



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett and Dr. Normans 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](http://www.beachchiropractor.com)

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Dear Patient and Friend,

Most people agree that being healthy is more than just feeling okay. Being healthy means having a sense of physical, emotional and social well-being, and not only the absence of sickness.

Healthy people everywhere are not settling for only a feeling of being not sick – they are choosing healthy habits to move themselves beyond not sick, into glowing, vibrant good health.

In fact, there's a whole field of study, referred to as "wellness," which includes many different kinds of health professionals and related services. Wellness occurs when you make lifestyle decisions that lead to even better health.

Examples of such lifestyle decisions could include a healthier diet, more sleep, drinking more water, regular exercise, doing yoga, meditation, or reducing your brain stress with chiropractic care.

Which of these healthy habits you pick up is a personal choice – but every time you do something deliberately to make yourself healthier, you are practicing wellness.

There are, of course, some aspects of our health that we cannot control – that's why it's so important to control what you can, and to develop a lifestyle that helps you get the most out of your life.

Your doctor of chiropractic is one of your best resources for health and wellness information. Consult your chiropractor and ask for some recommendations to improve your lifestyle and become more well.

## The Path To Health And Wellness

What are the stepping stones on the path to health and wellness? People have been asking this question for a long time, and finally, there are some concrete answers you can use to safeguard your own health and solve health problems for yourself and your family.

Start with the basic premise that helps you to understand the way your body works. Your mind and body are designed to work together to provide you with good function for a lifetime.

If anything goes wrong with your body, most of the time you just get better, naturally and organically. If you get sick, generally you get well, with or without treatment in most cases. This is because your mind and body know what to do to heal and recover, and to keep you working properly. It's an inborn process that happens automatically, unless something prevents that.

So what prevents that automatic response? Since your brain is the control unit for your body, the most common reason for poor function is brain stress. When your brain is stressed, it cannot run the show, and your health suffers. You get sick more often and more severely, and you heal slower and not as thoroughly.

Dealing with brain stress requires identifying the cause, which may be physical, emotional, or chemical. Each kind of stress is best resolved by choosing wellness habits that reverse that kind of brain stress.

For example, let's say you have emotional stress, a very common situation considering the complex lives we lead. Between job stress, financial stress, family stress, relationship stress, and health stress, among many other kinds, we may find ourselves dealing with a lot of mental pressure.

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## The Path To Health And Wellness

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There are many ways for you to resolve this kind of emotional stress. You could exercise. You could learn to meditate. You could practice yoga. You could take walks out in nature. You could get coaching or listen to stress/relaxation programs.

What if you have chemical, toxic or nutritional stress? You may need to identify toxic agents in your environment that may be triggering allergic responses. You may need to discover food allergies, like gluten or sugar, for example, that increase inflammation in your body and create long term health problems.

You might have to diminish or eliminate certain foods, and include others. You may need to take some of your nutrition in supplemental form. You may need to lose weight, build muscle, or improve your breathing. You may need to make your diet more alkaline, or avoid salt and food additives. Get some advice on how to clean up your inner chemistry.

Physical stress happens from injuries, postural distortion, one-sided or repetitive motion, foot or leg length imbalances, poor spinal alignment, micro-trauma and many other physical disorders. You can address such physical stress with chiropractic adjustments, therapeutic exercise and personal training, stretching, massage, yoga, t'ai chi or martial arts, and any other physical pursuits that create balance and order and minimize unbalanced stresses.

When you discover the sources of your brain stress and reduce them the best you can, and when you select lifestyle habits that diminish the impact of the three kinds of stress, you are walking the path to health and wellness. No one can avoid all stress, but making yourself stronger and fitter to deal with it is a sure method to improve your health.

Your doctor of chiropractic is an expert in making optimal lifestyle decisions. Consult your chiropractor to get some individualized advice on your best first steps to a better quality of life, for you, your family and those you care most about.

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## Five Positive Benefits of Sunshine

In recent years, going out in the sun has gotten some bad press, and while it's true that overexposure to the sun can be harmful, for most people some sunshine is necessary for good health.

At [medicaldaily.com](http://medicaldaily.com), Lizette Borrelli tells us of five positive health benefits of sunshine.

1. A Better Night's Sleep – Your body has natural patterns called circadian rhythms, which depend on a normal cycle of daylight and night darkness for you to run your body clock and express good health. So, light, especially sunlight, is essential every day to keep yourself well.

2. A Better Mood – Exposure to the sun increases the production of a substance known as serotonin, which makes you more active and alert. The National Institute of Health says that simple sunlight raises serotonin levels without any drugs. They go so far as to say that if you get good sun during the summer, it reduces mood swings and "seasonal affective disorder," a form of wintertime depression.

3. Better Blood Pressure – When your skin is exposed to the ultraviolet rays in sunlight, it produces nitric oxide, a chemical that lowers and regulates blood pressure

4. Better Incidence of Skin Cancer – Many people fear that the sun causes cancer, and in extreme cases it may – but actually, safe sun will decrease your chances of melanoma. The ultraviolet rays in sunshine seem to create a protective effect, as was published in the British medical journal, *The Lancet*.

5. Better Vitamin D Levels – This is the best known benefit of sunlight – that daily exposure to the sun increases your body's Vitamin D supply. Much of your genetic material depends on Vitamin D to work properly, and that means that every cell in your body needs sufficient Vitamin D. So, sunlight promotes bone health, prevents breast and colon cancer, reduces inflammation and assists in the recovery from chronic illness.

So, instead of staying out of the sun, get into it – don't overdo it, but getting good sunshine every day will help you to be healthier and happier overall.

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