



# 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,

Let's face it – most of us have to deal with stress. Our jobs, our families, our finances, our health – it's no wonder there are 50 million prescriptions each year for just one of the most popular anti-anxiety drugs, a rate of one each second, and there are numerous other drugs similarly prescribed, affecting over 40 million people.

But those pills really only cover over the stresses -- masking the problem can't work indefinitely, you have to find and deal with the cause.

So what is stress anyway?

Stress, defined as "a mental, emotional or physical strain or tension," occurs when your mind and body have trouble adapting to the current conditions -- in other words, the degree of stress you experience is based on how your mind and body respond when you find yourself in challenging situations.

Technically, all stress is brain stress, since that's where the sensations of being stressed come from – and there are three major causes. If you can understand how to work with these three ideas, you can dramatically reduce your stress.

1. Emotional stress (coping with adversities) -- meditation, yoga, communing with Nature or just sitting quietly and relaxing can help
2. Chemical stress (toxins from the environment or eating an unhealthy diet) – staying away from toxic chemicals, eating less junk and choosing clean, wholesome foods can help
3. Physical stress (wear and tear or getting hurt) – exercising, avoiding injuries and keeping your spine and nerve system healthy with chiropractic care can help

Addressing each of these types of stress – physical, chemical and emotional – can help you reduce the impact of stress on your life, and help you live longer, healthier and happier.

Your doctor of chiropractic offers counseling in each of these three keys areas - -arrange for a consultation for yourself and your family today.

## Why Do We Get Sick?

We were born to be healthy. Our bodies are miraculously designed to cope with gravity, extreme temperature changes, significant trauma and emotional disturbances, too – the resiliency of the human body, mind and spirit is the stuff legends are made of.

Then why do we get sick?

In his new book “Why You Get Sick and How Your Brain Can Fix It,” Dr. Richard Barwell declares, “the state of your nervous system determines the health of your entire body.” This means that in order for your body to work right, heal when necessary and thrive to a ripe old age, you must consider and support your brain and nerve system, your central control mechanism.

Dr. M.T. Morter Jr., one of our pioneering chiropractors in the field of wellness physiology, says that all responses in the body are perfect responses – the natural inborn wisdom of the body is fully equipped to interpret the many challenges we face each day, and to act accordingly.

What we call “getting sick” is actually a perfect response to the conditions at that time – for example, if some kind of “bug” or poison is taken into the body, it rejects the poison aggressively, through sweating, vomiting or diarrhea.

Though they may feel unpleasant, these are little miracles that happen every day, and the best part is that it happens automatically, without a lot of work on our parts – the body is meant to heal itself, and smart doctors and patients work to support that, and reduce or eliminate anything that might interfere with it.



*"...all responses in the body are perfect responses – the natural inborn wisdom of the body is fully equipped to interpret the many challenges we face each day, and to act accordingly."*



*" When we get sick, our body is trying to heal itself. Healing happens best when the body is working at its best. Chiropractic helps your body work at its best."*

## Why Do We Get Sick?

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So if something interferes with your body's normal function, eventually the "perfect response" will include pain or other symptoms, to get your attention and insist that you do something to fix the underlying cause.

It's like a fire alarm that rings when there's a fire. The alarm is telling you that there's a fire. If you just shut off the alarm, then the fire will continue to burn, so once you shut off the annoying alarm, you must complete the process and put out the fire.

This is the real meaning of pain and symptoms – they are not the problem, they are your body's way of telling you that you have a problem. The symptoms are the alarm, and that's why you can't just stop the pain, you have to stop the pain and then deal with the underlying cause that your body was ringing the alarm about.

That's why safe, all-natural chiropractic care is the choice of millions – when the cause of your problem is disturbance in brain and nerve system control, as it so often is, chiropractors can help you restore and enhance your body's natural healing ability.

When we get sick, our body is trying to heal itself. Healing happens best when the body is working at its best. Chiropractic helps your body work at its best.

Visit your chiropractor regularly – your body will thank you for the extra boost toward better health and wellness.

## The Five Components of Health

The World Health Organization says that health is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

In other words, health is not only feeling well, it's actually being well, with your mind and body in good working order.

"America's health rankings," a 2012 report from the United Health Foundation and the American Public Health Association listed five major contributing factors to the achievement of good health:

1. our behaviors
2. our environment
3. our genetics
4. our model of health care
5. our quality of clinical care

The study goes on to say that understanding how these five components of health work together "is vital if we are to create the healthy outcomes we desire, including a long, disease-free, robust life for all individuals."

How can we use this information to help ourselves and our families be healthier?

First choose good health habits and behaviors -- eat wholesome foods, get enough rest and exercise, and develop a positive attitude.

Spend some time outside in nature, especially if you work indoors. If you can't avoid toxic areas, consider a periodic nutritional cleanse or fast to clear the poisons out of your system.

Much of our food is being genetically modified, and no one really knows what the impact will be on our own genetics – if that bothers you, buy non-genetically modified foods (non-GMO), which includes most organic foods.

If health care is about fighting disease, it will be a struggle, because waiting for a crisis and then performing emergency treatment is expensive, inconvenient, and painful. It's a better model of health care to prevent disease, promote health and wellness, and create a culture where people are conscious of health practices and choose to include them in their lifestyles.

So, the optimal clinician to oversee such a process is your doctor of chiropractic, who is trained in finding causes and making lifestyle recommendations as well as providing relief. Put a chiropractor on your health and wellness team, and reap the rewards of over a century of safe, all-natural care.



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