



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,

You hear about it every day – so many of the common maladies suffered by our families, friends and neighbors seem to come from stress of some kind – but what is stress, what causes it, and what can we do about it?

Stress is your body's response to the conditions around you – if your environment is friendly, you will have less stress, and if it is less friendly, your stress will increase. The stronger and healthier your body, the better you handle stress.

There are three types of stress – physical stress, chemical stress, and emotional stress.

Physical stress is mechanical stress, either injury or wear and tear, often affecting your bones, muscles, joints, and nerve system. Chemical stress is toxic stress, either from taking in poisons or not nourishing your body with the proper foods and nutrients, affecting your organs, nerve system, immune system and skin. Emotional stress is psychological stress, from poor coping strategies, financial or family pressures, or the absence of stress reduction and relaxation practices, influencing your digestion, sleep, circulation, and nerve system.

Authorities agree that about 70% of serious disease is preventable, by adopting lifestyle choices that reduce these three types of stress. Improve your diet and reduce your intake of stress-producing foods like sugars, fried foods and heavy fats. Ease your mind by including meditation, yoga or some other stress reduction technique. And get yourself in shape by exercising, while minimizing your physical stress with good posture and regular chiropractic care.

Learn about these wellness principles and apply them to keep your stresses under control – you can save yourself a lot of unnecessary suffering and expense, and improve the quality of your life while you're doing it.

Seven Steps To Your Target Weight

There's a good chance that you or someone in your immediate family has an ongoing battle with overweight – about 30% of the US is considered obese, and another third are heavier than they should be for their height and build.

These are disturbing statistics, since obesity is one of the prime indicators for serious illnesses like heart disease, cancer and diabetes. If you or someone you care about is among the 60+% of our population with weight problems, this advice could save lives.

1. Create the right balance between intake and output. Michael Phelps, the Olympic swimming champion, ate a tremendous amount of pizza, pasta, pancakes, and other carbohydrates that would make a normal person fat, but because he exercised so intensely many hours each day, he burned off the food as energy that he expended. But if you're not going to put out a lot of work, then you'll have to moderate your eating accordingly. Better, develop an exercise routine that burns calories and makes you feel more vibrant and alive – it's fun and productive, and will help you get to your ideal weight faster. Plus, you can eat more and still lose weight.
2. Drink a lot of water – more than you think you need. Many scientists now believe that we need as much as half our body weight in ounces – in other words, if you weigh 130 pounds, you need about eight glasses of water, if you weigh 200 pounds, you need twelve glasses, and so on.
3. Set goals and work toward achieving them. No matter how much weight you need to take off to get to your target weight, you can't lose it all at once – it will be the effect of a consistent change in your habits. Establish a reasonable target to aim at, for example, to knock off ten or fifteen pounds, and just focus on that. When you start getting close, and you feel good about your progress, you can raise the goal as you go. But when you celebrate your victories, don't do it with extra dessert – find a way to reward yourself that doesn't set you back. You can have an occasional treat, but maintaining this kind of discipline can be a game changer.



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Seven Steps To Your Target Weight

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4. Develop a sense of purpose around accomplishing your target weight – having a good reason to do what you’re doing will help you stay on course. Maybe it’s your appearance, maybe it’s your health, maybe it’s your desire to be a good example and role model – whatever compels you to get leaner and fitter, it can be used as an incentive to hold yourself to a higher standard of eating, exercising, and thinking.
5. Have a back-up plan if you get off course – everyone falters at times, and as long as you know that you don’t have to over-react – when you realize you have slipped, just pick yourself up, dust yourself off and get back into the habits and behaviors that serve you better.
6. Learn about nutrition and food combining – everyone’s body is slightly different, but you can observe patterns that lead you toward weight reduction, and others that lead you toward weight gain. No one gets it perfect every time, but the degree to which you follow your own best interests and personal commitments will determine the rate and magnitude of your progress. Some nutritionists believe you should balance proteins, carbohydrates and fats (as taught by Barry Sears), while others believe you should eat only proteins or carbohydrates within a single meal (consistent with the concepts of Natural Hygiene) – but it will take some experimentation and experience on your part to choose the optimal approach for your particular circumstances.
7. Avoid overeating, night eating, or excessive focus on any one food. Take smaller bites, chew your food thirty or fifty times before swallowing to really appreciate what you are eating, and put the fork down between bites – breaking old faulty habits and adopting new ones is the key. Use common sense. There’s no “diet” that works – it’s always been a matter of changing lifestyle, and these tips will help you do it.

Reaching your target weight is a challenge, but it is within your reach if you are willing to adopt a few simple habits and follow through on them. You can be thinner and more toned, as long as you do what people who are thin and toned do. You can do it too – get started today!

Drinking Your Meals is More Popular Than Ever

Once upon a time, drinking your lunch meant having a Martini instead of a burger and fries – but these days, savvy health consumers know that many foods are more easily digestible and often more palatable too, when served in a liquid form.

There are many nutritional shakes, alkalizing shakes, meal substitutes and superfoods, so you can ask your doctor of chiropractic to help you choose one that is packed with useful nutrition your body can assimilate quickly and efficiently. You should be able to find a brand you enjoy.

It's easy to make your own liquid nutrition, too. Juicing is fun, and healthful – pulverizing and extracting the fruits and vegetables releases the nutrients to give you a blast of concentrated food, turbo-charging your physiology and giving you a high quality fuel to run your high performance machine. There's such a variety of ingredients, you can always keep it interesting, and the result is better health, so experiment to discover your favorite combinations.

Be creative! For example, you can try some of "Dr. Ingrid's Blender Palooza Recipes," created by Dr. Ingrid Recnik of Middleton, Wisconsin.

Base: 1-2 Tbsp. of hemp seeds

Optional: Chia Seeds, Cinnamon, Vanilla, Super Foods, and Coconut Oil.

Green Choices: Romaine, Spinach, Zucchini, Kale, Swiss chard.

Creamy: Banana, Zucchini, Avocado.

Sweeteners: Stevia, Dates, Raw Honey.

Glorious Goodness Smoothie

1 Stalk of Celery
½ head of Romaine lettuce
3 bunches of spinach
1 apple
1 Pear
1 Banana
1 Orange
1 cup Water

Gorgeous Green Smoothie

2-3 Handfuls of Kale
1 Banana (frozen)
1 cup pineapple (frozen)
1-2 Kiwi
1 cup water

Avo Cherry Berry

1 bag of cherries
½ bag blueberries
2 leaves of Swiss chard
1 Avocado
4 drops of Stevia
1 cup of water

Orange Julius Creamsicle

2 Orange
1 Banana
1-2 medjool dates (remove pit)
1 tsp. Vanilla
1 Tbsp. Coconut Oil
3 Handfuls Spinach
1 cup of water

Chocolate Heaven

1 Handful Almonds (soaked overnight)
1 cup Water
¼ cup Raw Cacao Powder
Dates to taste
Pinch of Sea Salt
1 tsp. Vanilla
2 Tbsp Chia seeds
½ Tbsp. Coconut Oil
1 Handful of Ice Cubes
Blend Water and Almonds first.
Then add the rest of the ingredients and blend some more!

You won't find a more enjoyable, productive or delicious health habit than regular juicing! Make up your own recipes, too – how far wrong can you go? Try it and see for yourself.



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