



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

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Everybody's Doing It...

Dear Patient and Friend,

Most people think good health is more a matter of good luck than the result of the habits and lifestyle decisions you make. Truth be told, there is an element of luck, but first-century Roman philosopher Seneca said that "luck is where preparation and opportunity meet." In other words, the luck part you can't do much about, but there are things you can do to increase your probability of good health, and the simplest of all the good health secrets is to keep your body functioning as efficiently as possible with beneficial lifestyle habits, including chiropractic care.

How does chiropractic work? It's simple – your brain tells your body what to do, and as long as your brain and the wires from the brain that go to the body parts are working properly, there is good communication and the brain can run the body. But if the brain goes into stress, or if anything interferes with that inner wiring, then the brain can't direct body function as well, and the system starts to get out of balance, leading at first to minor disturbances in your body, and ultimately to poor health.

Could it be that simple? Chiropractic care will lead to better health overall?

Surely you will have to adopt some basic health-related practices, like eating and sleeping well, exercising sufficiently, and practicing some form of stress reduction like meditation or yoga, but nothing replaces safe, gentle, all-natural chiropractic for tuning up your body to get it working at its best.

Consult your family chiropractor to discover the optimal program of spine and nerve system care for you and your family. Take the responsibility to keep yourselves in good working order before things go wrong – and that's called being prepared when the opportunity for good health arises, so you can make your own luck, and be as healthy as possible.

The Miraculous Healing Benefits of Chiropractic Care

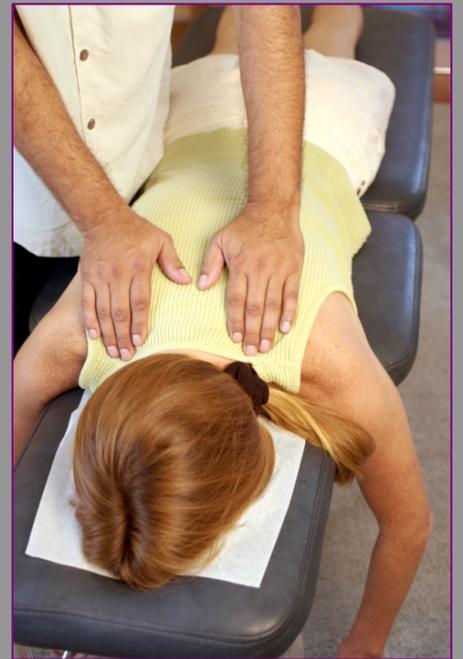
Millions of people visit their chiropractor for a wide variety of health issues and conditions, including but not limited to back pain, neck pain, headaches, shoulder and arm pain, leg and knee pain, and many other common maladies that respond to this safe and natural approach.

Many chiropractic patients, though, only use chiropractic as a treatment for their painful problems, without realizing that there is another reason to stay engaged with your spine and nerve system care.

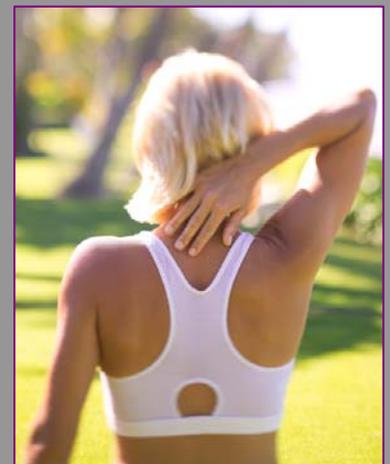
Current research demonstrates that people who are under regular chiropractic care are less susceptible to serious illnesses. Between the positive effect chiropractic care has on the nerve system, the communications network within the body, and the consciousness that develops in a person when he or she begins to think about the way health really works, chiropractic patients tend to have fewer health problems and better quality of life than those that have never investigated chiropractic.

In fact, a recent study showed that people who injure their backs on the job are twenty-eight times less likely to need surgery when they visit a chiropractor first. This is a mind-boggling statistic, and points out the need for anyone who wants to be as healthy as possible to consider including a chiropractor on his or her health and wellness team of professional advisors.

In addition, research based on sophisticated blood testing demonstrates that people who are under regular chiropractic care for a period of three years or more are up to nineteen times less likely to get serious illnesses like heart disease, cancer and diabetes, depending on other factors that may predispose them to such disorders.



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The Miraculous Healing Benefits of Chiropractic Care

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We hear anecdotes about miracle cases all the time, but are they true? Most doctors of chiropractic have their own stories, but it is a frequent occurrence in a chiropractic office that patients experience reduced stress, normalized blood pressure, milder allergic responses, and better digestion – in fact, veteran chiropractic patients often report an overall improvement in health and vitality.

Most people don't realize that the first chiropractic patient, adjusted by Dr. D.D. Palmer in 1895, was not a pain patient at all – he was deaf, and Dr. Palmer, after taking a careful history to determine that the patient, Harvey Lillard, was stooping in a crouched position when he felt something “go” in his neck and was deaf ever since, Palmer reasoned that a bone in his neck had gone out of place, and he endeavored to move it back toward where it belonged – and so was born the chiropractic profession.

Mr. Lillard's hearing returned, and D.D. Palmer went on to become the founder of a profession that now has 90,000 practitioners worldwide, with new schools opening all over the world to meet the increasing need for safe, all-natural chiropractic care.

One hundred and eighteen years later, millions of chiropractic patient enjoy the miraculous healing benefits of chiropractic. There are dozens of different approaches, so no matter what your preference, you can find a doctor of chiropractic who can take proper care of you and keep your spine and nerve system healthy.

So how can you and your family take advantage of these latest scientific breakthroughs? Develop a relationship with your local chiropractor, and go for periodic examinations, whether you have a painful problem or not – by taking this responsibility, you can help your doctor of chiropractic learn your body and your family's bodies, so that he or she can understand how best to advise you. By choosing a few simple lifestyle habits, you can feel better, and make an investment to avoid serious illness and enjoy good health throughout your lifetime.

Include chiropractic in your health and wellness routine – it will reward you with a healthy spine and nerve system and an improved quality of life overall.

Everybody's Doing It...

People are more health and fitness conscious than ever before. There's so much you can do to jump on board with this movement toward wellness, and some of it can be done for no money and in the comfort and convenience of your own typical lifestyle.

Watch – experts in exercise agree that a simple routine of walking regularly can increase your fitness and improve your health dramatically. Walking as little as three times a week for thirty minutes can enhance your breathing, strengthen your muscles, and keep your heart healthy.

Drinking more water is a simple habit you can develop – a few times a day, instead of reaching for a soda pop or a cup of coffee, choose water as your preferred beverage. It has no calories, cleans your system with no effort on your part, and replenishes what your body loses each day through normal sweating, breathing and urination. Most people need between eight and twelve glasses of water daily – it costs nothing and helps you live a better quality of life.

Getting enough sleep is also a critical factor in a healthy lifestyle. Authorities say you need seven or eight hours each night – plan your schedule so that you can clear your mental checklists before bed, perhaps even writing down your plans for tomorrow, so that you can rest your mind when you are drifting off to sleep, and get the most out of it. Again, this has no monetary cost, but tremendous value when you do it consistently.

Are you seeing a pattern here? Some of the best lifestyle habits you can adopt are low or no cost, and only require a bit of awareness and commitment to establish them as part of your daily routine. If you want more guidance on choosing healthy lifestyle habits, ask your doctor of chiropractic – he or she is specially trained in healthy living, and can help you get on the right track!



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