



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

Bennett Chiropractic and Wellness Center
7130 Estero Blvd. Suite 1, Fort Myers Beach, FL 33931
239-463-1640 - fax: 239-463-1955
www.beachchiropractor.com

August :: 2014 Issue

INTHISISSUE

Page 1 ::

Chiropractors Take Care Of
Your Nerve System

Page 2 ::

How Families Benefit From
Natural Health Care

Page 3 ::

How Families Benefit From
Natural Health Care
(continued from page 2)

Page 4 ::

Hydrate When It's Hot

Dear Patient and Friend,

Many patients are attracted to chiropractic because they had a painful problem and wanted a safe, all-natural drug-free way to get well. Some tried other approaches to address their condition, and ended up with chiropractic as the proverbial "last resort" which finally helped them.

It's normal for people to go to doctors to help them through a health crisis – doctors of medicine, osteopathy, chiropractic, dentistry and other fields are accustomed to patients coming in to be treated on an emergency basis.

But the chiropractic approach is somewhat different – the chiropractor often does not directly treat your condition, but rather is focused on helping the nerve system to do a better job running the body. It's up to the brain and the brain's wiring system, the nerve system, to send messages throughout the body to direct the healing process, and chiropractors find where this nerve control is disrupted and correct it to restore normal function.

That's why chiropractors help people with all different kinds of problems – because removing interference in the nerve system affects every aspect of the body's function that is under nerve control, and that's almost everything.

It's also the reason why you don't have to wait until you have a health problem before you consult a doctor of chiropractic – by keeping your brain, nerve system and spine healthy, you improve your body's ability to function and heal itself.

Get regular check-ups for yourself and your family at your chiropractor's office – it keeps your brain and body working together to keep you healthy!

How Families Benefit From Natural Health Care

As far back as any of us can remember, the family doctor has been held in high regard, and rightly so – dedicated professionals who choose to practice in the trenches, helping neighbors to get through injuries, illnesses and other health crises deserve to be acknowledged as an important contributor to every community.

But it turns out that many of the accepted standards of a simpler day gone by are no longer considered as safe as they once were – every medicine has unwanted side effects, including the most common and often-prescribed drugs.

Up until fairly recently, alternatives were not well known, but there's so much you can now incorporate into your family's daily habits that safeguards health, the need for invasive and potentially dangerous medical procedures could be a lot less. Let's talk about some of the health practices that can minimize dependency on doctors, and how getting and staying healthy can add years to your life and life to your years.

In 1965, a study was started in Alameda County, California, to investigate the link between seven common sense lifestyle habits and better health and longevity. It turns out that those who regularly observed at least six of the seven habits tended to live 7-11 years longer, with better quality of life.

Fifty years later, the study is considered to be a foundational stone of health and wellness research, as the first of its kind to clearly demonstrate how everyday practices affect the maintenance of good health and the probability of a longer life.

Here are the seven habits:

1. Eat regular meals, including breakfast. There are many philosophies in nutrition, and they may seem to conflict – but that's because different people need different nutritional advice, based on their own specific bodies and their own specific needs. Ask your chiropractor for some recommendations.
2. Sleep 7-8 hours each night. Sleep is not only a chance for your muscles and organs to rest, it's also the time when the brain gets itself back in shape to prepare for the next day. If you miss sleep, make it up – it's not as good as sleeping enough every night, but it's better than going without.

"Sleep 7-8 hours each night. Sleep is not only a chance for your muscles and organs to rest, it's also the time when the brain gets itself back in shape to prepare for the next day."

How Families Benefit From Natural Health Care

(continued from page 2)

3. Maintain a healthy weight for your height. There's a wide range of normal for all body types – you know if you're outside it, or if not it's easy enough to find out, so get the help you need to improve it.

4. Don't smoke. This one needs no explanation. If you want to be healthy and live longer, be a non-smoker. Smoking is linked to many deadly diseases – cancer, heart disease, all the bad stuff. Don't do it.

5. Limit your alcohol consumption. The study said if you have five drinks or less at a sitting, you're okay. That standard ought to be easy enough to meet, and if not, you may need to rethink your intention to be healthier, because that behavior probably won't support it.

6. Get regular physical activity. Exercise is very personal – some prefer to walk, swim, stretch or do yoga, while others want the competition and excitement of sports. There are many ways to get your body moving, to get your heart rate up and your muscles loose and supple. Explore your options and adopt a program of regular exercise.

7. Avoid snacks. Eating sugary, salty and fried foods burdens your digestive machinery and damages your blood vessels, making your body work harder to digest and process these foods. Soda pop, sweetened tea, candy, chips, donuts, coffee with lots of sugar – we may enjoy these indulgences, but they may well be inconsistent with wellness and longevity. Not to mention they make you fat, and obesity seems to be related to almost every debilitating disease.

There are many refinements over the last fifty years. We have options on choosing foods that are organic, gluten free, and do not contain genetically modified organisms (non-GMO). Our culture has shifted away from smoking in general. Exercise is more popular than ever. And doctors like your chiropractor are dedicated to helping you learn how to be truly healthy, enjoying your best quality of life for as many years as possible.

Get with your doctor of chiropractic and let him or her know that you're serious about being as healthy as you can be. Discuss your health habits and get a game plan for living your best life possible. You'll be amazed at how small shifts make a huge difference, on the way to a long life of glowing vitality.

"... Exercise is more popular than ever. And doctors like your chiropractor are dedicated to helping you learn how to be truly healthy, enjoying your best quality of life for as many years as possible."

Hydrate When It's Hot

When the mercury creeps upward into the red zone, it's best to stay in climate controlled areas and wait it out – but if you have to work outside, or spend a lot of time outside in the heat, here are three simple precautions that will safeguard your health.

1. Hydrate when it's hot – you lose a lot of water when you perspire, and you need that much more water. Water itself is ideal, but if you want some of your fluid intake to be flavored, avoid sugary drinks and artificial sweeteners, choosing instead natural iced tea or sparkling water with lemon or lime. Just make sure to include enough water – at least an ounce for every two pounds of body weight each day.

2. The sun is good for you, just don't overdo it – being out in the sun gets a bad rap, but sunlight is important for your health. It boosts your Vitamin D levels, which helps you build strong bones and guard against serious diseases like osteoporosis, multiple sclerosis and cancer. Experts recommend ten or fifteen minutes a day three times a week with no sunblock as the minimum requirement. But if you're going to be outside in the sun for an extended period, wear a hat and dress appropriately.

3. Never leave kids or pets in hot cars – a closed car heats up in minutes to dangerous temperatures, so never leave children or animals in a closed car – you'd literally be risking their lives.

Enjoy your summer, but be sure to make good decisions to keep yourself and your family healthy. Better safe than sorry!

"... being out in the sun gets a bad rap, but sunlight is important for your health. It boosts your Vitamin D levels, which helps you build strong bones and guard against serious diseases like osteoporosis, multiple sclerosis and cancer."