

To: The Parents of My Son's Teammates

Hello folks I am Brendan's Dad. I love being a dad. I am very proud of my son. I think he is the greatest. I am sure you feel the same way about your son.

I help people get out of pain without using invasive procedures, drugs, or surgery. I am a Chiropractor. I love what I do.

Now I may not know enough about baseball to be giving advice on swinging a baseball bat or catching a ball.

But I do know a little about *Anatomy* and *Physiology*.

I want to share with you a little of what I have learned so we can keep our boys **healthy, injury free, and their heads in the game.**

A couple of tips. To help the team.

How To Treat Sprains, Strains, and Bruises

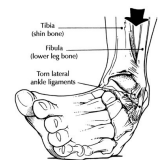
Use Ice Instead Of Heat. Applying heating pads may cause you to swell and become more inflamed. Apply an ice pack for 15 minutes instead of a heating pad. When there is tissue damage.... use ice. *When in doubt ... use ice!*

Have you ever seen a professional athlete on the side lines with a heating pad on his sore knee. No. And it is not because the trainer could not find an extension cord long enough. It is because heat will actually make a fresh injury heal slower.

A clinical study compared how long it took grade 2 ankle sprains to heal. One group applied ice to the ankle immediately after the injury, one group applied heat, and another group did nothing. By far the biggest response was with those that used heat. Their ankles took 3 times as long to heal than those that did nothing. Those that used ice healed a bit faster than those that did nothing.

I have a quasi "secret" liniment that reduces healing time dramatically. A friend of my fathers was a track coach at the university of Texas El Paso. His teams won the NCAA in track and field 7 times. He used the same stuff with his athletes and saw injuries heal in half the usual time. I can't talk about it publicly, but I will tell you all about it privately. It reduces pain and swelling so fast it almost seems like a miracle sometimes. I've got some in the car. When my kids get hurt they ask for it. They have learned from their experiences.

If your child gets hurt, gets a bruise, pulls a muscle, has a sore elbow from pitching, or sprains an ankle. First Aid for these types of injuries is ICE. But more importantly..... **NO HEAT.** No hot packs. No jacuzzi. No hot bath.



“Keep Your Head in the Game”

I have been watching our sons in the dug out during games. They are excited, literally bubbling like an open colas in the sun. The coaches try to settle them down and get them focused. Understanding this makes a big difference.

Sugar Ruins Your Son’s Mental Focus.....Let me explain.

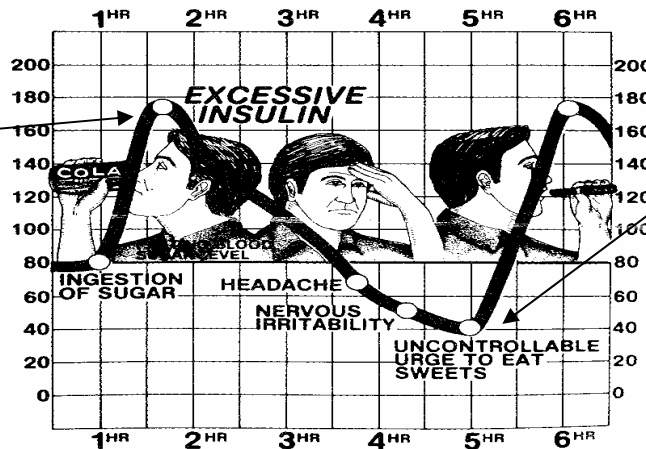
My favorite story that illustrates the ups and the downs that follow sugar consumption is **“Kids at a birthday party.”**

Kids show up to the party. Soda pop, candy, and treats of the sugary kind are free flowing, abundant, and readily available. The children indulge. They love the stuff. The more they eat, the crazier and the wilder they get. They are *“Looney Tunes”*. You see, sugar gives you energy. Some say it is pure energy because the body does not have to process it to get it into the system. The problem with this kind of energy though is; it’s **unfocused energy**. It is scattered, giddy energy. Look at the kids. Watch their play. Yes, they are having a good time, but try and sit them down and teach them something. See how far you get.

The party continues, everyone is having a good time until 3 to 4 hours into the celebration and then some injustice is imposed on some child by some other child. Adults step in referee and smooth things over, but inappropriate behavior seems to snowball out of control from here on out. The next injustice or social breach among the children happens rather quickly after the first. Soon all the kids are irritable, some more than others, they can’t get along with their brother, their sister, their best friend. They are ornery and cantankerous. *“Oh they are just tired.”* is the usual excuse for the bad behavior. It has been several hours since they started on the sugar. Their blood sugar has crashed. Its time to go home. *Neither the ups or the downs are good for our ball players.*



Unfocused, Manic
WILD
Energy
(like kids wacked out on candy)



Overwhelmed,
Depressed, Tired
Low energy
(like the irritable little brats children become when they are “tired”)

This Chart explains the Sugar “Roller Coaster” Ride

Avoid Sugar, Sodas, Cereal, Gatorade, Fruit Juices, Refined Carbohydrates and Junk Food before the game. Feed your son some protein (a good bacon and eggs old fashioned breakfast works great) and save the junk for after the game.They will perform better.

If you have any questions, if your son gets injured and you would like my opinion or help call the number below and it will ring through to my cell phone. I would be honored to answer your questions and help your son. Of course there is no charge for team members. It is the least I can do. Actually, it is very little compared to the effort and time the coaches and team mom are putting in.



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