



# 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,

You may have heard the expression "phantom limb" -- what on earth could that mean?

You see, when people suffer the loss of an arm or leg, they may still feel pain or other sensations in the missing body part, because we don't actually feel things on our body, we feel them in our brain.

Your brain is in charge of running the body, using the spinal cord and nerves as a wiring network to connect everything together. Because all messages come from and go through the brain, it's essential to keep your brain and nerve system in good working order.

As long as this control center is functioning normally, your body tends to work well. But if anything stresses the system, it will affect the efficiency of your body to heal, regulate itself, and work properly.

There are three causes of stress on the brain and nerve system. There can be emotional or psychological stress, like anxiety, depression or just pressure. There can be chemical or nutritional stress, from eating poorly or taking drugs or other toxic substances. And, there can be physical or mechanical stress, from wear and tear, or large and small injuries to your spine, which is charged with the responsibility of protecting the nerve system.

But no matter the source of the stress, all stress is brain stress. Like with a phantom limb, all sensations are routed through the brain, and it's essential to have a healthy brain and nerve system if you want a healthy body.

Your doctor of chiropractic is your neighborhood expert on decreasing stress on your brain and nerve system. You and your family will enjoy a better health and wellness when you develop better lifestyle habits -- your chiropractor can help you make better choices and decisions, leading to a better quality of life.

## Seven Fitness Habits to Look Good And Feel Good

Most of us are looking for ways to shed extra weight and get into shape. More than just looking good on the beach, fitness plays a major role in how you feel. What are some of the habits and behaviors that will lead you to be more fit?

There are at least seven lifestyle habits you can include in your routine to increase your fitness. They are simple and obvious, but most of us could do better in at least one of these areas:

### Breathe

One of the simplest aspects of fitness is to breathe well. It's common that poor posture, bad habits like smoking, and insufficient circulation cause a shortage of the most necessary of all vital nutrients – oxygen. You can live for a while without food or water, but without air you would quickly perish – that's how essential it is to get enough oxygen.

Breathing well is one of the best things you can do for yourself. To be more fit, aim to oxygenate your cells, tissues and organs by doing regular breathing exercises, by improving your lung capacity with exercise, and by avoiding faulty health habits that may increase your toxicity and damage your breathing equipment.

### Drink Enough Water

Coffee, tea, juice and soda are not water. Only water is water. Your body is made up of mostly water, and you need to replenish the water you lose each day to have the right environment for fitness.

Every day, you need about a half ounce of water for every pound of body weight – in other words, if you weigh 128 pounds, you need about 64 ounces, or 8 eight-ounce glasses of water. If you weigh 192 pounds, you need about 96 ounces or about 12 eight-ounce glasses of water.

It may sound like a lot, but you'll quickly get into good patterns. Have a glass when you first wake up, and another before you leave for work or school. Have a glass mid morning, when you might otherwise be getting a little hungry and reaching for something unhealthy or unnecessary. Have a glass with lunch, and you're already up to four glasses. You could easily have one as a mid afternoon pick-me-up, two with dinner and one or two more sometime before bed. It's just a matter of developing the behavior of reaching for water instead of a sugary, salty or fried snack, because most of the time, we're not hungry – we're thirsty.



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## Seven Fitness Habits to Look Good And Feel Good

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### Sleep Well

You spend between a quarter and a third of your life in bed, sleeping or trying to sleep. Millions of people have problems sleeping, whether it's because they are stressed, in pain, anxious or just uncomfortable on faulty or poor quality sleep equipment. Make sure your bed is the right firmness for you, and support your spinal curves by avoiding too many pillows or replacing a saggy mattress.

Allow enough time to sleep so that you feel refreshed when you arise. For some people, this may be as few as six hours, while others may require eight or even ten. There is no correct or incorrect number of hours to sleep, other than the amount your body tells you to get. Observe those body-driven signs and you'll have a good idea how much sleep you need.

You can't be fit if you don't rest and recuperate daily. Sleeping well enhances fitness.

### Exercise

Obviously, you'll be more fit if you exercise regularly. You can start with as little as thirty minutes three times a week of walking, stretching or yoga, and work up to a daily routine of aerobic and strength training exercises.

Or, if you're already exercising several times a week, get some coaching or guidance on how to balance your workouts and get the most out of them, not only to build muscle but to increase coordination, symmetry and flexibility.

Running, weight lifting, sports, martial arts – pick something you like to do and do it. And for most people, except the most dedicated athletes, there's no reason to overdo it. Stay consistent with the level that suits your needs best, and if you need advice, get some.

### Feed Yourself

Every machine needs good fuel to burn, and learning to eat well is a critical key to being fit. Everyone needs a blend of fresh wholesome foods, with a proper combination of proteins, fats and carbohydrates.

Most people don't need anything too extreme, but most of us don't know which foods are good for us, and which are not. Organic foods are likely to have less toxicity. Some people do better as vegetarians or vegans, some do better eating some or all meats. We know that sugar, gluten, dairy and soy are hard for some people to tolerate, while others can get away with it. You must investigate for yourself, and find the patterns and components of good eating for you.

Most of us could benefit from some nutritional supplementation -- superfood or protein shakes, alkalizing fruit and vegetable powders, vitamin capsules and tablets or herbal preparations provide a multitude of natural remedies, supportive supplements and tonics, which again you must explore to see which benefit you the most. Each of us is slightly different, but with a little experience you'll be able to tell what works for you.



## Seven Fitness Habits to Look Good And Feel Good

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### Reduce Your Stress

With the typical pressures of everyday life, we all need a way to vent and relax. It's more than just not being anxious or depressed – we have a spectrum of positive emotions available to us, and by reducing our stress, we become more emotionally and psychologically fit.

Meditation, prayer, t'ai chi, vacations – we all have our own ways to reduce our stress, and if we want to be truly fit, we must work these beneficial behaviors and experiences into our busy schedules. It will come back to reward us many times over.

### Take Care of Your Body

Use common sense. You know some things are good for you and some are not. Stop making excuses and handle it. You may not be able to change everything all at once – change something. Raise your standards and get the process started.

Choose a team of health and wellness advisors, and get to know each other so you can count on them for good advice. You need experts to coach you on your organs, your teeth, your spine and nerve system, your eyes, your mind, your eating and other lifestyle habits – seek out professionals who can guide you toward optimal health.

When you are building your network of health and wellness advisors, remember to include your neighborhood chiropractor, who can help you de-stress your brain and nerve system and make your spine healthier, which not only solves painful problems, but helps your body function better.

Health habits like these will help you to live longer, and to improve the quality of your life. Choose wisely when you are deciding how to take care of yourself – it can make a world of difference, helping you to avoid unnecessary, preventable illness and look and feel your best for as long as possible.



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