



# 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,

Over the years, the sun has gotten a bad rap, suspected to cause aging and in some cases, skin cancer. But it turns out that, unless you overdo it beyond logic and reason, the sun is actually good for you. A moderate amount of sunshine improves your health, not only emotionally, but physically as well.

Exposure to natural sunlight causes the body to produce Vitamin D, which is essential for good health – it reduces inflammation, lowers blood pressure, builds muscle, and even enhances brain function.

Insufficient amounts of Vitamin D may lead to heart disease, prostate cancer, and mental illness.

The research suggests that 10-15 minutes daily of sunshine is enough to make these differences. Those who get regular sunlight are less likely to suffer depression or seasonal affective disorders, and are more likely to sleep better every night.

Choose lifestyle habits that add to your wellness – get outside, and take a walk, go for a swim, jog around the block, or at least park your car a distance from your office and cover the remaining ground on foot.

The investment you make in simple habits like these will pay dividends, and help you to live a longer, happier and healthier life.

## Seven Ways To A Healthier Spine

Why do chiropractors keep talking about keeping your spine healthy? Why is that important in the first place?

Your spine serves as a connection point for muscles and ligaments that help you to stand, walk and move in every direction. Without the careful construction of this system of interlocking bones, you would not be able to withstand the effects of gravity – you'd be immobilized.

The spine also has the important role of protecting the nerve system, the body's wiring – your nerves affect virtually every body function. In fact, proper alignment of the spine gives feedback to the brain that either stresses it or relieves its stress – it's common sense that a less stressed brain is more desirable, and that's why spinal care, like exercise, rest, nutrition and chiropractic, contributes so significantly toward overall health and wellness.

Here are seven habits you can develop, to improve your spinal health.

- 1. Listen to your body.** We all have a little voice inside that helps us to understand ourselves – it's no different with your spine. If it gives you a signal that something needs to be attended to, don't ignore it, respond. If you need to take a load off, do so. If you need a breather, take one. If you feel sore or experience pain, it may be minor, but if you don't do the right thing, you risk making it a lot worse. Pay attention to your inner signals.
- 2. Provide enough rest for repair and rejuvenation.** Sleeping is one of the healthiest things you can do for your brain, nerve system and spine – adults usually need seven or eight hours each night, and kids need even more. If you miss that target on any particular night, aim to make it up in the next couple of days, to give yourself a chance to heal, recuperate and build new cells that keep your spine healthy.
- 3. Supply sufficient nutrition to help the spine work at its best.** Your spine is made of bone, and the supportive tissues are made of muscle and ligament – ask your doctor of chiropractic for some recommendations on proper diet, as well as any nutritional supplements required to nourish your spine. And make sure to drink enough water.

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## Seven Ways To A Healthier Spine

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### **4. Exercise to strengthen and relax the spine – it will enhance flexibility and reduce wear and tear.**

Stretching, walking, running, swimming, yoga, martial arts, dancing – find your favorite ways to get moving and make it a habit. Or mix it up if you prefer, but commit to something reasonable and do it. And don't forget breathing exercises – even a few deep breaths a few times a day can make a difference.

### **5. Avoid unnecessary injury, like off-center lifting, overworking and abrupt trauma.**

Anticipate how your work, play or chores will affect your spine and support tissues, and be careful if you have to do something that may be excessive. Bend your knees and lift with your legs, not your back, and if something is too much for you, stop and get help.

### **6. If you do sustain an injury, seek immediate professional help.**

If you had a toothache, you'd go to a dentist – for heart trouble, you'd see a cardiologist or internist – so for problems with your spine, consult your chiropractor, your neighborhood expert in handling spinal injury and pain. Your chiropractor will help you, or find someone who can.

### **7. Include chiropractic care in your health and wellness routine.**

Don't wait until you hurt yourself – be proactive in taking good care of your spine and nerve system. The investment you make can help you to experience the very best spinal health possible, which will be reflected in every aspect of your health and wellness.

You only get one spine – learn to take proper care of it, and be rewarded with better health overall.

## What Are Trans Fats and Why Are They Bad For You?

For many years, we heard that fat is bad for you and sugar is brain food. It turns out that the opposite is true – sugar is bad for you and fat is brain food.

Your body uses fat for energy, to absorb nutrients and produce hormones. You need a certain amount of fat in your diet every day.

But not just any fats – some are good for you and some are not. How can you tell the difference?

Without getting too technical, the fats that can hurt you are called trans fats. They are primarily found in fried foods, baked goods, vegetable shortenings and oils, and some margarines, cookies, crackers and snacks. Good fats can be found in fish, nuts, seeds, avocados, and olive oil.

Trans fats can clog your blood vessels and increase your risk of developing heart disease and circulatory problems. "Live Science" reported that those who ate more trans fats were 21% more likely to develop heart conditions, and 28% more likely to die from them.

A diet high in trans fats increases your "bad" cholesterol and decreases your "good" cholesterol, adding risk for heart disease and stroke. And, they increase the probability of Type 2 Diabetes by disrupting insulin metabolism. In fact, "Authority Nutrition" said that a study of 80,000 women showed that the highest abusers of trans fat had a 40% greater likelihood of diabetes.

The logical conclusion? Find out which foods are high in trans fats, and adjust your diet accordingly. You want to eat foods that have omega-3 fats in them, and minimize foods that have omega-6 fats in them.

Why suffer needlessly? Most of those foods that turn out to be unhealthy can be replaced with other foods that are healthier for you. Or, you can just do without them and find something healthier you can substitute.

Only you can take responsibility for your health and your family's health -- be smart, avoid trans fats.

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