



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

When we get a cold, it's pretty obvious that we have a cold. If we sprain an ankle, it's pretty clear that we have a sprained ankle.

But some health conditions aren't as obvious. Heart disease can lurk in the shadows for many years. Cancer may take decades to develop. Diabetes that shows up in later life is often due to lifestyle indiscretions along the way.

And the least obvious and perhaps the most important are problems that affect the brain. There can be physical trauma, like falls and injuries – there can be chemical trauma, like exposure to toxins or poor nutrition – and there can be emotional trauma from the pressures of life, at work, at home, about health, family or money.

The brain is affected in all three situations – brain stress can be physical, chemical or emotional, and often there are no apparent symptoms until the brain is very stressed. That's because your brain and body adapt as long as they can to keep you from suffering.

But if you don't start taking better care of your brain, you risk severe health problems – so get enough sleep, choose a low carbohydrate-high healthy fat diet, do something to relax yourself, like walking, yoga, or massage, and get a check-up at your family chiropractor, your neighborhood expert in brain stress.

## Habits of Healthy People

Did you ever notice that some people are just healthy, rarely get sick, and seem to have plenty of energy to live life to the fullest?

There are a few of us who just are naturally gifted with great health, but most people earn their good health by developing sound lifestyle habits and practicing them consistently and enthusiastically.

Being healthy conjures up images of muscular weightlifters at the gym, or long-distance runners breaking the tape after a marathon. But actually, the habits of good health are a lot easier to get at – fortunately, anyone can learn to do what it takes to be healthy. And it starts with learning how to have a healthy brain.

### Sleep

When you sleep, your brain maintains and rejuvenates itself. That means if you don't get enough sleep, it hurts your brain a little bit each night – can you imagine what happens over months and years of not sleeping enough? Everyone needs sufficient rest – for most people, that means at least seven or eight hours each night, more for children.

And if you have to miss sleep one night, it's essential that you catch up in the next couple of nights, or else your brain gets a little less efficient, nothing you'd notice right away, but eventually it makes you foggier, slower, and less effective overall. That will lead to disease, but it's easy to avoid that – get enough sleep.

### Diet

Doctors used to think that your brain liked sugar and hated fat. But modern science proves the opposite – your brain hates sugar and loves healthy fats. So, you're better off avoiding sweet and starchy food, in favor of sources of good fat, like olive oil, fish like salmon and sardines, avocados and nuts like walnuts or sunflower seeds.

Your brain needs water, too, and that means water, not iced tea, soda pop, fruit juice or coffee. You need water to hydrate your brain, which is 70% water. Remember, while you sleep, your brain washes itself, and for that it needs enough water. Aim for eight or ten glasses a day.

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## **Habits of Healthy People**

### **Exercise**

Depending on your current level of fitness, you may choose to exercise moderately or vigorously – just plan to start at your level and move forward reasonably yet steadily.

If you are new to exercise, begin with movement – moving your arms, legs, swaying, rotating, stretching, whatever you can do to get motion into your spine. If you are more fit, you can walk, run, swim, dance, practice yoga, lift weights or play sports.

The key is to select exercises that build your wind and also your muscles. As such, you are better off pacing yourself, doing regular workouts instead of pushing yourself too hard occasionally. Also, contemporary training experts are discovering that high intensity interval training, short intense exercise periods with periods of relaxation in between, is a rapid way to get in shape.

But most importantly, you want to get movement into your spine, because that spinal movement nourishes and stimulates the brain.

### **Stress Relaxation**

Where do you hold your stress? Neck and shoulders? Forehead? Low back? Stomach? Everyone holds stress differently, but no matter where you hold it, it hurts your brain. We all need tools and techniques to de-stress, like meditation or prayer, massage, yoga, martial arts, or bio-feedback.

### **Brain Care**

The latest research is proving that safe, all-natural chiropractic care is one of the best things you can do to keep your brain healthy. Spinal motion feeds your brain, so any deviation from normal spinal health will begin to compromise your brain. So, consult your Doctor of Chiropractic and plan regular checkups for the whole family. Your brain health may depend on it.

## Common Habits That Make You Sick

Everybody wants to be as healthy as possible, but most of us don't recognize the common habits we've developed that are actually making us less well.

For example, many people salt their food before they even taste it. Taking in too much salt is a frequent cause of high blood pressure, heart problems, and blood vessel disease. Moderate your salt intake and reduce your risk of circulatory problems.

Too many of us stop for coffee and a donut for breakfast. Your body flash-burns the carbohydrates in the donut, turbocharges your system with caffeine, and then a couple of hours later, you crash and need to do it again, with a Coke, a sugary snack, or an energy drink. This up-and-down cycle stresses your metabolism, driving you into overload which eventually exhausts you. Have a healthy breakfast every day, with protein and fats and less carbohydrates – it will regulate your body and relieve your stress.

Staying up late may seem cool and temporarily improve your social life, but the cost is losing sleep, and if this happens on a regular basis, it hurts your brain. Get enough sleep, and your brain will work better.

Most of us don't realize how important it is to take good care of your spine. Ignoring your spinal health is a habit that costs you, not only in wear and tear on your structure, but in reducing the stimulation to your brain. Visit your neighborhood spinal expert, your chiropractor for regular check-ups for you and your whole family – a healthy spine means a healthy brain.

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