



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,

Everyone wants to be healthy – and everyone wants to avoid being sick or injured. Sometimes, we get caught in unfortunate situations, but most of the time, a few simple habits can improve your chances of better health.

1. Use common sense when choosing what to eat. If it seems like you are eating too much, or the wrong things, you probably are. Select a variety of fresh, wholesome foods, and you are more likely to nourish yourself properly. Taking nutritional supplements can also help if you don't enjoy certain foods, so round out your diet and supply good fuel and building blocks and your body will work better.
2. Reduce wear and tear on your body by resting sufficiently, avoiding physical injury, and by exercising enough to keep your body in good working order.
3. Reduce your stress by coping with daily problems, and by finding ways to calm yourself inside, like meditation, prayer or just quiet time.
4. Consult natural health and wellness advisors to detect health problems early and establish a wellness lifestyle. Your doctor of chiropractic is trained to help you make good decisions about your health habits – keep your spine and nerve system in good condition with regular chiropractic care.

Good health isn't the mystery it once was. There are specific steps you can take to make your life better. By learning how to feed yourself, rest yourself, exercise yourself, de-stress yourself, and get yourself in good working order, you can enjoy great glowing health and vitality – do your best, and it will pay off for you, as it has for so many others.

Eleven Tips to Prevent Back Pain

Back pain is one of the most common physical problems we face. Some estimates say that as much as 25% of our population will experience low back pain, and many times this condition can be avoided by adopting some simple habits and practices to safeguard your health.

Sometimes back pain foretells more serious disease, but usually it is a product of poor body mechanics, and when this is true, there's a lot you can do to make it less likely that you will suffer from this kind of health issue. Check this list of tips for preventing low back pain, and see which ones you already do, and which ones you could incorporate into your daily activities.

1. Be aware of and correct your posture – One of the simplest things you can do to maintain a healthy structure is to use it appropriately. Slumping or standing with your weight more on one leg will create small stresses on your spine and nerve system that may snowball into back pain if not attended to. Sit and stand with your hips and shoulders square to the midline and keep your weight evenly distributed.
2. Keep your weight under control – A common reason for back pain is the forward pull on your spine from a too-large mid-section. If you are too heavy, knock off a few pounds and decrease your risk.
3. Avoid excessive inactivity or bed rest – your body was made to bear weight in a standing position, and laying down too much puts pressure in places it shouldn't be. Also, your muscles need to move to work properly, so stay active.
4. Warm up or stretch your muscles before exercise or other physical activities, like gardening or moving heavy furniture.



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Eleven Tips to Prevent Back Pain

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“Stop smoking to improve your blood flow, so your muscles have enough oxygen and nutrients carried by the circulation.”



5. Eat healthy foods to give your body the building blocks of good function. Drink plenty of water, and avoid heavily processed, sugared or fried foods.

6. Wear comfortable, flat shoes. High heels force your center of gravity forward and unbalance your spine and nerve system.

7. Sleep on a mattress of appropriate firmness to provide proper support while you sleep. Consult your health advisors to determine what you should be looking for.

8. If you have to lift something heavy, bend your knees and lift with your legs while keeping your back straight. Keep the object close to your body, and do not twist off-center when lifting.

9. Stop smoking to improve your blood flow, so your muscles have enough oxygen and nutrients carried by the circulation.

10. Make sure your workstation is ergonomically correct, with your computer screen set at the right height and tilt for your field of vision, and your seating positioned so you are comfortable.

11. Work with your doctor of chiropractic to keep your spine in healthy alignment so it protects your nerve system from unnecessary damage. Your chiropractor is an expert in dealing with all the conditions surrounding back pain – seek his or her advice before you start to hurt, so you can learn how to stop problems before they start.

An ounce of prevention is worth a pound of cure, and nowhere is it more true than with back pain – avoiding it is a lot better than trying to recover from it. By improving the way you take care of your spine and nerve system, you can stay away from needless suffering. And if you are already one of the millions of people who has a tendency toward back pain, see your doctor of chiropractic – he or she has many answers to your health questions, so take action and get well the natural way.

Happy Birthday, Abraham Lincoln

With the success of Steven Spielberg's movie "Lincoln," public interest has been rekindled in one of our greatest presidents. Most don't realize that Abraham Lincoln suffered from depression, and had to find behavioral remedies to get himself out of his melancholy, as there were no medicines or therapies to help him at the time.

He took long walks, talked with close friends and told jokes, and forced himself to be around people. He wrote letters, made himself work, and prayed intensely to use his experiences to make himself better. Gradually, he came out of his funk, and went on to become one of the most influential thought leaders in history.

Coping with depression gave Lincoln strength and skills to deal with our nation's problems. He was highly intelligent and articulate – here are ten great thoughts from a great man:

"Most people are about as happy as they make up their minds to be."

"That some achieve great success, is proof to all that others can achieve it as well."

"I will study and get ready and someday my chance will come."

"Let us have faith that right makes might; and in that faith let us dare to do our duty as we understand it."

"Things may come to those who wait, but only the things left by those who hustle."

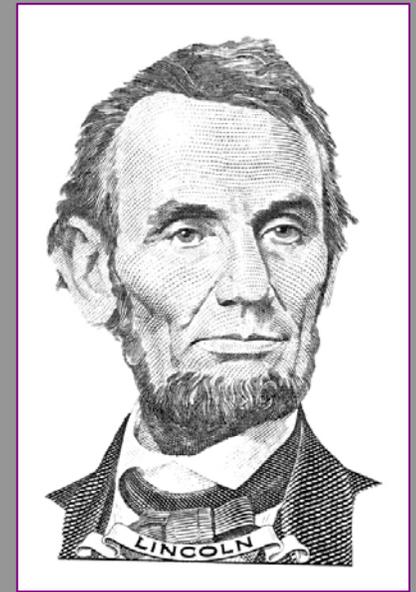
"Always bear in mind that your own resolution to succeed is more important than any other one thing."

"Adhere to your purpose and you will soon feel as well as you ever did. On the contrary, if you falter, and give up, you will lose the power of keeping any resolution, and will regret it all your life."

"You can't escape the responsibility of tomorrow by evading it today."

"That some should be rich, shows that others may become rich, and hence is just encouragement to industry and enterprise."

"And in the end, it's not the years in your life that count. It's the life in your years."



"Adhere to your purpose and you will soon feel as well as you ever did. On the contrary, if you falter, and give up, you will lose the power of keeping any resolution, and will regret it all your life."