another aspect of chiropractic that most people don't realize exists. It is one of philosophy. You see, in chiropractic, we believe and understand that your body had been given the innate ability to heal itself. All function happens from above in the brain, down the spinal cord and from inside the spinal cord out to the tissues of the body. The nerve roots leaving the spinal cord pass through the vertebra of the spinal column and when there is a displacement or loss of normal function of one or more of these vertebrae, interference occurs between the brain and your body. We call this subluxation. This decreases the body's ability to function at its optimum, weakening the system and allowing for the dysfunction of any given system in the body, thus giving sickness and infection the opportunity to occur. By restoring function to these vertebrae, we can restore the normal pathway from the brain to the body, and allow the body to do what it was designed to do: heal itself. This is called an adjustment. Medicine concerns itself with the relief of symptoms and the presentation of death, whereas chiropractic seeks out and addresses the cause of health crisis and strives to preserve life.

Brain FOOD

Why the rhino?...

According to the "Rhinoceros Success" by Scott Alexander, there are three types of people: cows, sheep and Rhinos. The cow sits in a pasture and only experiences what comes into the meadow. The sheep will follow everyone else and not originate its own thoughts. The Rhino will take charge of situations and set new ideals. When it comes to health care, the cow waits for a "cure" (pill), the sheep does what everyone else does, while the Rhino takes charge of his own health. Experience 100% life, love and happiness by improving your health on all levels...

UNLEASH THE RHINO WITHIN



Nutritional Balance...

Feature of the Month **Total Digestive Enzymes**

Backed by a 7 year study, Total Digestive Enzymes ensures that what you eat is utilized completely by the body by assuring it is assimilated at the cellular level. Total Digestive Enzymes is not supplementing, but only giving back the enzymes that were taken out or destroyed during the cooking process. This formula also contains five strains of beneficial Probiotics or Flora (good bacteria), to aid in maintaining the mucosa lining in your digestive system.

Community EVENTS

AARP Health Fair

Featuring Market on the Move

February 11 ~ 9:00 AM - 2:00 PM

Greer Park

112th Avenue & Alabama Avenue
Youngtown, AZ 85363

Live Life EXPO

February 17-19

Featuring Self-Defense

Demonstrations

Muay Thai Kickboxing Event

Activities and fun for the
whole family

Randall McDaniel SportsComplex
www.LiveLifeExpo.com

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www.MyBADTC.com



www.AZYouthOutreach.org



THE POSITIVE ALTERNATIVE
www.Air1.com



www.KLove.com

In The KITCHEN

Feature of the Month

Chicken Piccata Pasta

A Pampered Chef recipe submitted by
Jan Malcom

INGREDIENTS:

- 1 ¼ lbs boneless, skinless chicken breasts
- 2 tbsp olive oil, divided
- 1 ½ tbsp. lemon pepper rub
- 3 cans (14.5 oz) chicken broth
- ½ medium onion
- 12 oz angel hair pasta
- 1 lemon
- 2 oz cream cheese, softened
- 1 can (14 oz) quartered artichoke hearts in water, drained
- 1 cup capers, drained and rinsed
- Chopped fresh parsley and grated fresh Parmesan cheese

INSTRUCTIONS:

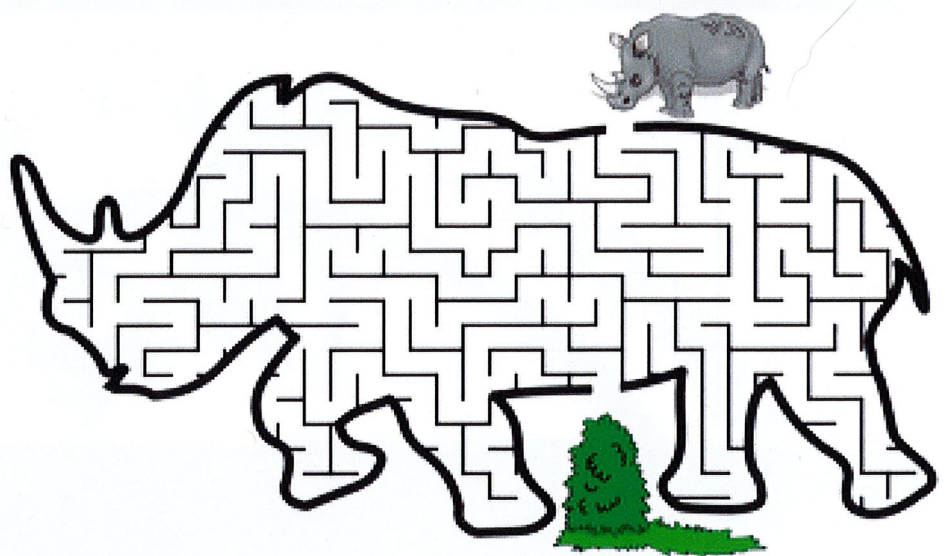
Cut chicken into 1 in. pieces. Combine chicken, 1 tbsp of the oil and lemon pepper rub, toss to coat. Heat remaining oil in skillet over medium-high heat 1-3 minutes or until shimmering. Add chicken to skillet, cook 10 min or until chicken is golden brown and center are no longer pink. Remove chicken from skillet and set aside.

Chop onion and add to skillet for 10-20 seconds. Add broth to skillet. When boiling add pasta until tender.

Add zest and juice of lemon and cream cheese; stir until cream cheese is fully incorporated. Add chicken and artichokes to skillet. Cook covered 1-2 minutes. Remove skillet from heat; stir in capers. Garnish with parsley and Parmesan cheese.



Little Rhinos



DR CHARLIE'S RHINO WORD SEARCH

E	N	O	I	T	C	N	U	F	N	O	U	E	N
E	N	O	E	I	D	O	B	U	E	N	E	H	N
O	U	W	A	T	E	R	L	E	N	E	C	Y	N
O	H	U	E	N	E	H	C	L	N	H	H	D	O
G	S	U	E	N	E	I	C	H	I	E	F	R	P
N	A	E	N	O	U	N	G	R	A	S	P	A	S
I	L	E	N	E	C	O	O	L	N	R	I	T	P
G	P	O	U	B	E	P	T	N	O	N	L	O	I
R	I	E	N	R	R	H	E	T	N	O	U	I	N
A	H	E	N	A	Y	E	C	N	E	U	O	N	E
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N	O	I	T	A	R	E	L	E	C	E	D	E	N
R	A	D	J	U	S	T	M	E	N	T	O	U	E

SYNDROME	PAIN
CHIROPRACTOR	WHIPLASH
RHINO	PROTECT
DR CHARLIE	COOL
HYDRATION	DECELERATION
CHARGING	FREE
COLLISION	CHIEF
HEALTHY	GRASP
SPINE	FUNCTION
ENOUEEN	BRAIN
ADJUSTMENT	BODY
WATER	