



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

Bennett Chiropractic and Wellness Center
6875 Estero Blvd. Suite A Fort Myers Beach, FL 33931
239-463-1640 - fax: 239-463-1955
www.beachchiropractor.com

September :: 2011 Issue



INTHISISSUE

Page 1 ::

Back To School Routine
Includes Spinal Checkups

Page 2 ::

Healthy Habits – An Important
Key to a Better Life
(continued on pg. 3)

Page 2 ::

Healthy Habits – An Important
Key to a Better Life

Page 4 ::

Feeling Good About Yourself

Dear Patient and Friend,

It's a fun and crazy time of year, beginning the school year, and there's so much to do – shopping for clothes and school supplies, getting ready for new teachers and classes, and of course, making time for annual examinations to be sure the children are healthy, or pick up on any health issues before they get too serious.

Arranging for a physical exam, where the doctor listens to the heart and breathing sounds, checks reflexes, looks in the eyes and ears and performs other common procedures, is a typical experience for most school children. Concerned parents also often include dental checkups, vision checkups, and spinal checkups, to be sure the spine and nerve system are doing their job and that no problems exist that would require attention.

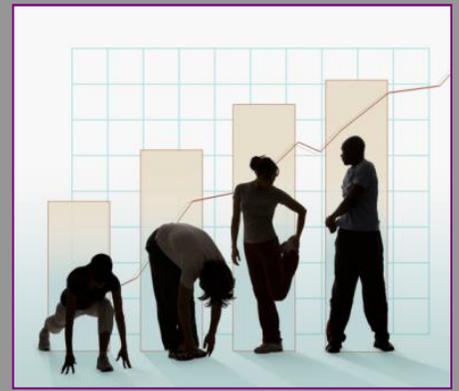
Many parents are unaware about the importance of spinal health, because they mistakenly think that the absence of back or neck pain means everything is fine. Sometimes this is true, and sometimes it is not – how can a parent tell?

Well, that's the point – no one can tell without the benefit of a specific spinal exam, delivered by a spinal specialist who knows how to recognize any subtle problems that may be developing. Early detection prevents unnecessary suffering and expense, so in-the-know families make sure to get to the chiropractor to find and fix any issues that could jeopardize normal health.

Make a visit to your chiropractor part of your back-to-school routine – confirm that your child has a healthy spine and nerve system, and sleep better every night.

Healthy Habits – An Important Key to a Better Life

In this time of instant information through television and the internet, we have so much input, sometimes it's hard to know our best course of action. Here's a list of healthy habits that can cut through the noise and focus you on the actions and behaviors that will serve you best.



- 1. Get enough rest.** This is a common mistake, and a costly one – depriving yourself of sleep can compromise every aspect of your lifestyle, from mental sharpness to physical strength. It's ideal to get 7-8 hours each night, but if that's not possible, at least make sure your bed is comfortable and supportive, your pillows are not too hard or too high, and that you avoid eating or watching upsetting television before bedtime. Ask your doctor or chiropractic about your mattress or any special pillows that may support you better.
- 2. Drink enough water.** Dehydration is a sneak thief of good health – often missed by doctors, it is at the root of many health issues. It robs us of normal function, and prevents our bodies from experiencing proper breathing, digestion, circulation, and cleansing of waste products. You need anywhere from eight to twenty glasses of water each day, depending on your body weight and other dietary choices – some authorities say half your body weight in ounces, so if you weigh 128 pounds, you need 64 ounces, about 8 glasses, and if you weigh 192 pounds, you need about 12 glasses.
- 3. Eat wholesome foods.** Avoid processed, sugar-laden or heavily fried foods, and find the right eating rhythm for you – some people like three square meals, others prefer five or six smaller meals, so figure out what your body responds to best. A variety seems to appeal to most people, and the healthiest foods for you to choose are live foods – fruits and vegetables, with high water content. Moderate your intake of sugars, fats and alcohol – you can have some, but 70% or more of your diet should consist of live foods, for optimal health.

“It's ideal to get 7-8 hours each night, but if that's not possible, at least make sure your bed is comfortable and supportive, your pillows are not too hard or too high, and that you avoid eating or watching upsetting television before bedtime.”



