



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,

Do you make good decisions about your health and your family's health?

Do you feed yourself and your family with wholesome, natural foods, drink plenty of water, and avoid sugars, fried foods, and excessive meals? Do you sleep comfortably and soundly each night, and awaken refreshed and optimistic?

Do you maintain a positive mental attitude, looking for the good in life and handling your challenges with a healthy outlook? Do you consult health and wellness advisors, including your doctor of chiropractic, to be sure you are covering the bases and moving yourself and your family toward the best life possible?

If you answered yes to any of these questions, congratulations – you are participating in one of the most important movements on the planet right now, the Chiropractic Wellness Lifestyle Movement.

Go into most supermarkets or grocery stores, and you'll find organic, gluten free, non-GMO (genetically modified) and all-natural foods being sold. Go into any sporting goods store, and see the proliferation of athletic products, shoes and sports equipment and athletic apparel and much more.

This embrace from manufacturers, merchants and consumers alike is fueling the movement toward better lifestyle decision-making, which has been championed by doctors of chiropractic for over a hundred years.

There is a clear trend manifesting that supports healthy choices, the development of constructive habits and behaviors, and the philosophy of natural wellness. It all adds up to a lifestyle – the Chiropractic Wellness Lifestyle.

What does non-GMO mean, and why is it important?

You've probably seen a lot on TV and in the papers about GMO and non-GMO foods – it sounds complicated, what does it really mean?

Chemical companies are constantly researching ways to make our lives better, and their breakthroughs are too numerous to count. Literally every aspect of our lives is affected by science -- from the plastic containers we receive our products in, to the use of our energy resources, to transportation, manufacturing, and building, we could not possibly do without our chemical industry.

But like any business, they are constantly looking for ways to increase their profitability and market share, and as such, they have moved into some areas that perhaps serve themselves better than their customers, and this question of GMO may be one of those areas. Let's take a closer look and see.

The concept itself is rather complex – every living organism has a genetic code, in other words, a natural pattern that acts as a blueprint for the organism to follow to create new cells in order to live.

Historically, this genetic code was a mystery, but scientists at these chemical companies have spent billions of dollars and invested the finest minds in cracking those genetic codes, for their own use – and in an effort to invent hardier, more disease resistant crops, they have genetically altered most of our corn, soy, wheat, and other food staples.

If all this did was what it was intended to do, then we would be singing their praises, and who cares how much money they make – but the problem is, evidence is mounting that the genetically modified foods are bad, bad for our health and bad for our planet.

Since the chemical companies are so powerful, giving money to politicians in bushel baskets and tipping public sentiment by not completely coming clean on the drawbacks of their products, we are approaching a time when it will not be possible to get non-genetically modified foods of certain types in certain areas, and that is increasing daily.



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It's important to realize that many countries have completely banned the use of any GMO foods, and others carefully monitor which ones they allow – but the truth is, this is a situation where “better living through better chemistry” is in serious doubt.

Many children are allergic to the GMO foods, as well as many adults – and the worst part of it is, there's no way to measure the damage to our natural genetic material, since GMO foods are becoming so widespread, people are using them many times each day.

“ ... any food labeled “organic” cannot contain any GMO substances, so this is a safe way to be sure you are not taking altered genetic material into your body.”

So what can we do? At the consumer level, you can choose non-GMO foods, offered by non-GMO companies. There are some brands that pride themselves on not using or selling any genetically engineered products – a little homework will help you discover which brands you should include and which you should avoid.

Also, any food labeled “organic” cannot contain any GMO substances, so this is a safe way to be sure you are not taking altered genetic material into your body.

At the social level, you can read about and discuss with your friends and neighbors the potential harm from such manipulated foods, and pool your resources so you learn as much as possible about how to keep your family safe.

One of the best resources for such information is Jeff Smith and his Institute For Responsible Technology. He has an eye-opening film called “Genetic Roulette: The Gamble Of Our Lives” which may shock you, but is worth watching to grasp the vastness of this problem, and learn more about what you can do to improve it.

Educate yourself so you can make good decisions about which foods are safe and which are not. No one knows just how dangerous this situation may be, but if living a natural lifestyle is important to you, it's worth it for you to find out more for yourself.

Mother's Day

Some mothers are loving, and some are stern – some mothers are warm and some are austere. But no matter how your mother shows up, be grateful for her, because without her, you simply wouldn't be here.

The gift of life and breath are the greatest blessings we have – let's celebrate the institution of motherhood with a few comments from famous children about their mothers:

M-O-T-H-E-R

"M" is for the million things she gave me,

"O" means only that she's growing old,

"T" is for the tears she shed to save me,

"H" is for her heart of purest gold;

"E" is for her eyes, with love-light shining,

"R" means right, and right she'll always be,

Put them all together, they spell "MOTHER,"

A word that means the world to me.

- Howard Johnson

My mother is a walking miracle. ~ Leonardo DiCaprio

The real religion of the world comes from women much more than from men — from mothers most of all, who carry the key of our souls in their bosoms. ~ Oliver Wendell Holmes

Biology is the least of what makes someone a mother. ~ Oprah Winfrey

If evolution really works, how come mothers only have two hands?
~ Milton Berle

A mother is the truest friend we have, when trials heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine desert us; when trouble thickens around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts.
~ Washington Irving

I regret not having spent more time with my mother. ~ Barack Obama

For those who are fortunate enough to still have their mothers, celebrate her contribution to your life in some meaningful way – for those who do not, remember her fondly, and be grateful for the time you did have with her. And for those of you who are mothers, or who will be, thank you, on behalf of children of all ages everywhere, for the role you play in making our world a better place.



"Some mothers are loving, and some are stern – some mothers are warm and some are austere. But no matter how your mother shows up, be grateful for her, because without her, you simply wouldn't be here."