



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Many people first visit a chiropractor because they are suffering some kind of pain – back pain, headaches, neck pain, shoulder pain, leg pain, or some other kind of discomfort. They are mainly seeking relief, often having tried other approaches like medications, pain-killers, bed rest, and heat.

In fact, many people do get relief from visiting their chiropractor. The reason, though, may be somewhat different from what you might think!

When you're hurting, the pain seems like the problem, but this is usually not the case. Your body uses pain as an alarm system to alert you to the fact that something inside isn't working right. So, the pain isn't the problem, it's your body's way of telling you there is a problem.

If you just shut off the alarm, and the fire continues to burn, then the purpose of the alarm was ignored and the house burns down, even though the alarm rang. It's the same in your body – if you just shut off the pain without finding out why it was happening, the fire in your body continues to burn, and the effect can be a more serious health condition. For example, stomach pain may mean a developing ulcer, but shutting off the stomach pain with antacids or drugs does not address the underlying cause of the ulcer, like stress or poor diet, and eventually the stomach wears out.

So, the pain usually isn't the problem, it's the evidence that there is a problem!

That's why chiropractic care doesn't really try to shut off the pain, but to find the underlying cause, and deal with that. Often, the cause of the pain is some malfunction in the body, and chiropractors are experts at finding such malfunctions.

Is Chiropractic Care Good For Painful Problems?

Here's the way it works. The body is designed with a wiring system that connects the brain, which runs the show, with all the body parts. This wiring system is called the nerve system, and nerves are the wires that go from the brain to the body parts, so the brain can direct their function and tell them what to do.

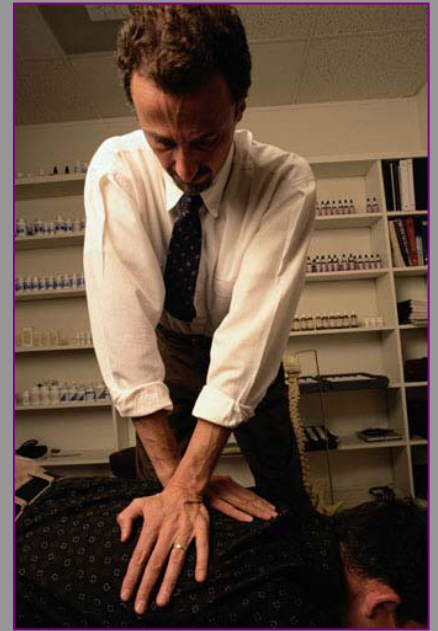
The brain and nerve system are protected by bone, the brain by the skull and the nerve wires by the spinal bones. That's why chiropractors are trained to examine and correct misalignments in your spine – when those bones go out of position, they can interfere with nerve function, which may either cause pain, or cause some other body malfunction that leads to pain.

When someone decides to begin chiropractic care, the decision frequently stems from a desire to experience relief, and it would be inaccurate to say that this doesn't happen – most of the time, the pain subsides fairly quickly, and if this is all the individual wants, there's a tendency to discontinue chiropractic care prematurely, before the underlying problem is adjusted properly so it can heal.

That's why many chiropractors recommend periodic check-ups, for early detection and the correction of structural problems before they progress.

Many families decide to come in for their adjustments together, as a health and wellness practice, whether or not anyone has a painful problem. They have found that their quality of life improves with regular chiropractic care, among other good lifestyle choices, like healthy diet, sufficient exercise, sleeping on a good mattress, drinking enough water, and practicing stress reduction techniques like meditation or yoga.

So, doctors of chiropractic do help people with painful problems by finding the cause of the problem, and they also help people who don't have painful problems by coaching them on better lifestyle decisions and keeping their structure healthy. Chiropractic care has something to offer just about everybody.



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Water, The Overlooked Nutrient

"Water is life's mater and matrix, mother and medium. There is no life without water"

~ Albert Szent Gyorgyi
Nobel Prize Winner in Physiology, discovered Vitamin C

Water may be called the elixir of life, as it is essential for your body to work properly. Water makes up between 55 and 75 percent of the human body. Although food is important, your body can go a considerable amount of time without eating. You can only go a few days without water.

