



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett and Dr. Ray's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

One of the major chiropractic educational institutions, Palmer College of Chiropractic in Davenport, Iowa, partnered with the Gallup organization to study the use of chiropractic care in our society, and the results are glowingly positive.

Gallup says this is the first time that the behaviors of chiropractic patients have been studied in this detail. They state, "Chiropractic care focuses on neurological and musculoskeletal health, and aims to favorably affect overall health and well-being, relieve pain and infirmity, enhance performance, and improve quality of life without drugs or surgery."

They discovered that almost half of the US has seen a chiropractor at some time, with 33 million Americans visiting their doctors of chiropractic in the last year. They found that patients are four times more likely to visit a chiropractor for neck or back pain than either a physical therapist or a massage therapist.

Among the 5442 participants in the study, about two thirds of them reported a positive overall impression of chiropractors, with only 11% disagreeing, the rest being neutral. The majority felt that chiropractors were trustworthy and had their patients' best interests in mind, and less than 10% disagreed with that.

These kinds of research studies show that chiropractors have a great reputation, with high marks in patient satisfaction, ethics and clinical effectiveness. You can visit and refer to your doctor of chiropractic with confidence – your neighbors do.

Seven Ways To Make Your Brain Healthier

Modern science is proving that if you want to have a healthy body, you need a healthy brain. Your brain runs the show, telling the body parts what to do. It is your database, your control center, and the way you interpret what you learn about your environment – where you are, if it's safe or not, and what you need to do if anything.

Here are seven quick and easy habits you can practice to make your brain healthier.

1. Sleep enough. Your brain cleans and refreshes itself while you sleep, and if you don't sleep enough, it catches up to your brain – extra waste products are not washed away, and poisons can accumulate where they shouldn't be, gumming up the works of your body's communication network. Most adults needs at least seven or eight hours each night, while children need even more. Get into the habit of sleeping enough – it feels great, and makes your brain healthier.
2. Eat good fats. There was a time when conventional wisdom said to avoid eating fats and instead load up on complex carbohydrates. It turns out that the opposite is true – carbohydrates stress your system, and high quality fats are brain food. Your brain is about 60% fat, and it loves omega-3 fatty acids and DHA, found in olive oil, flaxseed, pumpkin seeds, walnuts, salmon, tuna and other cold-water fish. You can also supplement with fish oil or vegan Omega-3/DHA products. It will improve your memory, your brain power, and your mood, too.
3. Detoxify. Getting too close to hair spray, household cleaning chemicals, paint and gardening products may expose your brain to inhaled poisons, but a more insidious source of such toxicity is in your foods, which may contain additives, colorings, preservatives and artificial flavorings that are bad for your brain. Eat clean, wholesome, organic, non-GMO food with few or no additives, and your brain will thank you over time.

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Seven Ways To Make Your Brain Healthier

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4. Exercise your brain. Do some math in your head instead of on a calculator. Do a crossword puzzle, or play some brain-teaser games, to get your mind working sharply. There are online services that offer an endless stream of brain-boosting activities – check it out, find some brain exercise that you like and will do regularly, and that small investment will come back to you many times over.
5. Exercise your body. Physical exercise also makes your brain healthier, as you increase circulation, improve the oxygen content of your blood, enhance your breathing, and establish better overall chemistry that makes your brain happier and healthier. Plus, moving your body, especially your spine, sends messages to the brain that help it to function better.
6. Reduce your stress. Stress jams your gears, changes your hormone system, irritates your brain and decreases your effectiveness. Use stress reduction techniques like breathing, yoga, stretching, meditation, hypnosis, positive affirmation, prayer, and many other tools that de-stress you. Thinking positive thoughts helps, too – as Doc Childre, founder of HeartMath says, “If you want to feel good, feel good feelings.”
7. See your chiropractor. One of the best things you can do for your brain is make sure your mind and body are working together, and chiropractic care is about the best way to do that. The spine has sensors that give the brain vital input, and keeping your spine working properly helps your brain get the information it needs. By getting the right spine and nerve system care, you can directly help your brain to be healthier.

Doctors and health care consumers alike need to be aware of how important a healthy brain is to your overall good health. Take good care of your brain, and it will take good care of you.

De-Stressing Your Autumn Activities

When the fall rolls around, and the kids are settled into their school routine, there are numerous chores and responsibilities that may end up on your list, so here are a few pointers about minimizing your stress this season.

Many families organize their semi-annual house-cleaning in the fall, to mirror their spring cleaning efforts. If so, create a plan that doesn't ask too much heavy labor from you on any given day – divide up the toughest tasks and spread them over a few days or a week, to avoid sprains and strains and keep from injuring your back, which has a big impact on your overall health.

Yard work is another common area where courageous weekend gardeners with the best of intentions ask too much from themselves, raking leaves, kneeling and bending, turning over the flowerbeds, off-center lifting bulky bags of lawn products, and lugging scraps and cuttings to the curb. Watch your bending, lifting and dragging body dynamics, and err on the side of less weight and more trips, to be on the safe side.

As the holidays loom in the not-too-distant future, it's easy to get drawn into the over-programming and reprioritization that is common when there's a lot of activity packed into a short time. In preparation, write down some goals and strategies for the rest of the year, so you have a game plan. You know what you'll need to do – write it out, make it into a set of action steps, like instructions you can follow, and you'll be amazed to discover that you get better results with less rushing and stress.

This time of year can be busy, but it doesn't have to be stressful, if you apply some common sense and good planning.

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