



# Chiropractic Miracles

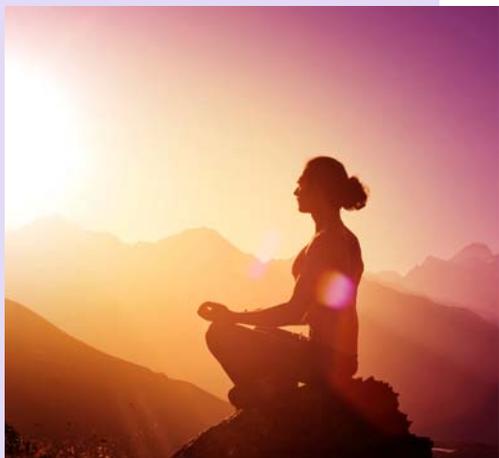
Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett's Breakthrough Patient Newsletter...

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Dear Patient and Friend,



Health may seem like a mystery at times, but actually it's pretty logical – actions and behaviors lead to results, so if you choose healthy behaviors and avoid unhealthy ones, you increase your chances of being healthy.

But the biggest health mistake people make is thinking that feeling good means good health. Sometimes we have an experience that is very painful, like a stubbed toe or a splinter under your fingernail, which may hurt like crazy, but has little effect on long term health.

On the other hand, many of the worst diseases don't cause pain or suffering until the disease process is advanced, as in heart disease and cancer.

Don't fall into the trap of thinking that if you have no symptoms, that you are well – get regular check-ups for yourself and your family, and decide to proactively select lifestyle habits that are most conducive to good health, not just feeling good. Eat well, sleep enough, exercise appropriately, maintain a positive attitude, and keep your body operating at peak efficiency with input from your dedicated team of health and wellness advisors, including your doctor of chiropractic.

Avoid the biggest health mistake most people make, and don't trust to luck – take action and stay healthy with common sense and the advice of professionals who can help you make good decisions and follow through on them.

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## The Five Secrets The Healthiest People Know

Is there a formula to better health that we can use as a template to create less pain and suffering and more health and wellness?

Most people would admit that they could be doing more to help themselves to be at their best – often, people just don't know what to do to increase their chances at good health and peak performance.

Experts agree that there are five areas which contribute to a better quality of life, and if you put all five to work for you, you can be one of those who seem to enjoy an insurance policy against disease and illness, and feel good the lion's share of the time.

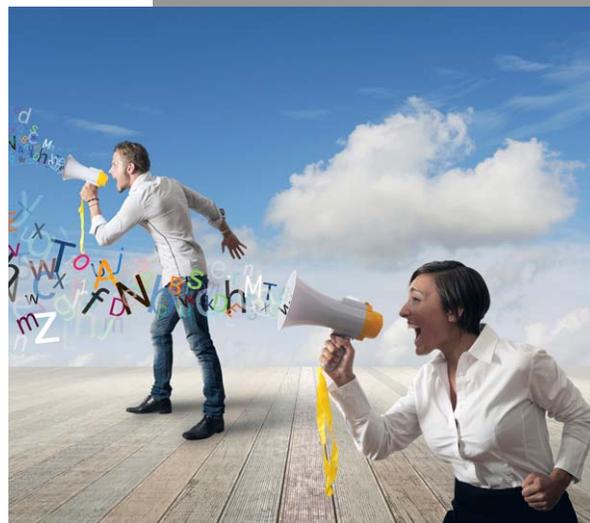
1. ***You must learn to eat well.*** Our diets are usually too heavy in sugar and processed foods, and not rich enough in live natural foods like fruits and vegetables. We all have a slightly different body, but all of us need less poison in our blood and more nutrition. Learn to eat properly, and when necessary, supplement with natural substances that are harder to get in the foods we eat.

