

Can early morning workouts affect immune system?

The British Journal of Sports Medicine in their Aug. 2002 journal reports that athletes who trained in the morning may be susceptible to infections. 14 swimmers were measured for cortisol and salivary IgA levels and they were divided between training in the early mornings and in the late afternoon. The results showed a decrease in the levels of cortisol and IgA in the morning workout athletes. This may also combine with the change in the circadian rhythms in the morning trainers. These studies may suggest that if you are recovering from an injury, illness, or are engaging in training for a strenuous competition such as triathlons, you may be wise to fit in your workouts in the afternoon.

Can Taking Zinc While Pregnant Cause Birth Defects?

The Lancet in their July 27, 2002 journal reports research of 168 children in Bangladesh that children of mothers taking zinc supplements were more prone to mental defects than the offspring of mothers who did not engage in zinc supplementation. Zinc was taken to improve the child's growth and immunity. The children tested in the zinc and non-zinc groups were tested in mental and psychomotor skills. Theories may suggest that perhaps zinc may have displaced other important micronutrients that are needed for the infant's development.

Look to the Feet.

In any musculoskeletal injuries, look to the feet as a possible cause. The feet are the base of our bodies and we all work as a machine that requires the working parts off all to function at maximum capacity. A kinetic chain means that if one part of the system is malfunctioning or out of position, the other parts will compensate to try and offset the malfunction. If the feet are not aligned properly, the muscles and the skeletal structures of the leg will be altered to compensate for the imbalance, the hip will then follow suit, followed by the lower back, etc. A common problem in women is pronation of the feet due to wearing heels. The feet or one foot will turn inward upon relaxation. If the feet are turned inward, the outer portion of the leg and thigh will be stretched and the inner part will be shortened. This can cause a tightening in the knee and hip joint where these muscles attach. The tightening of the hip will make the sacro-iliac joint or SI joint lock up as a result of its attachment to the hip via these soft tissue structures. The joints locking up with the subsequent tightening of the musculature produce vascular and neurological compromise which results in strains and sprains. With or without pain, these structural alterations will decrease the full functional capacity of the athlete. All people who suffer from the effects of muscle soreness or are beginning a workout program would be advised to have a full workout to know where they are at to thereby gain the full positive rewards that exercising can bring. A structural problem may be corrected by strengthening your lower body musculature, by changing your footwear, by being aware of your posture at all times, or maybe by wearing orthotics in your shoes. Ask your Trainer or Physician if you have any problems or questions with your current structural or postural condition.

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