The amount and the quality of the water you consume can have a dramatic impact on your health. Good, clear, drinkable water is very accessible for most of us. Many people have acceptable drinking water in their homes. Others purchase bottled water at their local supermarket. Still others filter the water in their homes to improve the quality.

Most people need to drink more water than they currently do. Juice, coffee, tea, and soft drinks are not water – the body sees them more like food. To estimate the amount of pure, clean water you should drink daily, take half your body weight in pounds, and that's how many ounces you need – in other words, if you weigh 128 pounds, you need to drink 64 ounces of water, a half gallon, eight glasses of eight ounces each. If you weigh 192 pounds, you need to drink 96 ounces, three quarters of a gallon, twelve eight-ounce glasses. If you are overweight, you need to drink one additional glass for every 25 pounds of excess weight.

A lack of water leads to dehydration. Dehydration is a condition that occurs when you don't have enough water in your body to carry normal functions. Your body loses water on a daily basis through sweating, urinating and breathing. It's essential that you replace lost fluids. Symptoms of dehydration include fatigue, headache, dizziness, muscle weakness, dry or 'cotton' mouth and little to no urination.

Get into the habit of drinking water – drink a glass when you wake up, another mid morning, one or two glasses with lunch, one mid afternoon and then two or three glasses before, with and after dinner.

You'll be amazed how good you feel when you keep your body hydrated!

Mother's Day ...

Mother's Day is meant to give due honor to the woman who gave us birth and life. Though we often feel gratitude towards our mothers we may not demonstrate it often enough. Mother's Day is celebrated to share those feelings with our mothers, to spend some time with them and make them feel special.

Great women like Julia Ward Howe and Anna Jarvis will always be revered for their contributions in bestowing dignity to women and motherhood and they are largely responsible for the creation of Mother's Day.

Mother's Day is celebrated in May in dozens of countries worldwide, but ranges from February in Norway, to March in the Middle East, to November in Russia.

Mother's Day is also a huge commercial success. Mother's Day is now the most popular day of the year to dine out in the United States. Americans will spend billions on flowers, pampering gifts, and greeting cards, not to mention about 7.8% of the U.S. jewelry industry's annual revenue in 2008, with custom gifts like mother's rings.

Here are some favorite Mother's Day sentiments and quotations:

M - O - T - H - E - R

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be,
Put them all together, they spell "MOTHER,"
A word that means the world to me.
Howard Johnson (c. 1915)

A mother understands what a child does not say.
Jewish Proverb

Youth fades; love droops, the leaves of friendship fall;
A mother's secret hope outlives them all.
Oliver Wendell Holmes, physician and poet

You may have tangible wealth untold;
Caskets of jewels and coffers of gold.
Richer than I you can never be -
I had a mother who read to me.
Strickland Gillilan

Mother is the name for God in the lips and hearts of little children.
William Makepeace Thackeray

Who ran to help me when I fell,
And would some pretty story tell,
Or kiss the place to make it well?
My Mother.
Ann Taylor

A mother is the truest friend we have, when trials, heavy and sudden, fall upon us;
when adversity takes the place of prosperity; when friends who rejoice with us in our
sunshine, desert us when troubles thicken around us, still will she cling to us,
and endeavour by her kind precepts and counsels to dissipate the clouds of darkness,
and cause peace to return to our hearts.
Washington Irving (1783-1859)

All I am or can be I owe to my angel Mother.
Abraham Lincoln, U.S. President

There never was a woman like her. She was gentle as a dove and brave as a lioness ... The
memory of my mother and her teachings were, after all, the only capital I had to start life with,
and on that capital I have made my way.
Andrew Jackson, U.S. President

My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute
all my success in life to the moral, intellectual and physical education I received from her.
George Washington, U.S. President

