



Chiropractic Miracles

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

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Dear Patient and Friend,

The New Year may begin January 1, but for families all over the world, the calendar revolves around the school year. So, when school begins, it's an important reminder to check in on some important habits, for children and parents alike.

First, get enough sleep. Adults need at least seven hours, while kids need even more. Sleep is when your brain recovers from the day's activities – get to bed at a reasonable time, and keep your bedrooms dark and quiet. Get the school year started right by getting sufficient rest.

Eat a healthy breakfast – after a good night's sleep, you want to give your mind and body good fuel to burn. Avoid sugary and salty fried foods, and choose instead organic fruits, vegetables, cereals and eggs. Kids need energy, and a healthy meal to begin the day makes good sense.

Every day, kids and grown-ups alike should have some active, exercise time, and some quiet, relaxation time. As children mature, they'll take habits like this forward with them – including visiting family health care practitioners to get well and stay well.

Develop the habit of periodic check-ups with your favorite health care providers, including your family chiropractor – your investment of time, energy and capital will come back to you in the form of less stress and illness and a better quality of life.

What Is Scoliosis?

Every year, most schools and communities sponsor scoliosis screenings, to make sure the kids in each community have good spinal health, and if they don't, to get them some attention to help them improve.

What is scoliosis? Scoliosis is abnormal curving of the spine, the bones in your back. Some curves are normal and some are abnormal – scoliosis refers to the abnormal curves, front to back or side to side.

Why is it important to have a healthy spine?

When most people think about the human spine, they mainly focus on the bones, the skeleton you'd see if you stripped away the skin and muscle.

These spinal bones form the structure of your body, the framework upon which everything else is built. And that's pretty important.

But the most important role of the spinal bones isn't keeping the structure upright, important as that may be. The most important thing the spinal bones do is protect the delicate nerve system, the wiring and communication system of the body, found inside and between the spinal bones.

In its wisdom the body designed this system, where the nerve wiring is protected by hard bones, knowing that those nerves were vital for the body to run and heal properly. They are the channels that connect the brain with the rest of your body, and maintaining your spinal bones in proper alignment is essential for good brain and nerve system health.

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That's why so many communities insist on regular scoliosis examinations for their school children, and why doctors of chiropractic have specialized for over a hundred years in keeping kids' spines healthy.

If you have school age children in your household, it should be part of your back-to-school routine to get a scoliosis screening or exam at your family chiropractor's office. Even if they offer a similar exam at school, your family chiropractor should get to know your kids, as a baseline to establish a good working knowledge of your family's health and wellness needs.

You can also participate in this examination process. For example, stand behind your child and ask him or her to bend over from the waist. Is one side higher or lower, rounder or flatter than the other? Is the head tilted or turned, does the neck or spine look twisted or rotated?

If you notice rounding of your child's shoulders, a forward head posture, one ear higher or lower than the other, a shoulder or hip higher or lower than the other, putting more weight on one side than the other, or uneven shoe wear, these are all signs that there may be some kind of spinal curvature.

None of this is necessarily dangerous, though at times it can contribute to serious health problems. For some of us a degree of curvature may be normal, but to be on the safe side, seek an expert's opinion. Make it a habit to include periodic check-ups for the whole family at your doctor of chiropractic, whose education focuses on the spine, brain and nerve system. It's better to know what's going on and take any appropriate actions, before a problem advances too far.

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Three Kinds Of Stress And How To Cope With Them

We hear so much about stress, and most of us would confess that we have stress in our lives. Some of us carry it in our neck and shoulders – others in their low back. Still others suffer from headaches, or stomach upset, or breathing problems.

Yes, stress can show up in many forms – but most stress comes from one of three major sources.

There's emotional stress – worry, sadness, guilt or pressure, from work, family, health, or money, for example. Many people cope with emotional stress with counseling or coaching, meditation, yoga, martial arts or exercise.

There's chemical stress – exposure to toxins in the air, water, food, or environment, as well as faulty nutrition that damages the internal chemistry of the body. You can cope with chemical stress by choosing wholesome, organic and non-GMO foods, avoiding toxic household and cosmetic products and participating in detoxification practices like cleanses, juice fasts, salt baths and selective dietary habits.

And there's physical stress – injury, wear and tear, and misalignment can age your body and cause pain, stiffness and restriction. To keep yourself moving properly, learn to stretch, exercise healthfully, and engage the opinions of experts like doctors of chiropractic to reduce the impact of gravity, accidents, and repetitive micro-trauma.

Your level of health and wellness and your quality of life depend on your ability to handle stress – your brain works so much better when you reduce or eliminate the effects of that stress. Consult your advisors and develop as much resiliency as possible. You'll live a longer, healthier life!

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