



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

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

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INTHISISSUE

Page 1 ::

What Does It Take To Be
Healthy?

Page 2 ::

The Most Dangerous Foods
We Eat Every Day

Page 3 ::

The Most Dangerous Foods
We Eat Every Day
(continued from page 2)

Page 4 ::

Spring Into Better Health
Habits!

Dear Patient and Friend,

Most of us want to be as healthy as possible – it's inconvenient and uncomfortable to be sick, and no one has the time for bed rest or the stomach for unnecessary suffering.

It's unavoidable to get sick or be injured every now and then, but there are specific steps you can take to minimize your chances of illness, and most of them are simple and reasonable.

Here's the way it works. There are three kinds of stress that cause us to get sick – there's chemical stress, like pollution in our air and water, poisonous substances in products we use, or additives to our foods and beverages; there's physical stress, like injuries, misalignment or wear and tear; and finally, there's emotional stress, like problems with work, family, finances, or health.

It's not likely you'll be able to eliminate all these stresses, but you can help yourself cope better chemically, physically and emotionally so you heal quicker from whatever health challenges you might face.

The secret to being healthy is in building up your resources so you get sick less often and get better faster when you do. Clean up your dietary indiscretions and eat wholesome healthy foods, pursue stress reduction through meditation, massage, yoga or exercise, and improve your physical balance and strength by seeing your chiropractor, for care and advice.

It takes a little knowledge, a little flexibility, and a little determination to be healthy, but the payoff is increased longevity and a better quality of life.

The Most Dangerous Foods We Eat Every Day

Without realizing it, we are hurting ourselves every day with some of the foods we eat. A little awareness goes a long way – consider moderating or eliminating these foods:

Sugar

Sugar suppresses your immune system, so you get sick easier. It upsets the mineral balance in your blood and tissues, interrupting normal metabolism. It can cause hyperactivity, anxiety, lack of concentration and behavior problems in kids. It can lead to many forms of cancer, including ovarian, pancreatic, gastric, prostate, breast, small intestine, and laryngeal cancer.

Sugar can ruin your sex life by turning off the gene that controls sex hormones. It causes premature aging, obesity, and tooth decay, exacerbates Krohn's disease and ulcerative colitis, and may lead to gallstones, allergies, diabetes, heart and cardiovascular disease, and gastric or duodenal ulcers.

Above all, sugar causes chronic inflammation, making it one of the worst things you can eat. Soda pop, donuts and coffee, candy and sweetened breakfast cereals are filled with sugar that will age you and make you sick. So use added sugar sparingly, if at all.

Gluten

Many people are sensitive to gluten in their diets. Gluten is a protein found in wheat and other grains. For some, it causes occasional indigestion and food intolerances. But for others, gluten is more toxic, and long term, it's bad for almost everyone and should be reduced or eliminated.

Gluten has an inflammatory effect on your digestive tract, which kills intestinal cells. It also circulates in the bloodstream and irritates the lining of your blood vessels, causing more inflammation and eventually cardiovascular and heart disease. It's also associated with cancer, bacterial infections, ulcers, obesity and esophageal reflux disease.

Gluten is found in many common foods, like breads, pasta, pizza, and any snacks with wheat in them. Some people can handle these foods in moderation, but no one should overdo them and some people may need to avoid them entirely. Ask your chiropractor about testing for gluten sensitivity.

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The Most Dangerous Foods We Eat Every Day

(continued from page 2)

Genetically Modified Organisms (GMO)

Most people don't realize the potential problem genetically modified organisms, or GMOs, may be causing. The American Academy of Environmental Medicine says they cause organ damage, immune system and gastrointestinal problems, accelerated aging, and fertility issues.

Research shows that genetically engineered food leaves foreign genetic material inside of us, so genes from foods like soy, corn and wheat that are genetically modified can transfer into the DNA of bacteria in our bodies, which has been found in the blood of pregnant women and their babies.

The American Public Health Association and the American Nurses Association recommend against genetically modified bovine growth hormone, as it has been linked to cancer. And one of the main reasons the chemical companies genetically modify the crops is so they can withstand heavy insecticides, but the alteration of the plants makes them bad for you, causing sterility, hormone disruption, allergies, birth defects, and cancer.

GMO foods are already illegal many places in the world – hopefully the US will catch up before too long, but for now, educate yourself and avoid GMO foods.

Additives

Our foods contain many toxic additives. Here are some of the most common offenders:

Artificial Colors are linked to allergies, asthma, fatigue, rashes, headaches and hyperactivity. **Artificial Flavorings** also cause allergies, asthma and hyperactivity, as well as dermatitis and eczema, hyperactivity and asthma.

Artificial Sweeteners are associated with cancer, headaches, and dementia. **Benzoate Preservatives** may cause hyperactivity, asthma, rhinitis, dermatitis and tumors, as well as hormonal imbalances.

High Fructose Corn Syrup increases risk of cancer, diabetes, stroke and heart disease. **Monosodium Glutamate (MSG)** may initiate headaches, nausea, heart palpitations, burning sensations and shortness of breath.

Salt

Too much salt causes high blood pressure, and often leads to heart attack, stroke and kidney damage. Sometimes it even contributes to the onset of stomach cancer.

Even if you don't add a lot of salt, most prepared foods have a lot of salt – read the labels, and keep your salt intake under control.

The food manufacturers don't mean to poison you, but if you don't watch out, and take responsibility for your food intake, that's exactly what may happen. A word to the wise should be sufficient! Watch what you eat!

Spring Into Better Health Habits!

For so many of us, this winter had dismal and incapacitating weather – but now people are emerging from their cocoons, and it's time to get back into the swing of health and wellness. What are some easy and convenient habits that will help you to be healthier?

Breathe. Most of us spend too much time sitting, slouching, or standing with poor posture, and this prevents proper breathing. Invest three minutes each morning in this simple breathing exercise -- breath in for 2-3 seconds, hold your breath for 8-12 seconds, and then exhale for 4-6 seconds. Do this ten times, or to your personal preference, and you'll be amazed how good you feel.

Drink water. Most of us drink coffee, soda, tea, or juice – but your body sees these substances as food. You need to drink water, either pure water or with a few drops of lemon or lime if you prefer. And you need more than you think you do – specialists agree that you need about half your body weight in ounces each day. So, if you weigh 128 pounds, you need 8 eight-ounce glasses, 64 ounces each day, and if you weigh 192 pounds, you need 96 ounces, 12 eight-ounce glasses (or 8 twelve-ounce glasses) per day.

Walk. We ride and sit way too much. Try parking your car at the far end of the lot and walking fifty or a hundred yards a few times a day. Take the stairs instead of the elevator. The activity adds up, and can help you be fitter and stronger. And whenever possible, walk outside, commune with nature.

Stretch. Your body needs movement. Bend front and back, bend left and right, twist left and right. Get your spine and your arms and legs into motion. Limbering up your muscles not only helps you to feel better, but it reduces the likelihood of injury, too.

Eat well. While everyone is slightly different, there are some basics that apply to most people. Avoid additives and preservatives. Choose a balanced blend of different wholesome foods. Emphasize high water-content foods like fruits and vegetables. Read labels, and wherever possible, choose organic and non-GMO. Most of us need to eat less, and stop eating before bed. Use common sense.

Take care of your brain. Learn personal methods of dealing with physical, chemical and emotional stress. Get chiropractic care and massage, learn to meditate, practice yoga or T'ai Chi, and stress your brain less by making better lifestyle decisions.

After a long winter, wake yourself up with better health habits! You'll be glad you did!

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