“Don’t fall into the trap of only taking action when you are sick – be proactive, develop healthy habits and you will be delighted with the results!”

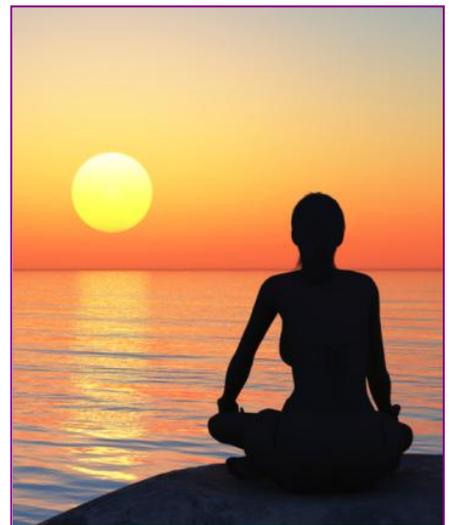
4. Take things in stride. Stress is a killer, driving up blood pressure, preventing normal digestion, increasing toxicity and generating overall bad feelings. If you can learn to reduce or defuse your stresses, you will be healthier in every way, and that doesn't mean take more anti-depressants – lifestyle choices like exercise, meditation, and meaningful conversation can all relieve stress and make your life happier – get on it and do it every day.

5. Exercise regularly. That doesn't mean lift your car or run twenty miles – it just means you need to use your body or else you will lose it. Something as simple as

parking your car at the other end of the parking lot and walking the hundred yards to your workplace each day is a good start.

Many researchers believe that as little as three thirty minute sessions of light exercise, like walking,

stretching or swimming, can make a profound change in your metabolism, leading to more fitness, less overweight, and better health in general.



6. Consult the appropriate professionals to get the advice and care you need. Visit your dentist for your teeth, your optometrist for your eyes, your podiatrist for your feet, and make sure to include your chiropractor for your spine and nerve system. Your body needs some maintenance to work at peak efficiency – let the experts help you and advise you for optimum health and wellness.

Don't fall into the trap of only taking action when you are sick – be proactive, develop healthy habits and you will be delighted with the results!

Feeling Good About Yourself

Too often, we only care about mental health when dealing with a problem suffered by ourselves or a loved one, but actually, there's a lot you can do to improve your mental health and feel good about yourself, as described in "The Six Pillars of Self Esteem," written by the expert in the field, brilliant psychologist Nathaniel Branden.

"Of all the judgments we pass in life," Branden says, "none is as important as the one we pass on ourselves. Nearly every psychological problem — from anxiety and depression to self-sabotage at work or at school, from fear of intimacy to chronic hostility — is traceable to low self-esteem. In the chaotic and competitive world we face today, both personal happiness and economic survival rest on how well we understand self-esteem and nurture it in ourselves and in others."

Branden offers six simple rules that help to build self esteem, six practices to live by that enhance your self worth so you feel good about yourself, and will help you support others around you, your children, parents, siblings, friends, neighbors and co-workers, to feel good about themselves too.

1. Live consciously. Make choices and decisions about who you are and what you intend to do, and live by those standards.
2. Accept yourself for who you are. No one is perfect, and everyone has positive qualities. Make it okay to be you.
3. Take responsibility for what you do. If you do something well, be gracious and receive the praise proudly, if humbly. If you make a mistake, apologize and do what you can to make it right.
4. Assert yourself properly. You matter, and if you have a position on something, let it be known. Your willingness to voice your opinion could make a big difference in solving the problem or addressing the task at hand – don't keep your light under a basket.
5. Live purposefully. There is a reason you are here, and a meaning to your life – be optimistic and drive to accomplish what is most important to you, based on your personal beliefs and values.
6. Demonstrate personal integrity. Keep your word. Do what you say you're going to do. Be clear in your expectations of others, accommodate their frailties, and hold yourself to your highest ethical guidelines.

No one can feel good about you for you – only you can decide to feel good about yourself. It reduces stress, avoids mental health issues, and makes it more fun to be around you. And, building up your children in strong and noble thought is the foundation of good parenting.



“Live purposefully. There is a reason you are here, and a meaning to your life – be optimistic and drive to accomplish what is most important to you, based on your personal beliefs and values.”

