



LONGEVITY HEALTH CENTER

May 2019 Newsletter

From the Longevity Health Center Team

CHIROPRACTIC

Chiropractic is a branch of the healing arts which is based upon the understanding that good health depends, in part, upon a normally functioning nervous system (especially the spine, and the nerves extending from the spine to all parts of the body).

Doctors of Chiropractic practice a natural, drug-free, non-surgical hands-on approach to health care that includes the use of spinal and extremity manipulation, thermal modalities, physiotherapy modalities, exercise, postural advice, natural remedies, and lifestyle education. Particular emphasis is on the mechanical function of the spine and how it relates to the patient's overall health.

Chiropractic is the third largest doctoral level health care profession with over 60,000 licensed chiropractors in the United States.

Entry to chiropractic school requires a 4-year undergraduate degree with a science emphasis. Chiropractic school is 4 years long with over 4200 contact hours required. Students are required to take 4 separate national board examinations to become licensed in all 50 states.

Most insurance companies in Hawaii cover chiropractic services including HMSA, HMAA, UHA, United Healthcare, Kaiser (ASHN plans), Workers' compensation, No-fault car accidents, Medicare and advantage plans, to name a few. No referrals are necessary with the exception of the Medicare Kaiser Senior Advantage plan.

The most common conditions treated by Chiropractors include: neck and back pain, arm and leg pain or discomfort, headaches, and pain in the extremities (shoulder, knees, etc.).

On your first visit to Dr. Pleiss, he will take a detailed history of your chief complaint(s), perform an examination, and provide treatment. Treatment generally includes heat or ice, spinal or extremity manipulation, therapeutic exercises, advice on how to take care of your condition at home, advice on posture, body mechanics, sleeping habits, lifestyle education, and advice on how to avoid re-injury.

Most new patients have never seen a chiropractor in the past and are often nervous or simply not sure what Chiropractors do. Dr. Pleiss spends time educating patients on what to expect from the chiropractic treatment they will receive in the office. Chiropractic treatment is considered very low risk with high potential benefit. There is some information out in the public that suggests that Chiropractors make you come back over and over again for treatment. This is not the approach that Dr. Pleiss takes with your healthcare. Dr. Pleiss is known for treating your condition(s) with your unique healthcare needs in mind. The goal of the first 1-3 treatments is to determine if chiropractic care will help your particular condition. If not, he will be the first to inform you of your other options.

If Chiropractic treatment does help you, then the next treatment goal is to try and resolve your condition if possible, or improve your condition to your satisfaction with the minimum number of treatments that are necessary. The last goal is to become independent and self-reliant with the management of any residual symptoms. Armed with the healthcare knowledge you gain from the visits with Dr. Pleiss, appointments can be scheduled on an as needed basis.

LIFESTYLE EDUCATION SEASONAL RECIPES:

BY: LISA VILLIARIMO



I CAN'T BELIEVE IT'S NOT TUNA SALAD!

INGREDIENTS:

- 1-15oz can garbanzo beans, drained. (Reserve liquid for making vegan mayo)
- 1/2 C sunflower seeds
- 1 small package roasted nori seaweed, crushed
- 2 Tbsp Italian parsley, chopped
- 2 Tbsp green onion, chopped
- 2 tsp capers, chopped
- 3-4 Tbsp vegan mayo
- 1 Tbsp Dijon mustard
- 1 Tbsp yellow mustard
- 1/2 tsp celtic or sea salt
- 1/2 tsp pepper

METHOD:

Drain garbanzo beans, reserving liquid for making vegan mayo. Mash beans, leaving some beans partially intact. Add sunflower seeds, Italian parsley, green onion, capers, mayo, mustard, salt & pepper. Mix well. Adjust seasonings as desired. Serve as a sandwich or as a dip for vegetables.

Schedules

HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:
May 27, 2019 - Memorial Day

MOVEMENT CLASSES

SOMATICS

Tuesday 9:00 a.m. - 10:15 a.m.
Thursday 10:30 a.m. - 11:45 a.m.
Sliding Scale \$17-\$20

SOMATICS WORKSHOP

Dynamic aging: Pain-Free Feet
June 8th • 9am-12pm • \$55

COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.
Tuesday 3:00 p.m. - 6:00 p.m.
Wednesday 10:00 a.m. - 1:00 p.m.
Thursday 3:00 p.m. - 6:00 p.m.
Friday 3:00 p.m. - 6:00 p.m.

*Last appointment is 45 minutes before closing time.
Drop ins may be accepted, but appointments are encouraged.*

VEGAN MAYONNAISE

INGREDIENTS:

- 3/4 cup Aquafaba (liquid from cooked garbanzo beans)
- 3/4 tsp dry mustard powder
- 3/4 tsp sea salt
- 1 1/2 Tbsp apple cider vinegar
- 2 1/2 - 3 cups avocado oil (or any neutral flavored oil)

METHOD:

In a blender or glass jar, add aquafaba, dry mustard, sea salt and apple cider vinegar and mix until combined and slightly frothy.

Slowly drizzle in the oil (over the course of a couple of minutes) while blender is running. Mayonnaise will thicken more when chilled.