



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,

Wherever you go to shop for food, the products on the shelves feature colorful packaging proclaiming "no sugar added," "low fat" and "gluten free." What do these phrases mean, and why is it important for us to know?

Remember that product packaging is for both information and advertising, so manufacturers want to represent their products in the best possible light. Candy makers may proudly boast "no fat," which is true because that product never had any fat in it in the first place, it's all sugar. They are telling the truth, but they are suggesting that somehow the food is good for you because it has no fat in it, and that may not be the case.

"No sugar added" does not mean no sugar. It means the manufacturer didn't add any on top of the sugar already in the product. Watch out for sweeteners like high fructose corn syrup, aspartame and sucralose. Your tongue may like the experience, but the rest of your body does not, so do your best to avoid them.

"Low fat" foods have become very popular, but your body needs some fat to function normally. That's why most healthy diets include a variety of wholesome, fresh foods.

And why gluten-free? Gluten is a protein found in wheat, barley and rye. It is in so much of our typical diet, like bread, pizza and pasta, it's hard to believe it's bad for us, but it is. Gluten acts like a coarse scrub-brush on the inside of your circulatory system, causing irritation and inflammation, eventually digging scratches into your blood vessels and making you more prone to cholesterol deposits and cardiovascular disease.

That's why less gluten in your diet is a positive step toward better nutrition, leading to a healthier life overall. Read up on gluten, and find out more about why it can be so harmful, and how to eat more healthfully without it.

The Nerve System Goes Everywhere

We are electromagnetic beings – electrical impulses travel from our brain to our body parts along wires called nerves, and the body parts respond with feedback through other nerves. If you took away your skin, your blood vessels, all of your body except for your nerve system, you would still see a complete outline of yourself made of nerves, because the nerve system goes everywhere. It's the way your brain communicates with every part of your body.

You're probably getting the idea that having a brain and nerve system in proper working order is essential for good health, and that is why it is so important to provide the routine care for yourself and your family that keeps your brains and nerve systems functioning well.

What would routine care involve?

The idea is to get to the point where your brain and nerve system are doing whatever they need to do for you to have the best health and wellness possible.

This requires two steps – first, to get your brain and nerve system clear of interference so you can return to normal function, and second, to keep yourself free of nerve interference so you can experience the best quality of life possible.

There are three different kinds of stress on your brain and nerve system, and to reduce or eliminate them usually takes some changes in lifestyle habits. You can consult appropriate professionals for guidance on your particular types of stress.

For example, you might have chemical stress, from toxins, allergies, malnutrition, or faulty organ function. You might have emotional stress, from pressures due to employment, family, finances or health problems. Or, you might have physical stress, from injuries, repetitive microtrauma, wear and tear or lack of exercise and proper posture.

When your brain is stressed from chemical, emotional and physical imbalances, your body reacts to it. Your heart rate, breathing, and energy metabolism instantly start to shift, usually toward a "fight or flight" setting, on edge and awaiting the need to make a quick decision to protect yourself.

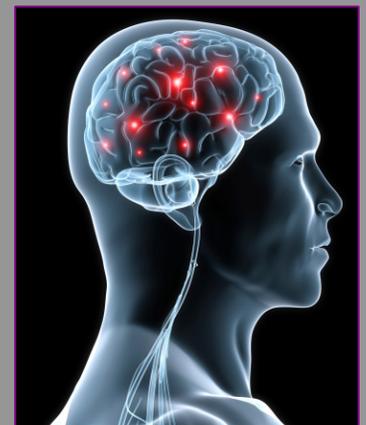
Only there isn't really a tiger after you, it just feels that way when your nerve system is jangled, irritated and unbalanced.

You may not have realized that balancing the nerve system is the main intention of chiropractic care. More than just a good remedy for pain relief, chiropractic helps to reduce or eliminate stress on your brain and nerve system. And the lifestyle recommendations your chiropractor can make will help you reduce all kinds of stress.

Recognizing the danger of chronic brain and nerve stress will help you know which behaviors to continue or increase, and which ones to reduce or eliminate.



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"Keep your spine healthy with regular chiropractic care, whatever is called for with your particular spine, brain and nerve system."



The Nerve System Goes Everywhere

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To reduce chemical stress, read food labels to see what you are putting into your body. When you use chemicals in your garden, workshop, kitchen or bathroom, handle with care. Keep dangerous materials locked away so children can't get to them. Choose better foods and better eating habits to supply great nutrition while minimizing digestive stress. Consult professionals to help you with food choices and a strategy for reducing toxicity and allergic responses you may or may not know about.

To reduce emotional stress, notice life situations that are troubling or difficult, and try to look at them in a new way. By observing which of those challenging circumstances bother you, you can be aware, and keep your agitation to a minimum. You may need to speak to a counselor or spiritual advisor. Choose some stress reduction habits that work for you, such as meditation, prayer, yoga or exercise.

To reduce physical stress, take better care of your body. Avoid injuries and poor habits like slumping postures (sitting or standing), working in uncomfortable or cramped positions, or suffering repetitive motions like off-center typing, working around poorly designed workstations, or keeping the phone caught between your face and shoulder, pulling your neck off to one side. Wear shoes with good support. Sleep on a good mattress. Keep your spine healthy with regular chiropractic care, whatever is called for with your particular spine, brain and nerve system.

Your nerve system goes everywhere, yet most people don't know how to take care of it. Use the pointers in this article to improve your health, and by the way, tell others you care about to do the same!

A Career As A Doctor of Chiropractic

Some young people are graduating from institutions of higher learning, but are unsure of their next steps. For many of them, a career as a doctor of chiropractic can lead them toward a successful and productive future.

Becoming a chiropractor requires vision and dedication, but it is worth it – those who complete chiropractic college are then doctors of chiropractic, helping people and making a significant contribution to their community's health and wellness.

Learning about the way the body works is among the most interesting and relevant fields you can study. And since chiropractors don't use drugs or surgery, there is much more time to learn about anatomy, physiology, and the many techniques chiropractors learn to take care of the brain, spine and nerve system.

Many chiropractors serve their communities as functional neurologists, applying natural law and chiropractic reasoning to help people heal and recover from serious health problems, and then support them in building a better quality of life based on wellness principles and better lifestyle decisions.

There are seventeen chiropractic colleges in the United States, and twenty-four more worldwide. All are accepting qualified students into their doctoral programs – this could be a great opportunity for you or someone you know to become part of a growing global movement to improve longevity and quality of life... as a doctor of chiropractic.



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