Whether you get them through foods or through supplements, there are five essentials you must find a way to include in your daily intake. You need vitamins and minerals for regular body function. You need fats or oils for healthy skin and good nerve system function. You need greens to keep the acid/alkaline balance in your body, to reduce inflammation, and you need a probiotic to keep your body eliminating toxins effectively.

Habits like these will reward you with a better body chemistry and better health overall.

2. ***You must learn to reduce your stress.*** Easing your mind and body by not taking problems so seriously and by building yourself up with a positive outlook is a good start. The way you communicate to yourself plays a major role in your stress levels – be as objective as possible, not making things more painful in your mind than they have to be, and also not ignoring or overlooking circumstances that need attention.

From there, you can use practices like yoga, meditation, exercise or prayer to reset yourself and avoid the negative impact of stress. It's an ongoing commitment, but one that pays off in developing a positive mental attitude.



*"Easing your mind and body by not taking problems so seriously and by building yourself up with a positive outlook is a good start."*

## The Five Secrets The Healthiest People Know

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*"Commit to doing good things for yourself and avoiding bad things. You only get one body – if you wear it out, where are you going to live?"*

3. ***You must sleep soundly and enough.*** Animals sleep up to 70% of their day – for humans, it's often 25% or less. This is usually because we are over-programmed, or think we are, and sleep is one of the first corners we cut, not realizing the detrimental effect it can have. Establish a sleep rhythm where you go to bed and wake up at the same times each day, and then evaluate if you are getting enough sleep once you have done so. Some people even like to take a nap during the day – experiment to see what works for you.

If your sleep equipment is old, worn or insufficient, replace it with a better bed – choose a mattress with the right firmness for your taste. Remember, you're going to spend a significant amount of time in your bed – don't skimp, invest in good quality and it will reward you in comfort and durability.

4. ***You must move your body.*** If you don't use it, you may lose it, so plan to walk, swim, stretch, or some other physical activity at least a few times each week. Besides eliminating stress, it gets your circulation going, strengthens your muscles, and it's fun, too.

Each individual's need for exercise varies, but most experts agree that at least three thirty-minute sessions weekly is a good start. Adapt your exercise schedule to your needs and your tolerance, pushing just hard enough but not too hard.

5. ***Maintain your body.*** Commit to doing good things for yourself and avoiding bad things. You only get one body – if you wear it out, where are you going to live?

Develop a team of health and wellness professionals who can advise you on these and other important lifestyle decisions. Pick doctors and health advisors who are consistent with your views and beliefs on health and wellness.

Your doctor of chiropractic is specially trained in helping you to make these kinds of choices – ask your chiropractor to help you learn about your best health and wellness habits, and you'll be glad you did.

## Doing Good

We live in a complicated world – crazy weather, political conflicts, financial pressures, relationship issues, and much more. With all the stresses, there is one universal antidote to the pain and suffering, one that dates back to the beginning of time – doing good.

Whenever our attention is on ourselves, we fall into the trap of judging ourselves against some unrealistic perfect ideal. No one can measure up to that standard – yet if we are focused on ourselves, it is inevitable.

Rather, learn to concentrate on the opportunities that are all around us to do something good for someone else. The age-old metaphor is to “help an old woman cross the street” – mundane, you may think, but not for the person who needs help at the time.

In fact, if you walk down the block in your town, it is likely that you will spot some situation that gives you a chance to contribute to the greater good.

You could volunteer to read to residents in a hospital or seniors home. You could shop for an invalid you know in your neighborhood. You could babysit for a single parent one evening, giving him or her a bit of a breather or a much-needed night out. You could bring dinner to a family who suffered losses in a hurricane, tornado or flood.

Your generosity doesn't have to take the form of a financial gift – often, it's the emotional gifts that are better received anyway.

If everyone took the time to think about doing something good every day, whether it's picking up trash, feeding the birds in the park, or helping a youngster solve a tough math problem, it would surely be a happier, healthier world.

Look for openings to add something to someone's life – doing good is not as common as it should be, but you can change that, if you want to.



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