



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

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INTHISISSUE

Page 1 ::
What Every Family Wants

Page 2 ::
Gentle Exercise Can Be
Beneficial Too!

Page 3 ::
Gentle Exercise Can Be
Beneficial Too!
Continued from page 2.

Page 4 ::
Spring Cleaning Is Good
For Your Body Too!

Dear Patient and Friend,

Every parent wants the children to be healthy, and all kids want the security of knowing Mom and/or Dad are going to be there when they need them – so the responsibility for getting and staying healthy affects everyone.

Every family wants to be able to enjoy a better quality of life, and to avoid unnecessary pain of all kinds. That's why so many families are going to their favorite doctor of chiropractic, both to provide natural solutions for health problems, and to improve health and wellness by keeping their bodies working at peak efficiency.

How does chiropractic do that? The body is designed to heal itself, but sometimes its complex wiring system can short-circuit, and chiropractors know how to reset the circuit breakers. If the circuit was a pain circuit, then the pain reduces or disappears, and if the circuit was a function circuit, then the body function improves.

This is why chiropractic care helps not only back pain, neck pain and headaches, but also digestion, sleeping, breathing and most body functions that depend on a healthy nerve system to work properly. When your chiropractor finds the interference, a safe, gentle adjustment can turn on your body's switches and let the affected body part or system whirr back into action.

What every family wants is for each and every person in that family to have the best health possible – and your family chiropractor does what no other doctor can do to help. Keep your spine and nerve system healthy, so you can be well, heal quickly and avoid unnecessary suffering.

Gentle Exercise Can Be Beneficial Too!

When most people think of exercising, they think of weight lifting, running, playing sports or other kinds of rigorous, strenuous efforts.

But you can get significant value out of a much gentler, easier form of exercise that puts motion into your body, and doesn't risk overdoing it. For seniors, people recovering from an injury, or just those who are not athletically inclined, adopting a few basic principles and developing a few simple habits will help to increase fitness and flexibility and reduce stiffness and pain.

For example, walking as little as thirty minutes three times a week can dramatically improve heart function, breathing and strength. You can start slow and work up to a more vigorous pace at your own rate.

Consider your age, your physical condition, and your history of previous exercise when you decide upon the proper amount of walking for you, or consult your doctor or chiropractic to get his or her input about the shape you're in and the best course of action.

Or, you can practice yoga, where you will learn to combine six movements to master your body and enjoy reduced stress and greater longevity.

The first two movements are flexion, bending forward, and extension, bending backward. You can do this sitting, standing, or lying down, and the benefits include increased core strength and better posture. Then, side-bending and rotation add to your flexibility and strength, and give you greater range of motion, stretching your muscles so they become longer and stronger.

The fifth movement is balance, like practicing standing on one leg, and the sixth movement is inversion, which advanced yoga practitioners do by standing on their heads or shoulders, but can easily be done by beginners by lying on your back and walking your feet up a wall – in this context, inversion simply means having your head below your heart.



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(Continued from page 2)

You can even achieve this in the “downward dog” position, where you place your hands and feet on the ground while you raise your butt so your body is an upside-down “V,” thereby putting your head lower than your heart. This improves circulation and reduces stress.

Another gentle exercise is swimming, where the buoyancy of your body in the water minimizes any harsh effects of gravity on your structure, and also provides strength training with little unbalanced resistance. It’s hard to hurt yourself swimming, yet the benefits are better metabolism, more coordination, and of course a sleeker, better toned musculature.

Not everyone is cut out to pump iron, run long distances, or learn martial arts, though these are of course all excellent ways to get fit. If this is your preference, good for you, it will help you to be healthier in the long term. But regardless of your current status, you can learn to exercise, starting with a regular program that is matched to your present capability, and working up over time to a more demanding routine if and when you choose to do so.

Your doctor of chiropractic can help you design the optimal exercise program for your needs. Some people do well with very challenging exercise, while others may prosper with a more gentle approach – either way, do yourself a favor and do at least some exercise regularly. It will come back to reward you with a better quality of life, and a stronger body that is less likely to break down and more likely to serve you well, no matter what you ask of it.

Health and wellness, fitness and vitality – you can feel better and be healthier by exercising the right way for your wellbeing. Pick up a book, search on the internet, or ask a trusted health and wellness advisor about putting together a suitable program of exercise – you’ll be better off for it.

Spring Cleaning Is Good For Your Body Too!

About this time of year, families around the world pick up on Nature's cue and use this season to clean up, spruce up, de-clutter and get ready for springtime.

But your body can benefit from some spring cleaning as well – what are some ways to tune up your body?

If you've put on a little extra weight during the colder months, you may want to rethink your diet, concentrating on fresh, wholesome foods, especially high water content foods like fruits and vegetables. Eating foods with water in them helps to flush out your system, and the fiber in fruits and veggies also helps your body to get rid of waste in your gut, left over from processing your food.

And while we're talking about water, you'll need to drink a substantial amount of water to help clean out your body – most experts recommend about one ounce for every two pounds of body weight. In other words, if you weigh 130 pounds, you need to drink 65 ounces of water, or about eight 8-ounce glasses each day, and if you weigh 190 pounds, you need to drink about 95 ounces per day, or about twelve 8-ounce glasses. If you're too toxic or overweight, you may need a natural cleanse, as well.

Part of cleaning yourself out is getting yourself moving, with some form of exercise – match your exercise with your condition, and aim at your preferred objective, like weight reduction, personal training or participation in a sport or hobby. Get your body into motion – it improves your blood flow, carries toxins away, and increases your breathing capacity. If you work up a sweat – it purges junk out of your system, and leaves you feeling lighter.

Breathing exercises are also invaluable for cleaning out your body – try this simple pattern, which will both relax you and energize you: breathe in for a count of three, hold for a count of twelve, and breathe out for a count of six -- repeat ten times, and see how clean and vibrant you feel.

And finally, visit your doctor of chiropractic, to tune up your body so it can get the most out of these other health habits. A brain and nerve system that can regulate and heal your body effectively is the best health asset of all. And, you can ask for some advice on these and other important lifestyle decisions.

Developing a good health routine is important year-round, but especially now -- Nature is waking up, and you can wake yourself up too.



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