



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,

Sometimes we mistakenly think that good health is complicated, and that only highly educated people can understand the science of being well.

But actually, most of what we need to know to be healthy and well is common sense.

For example, which is probably better for you, clean and wholesome natural and organic foods, or processed, chemically treated foodstuffs?

Which is better for you, sleeping soundly and comfortably through the night, or missing sleep?

What keeps your body in good working order, regular exercise or no exercise?

Who is healthier, someone who thinks and speaks positively, or someone who is unhappy and hostile?

Who is more likely to express good health, someone with a healthy brain, spine and nerve system, or someone with interference and stress?

You see, good health is common sense – decide which habits you think and feel are best for you, and adopt those behaviors, and you'll have a better chance of living with vitality, energy and good body function.

Kids Are Getting Fitter and Healthier

One of the most important things any parent can do is develop good lifestyle habits with their children. There is still a long way to go before we can say with certainty that our children are truly healthy, but there is evidence of great progress.

A recent report helps us to understand the current state of children's health, and why fitness, health and wellness in children increase their probability of becoming healthy adults.



On February 25, 2014, The New York Times ran an article called "Obesity Rate for Young Children Plummets 43% in a Decade." It talks about a study of kids between two and five years old, when many experts agree that many bad habits are established, which lead to an unhealthy adulthood.

The lead author on the paper is Dr. Cynthia Ogden, a researcher for the Centers for Disease Control and Prevention. Dr. Ogden said this was "the first time we've seen any indication of any significant decrease in any group," calling the results "exciting."

Some may attribute the improvement to doctors of all kinds investing more time in educating patients. Some may believe it's the Special Supplemental Nutrition Program for Women, Infants and Children, which subsidizes low-income families with wholesome food choices. Some may point to the First Lady's "Let's Move" program that targets childhood obesity.

But really, it's all these things and more – there is a shift in the way people are thinking, paying more attention to living naturally and healthfully. Parents of young children today are more likely to be exposed to new ideas and take action on them, and this is showing up in better health and less overweight for our children.

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Kids Are Getting Fitter and Healthier

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In a related story, children's IQ has been linked to exercise, says Dr. Gwen Dewar in her "Parenting Science" blog – but she adds a twist. "It's important to find forms of aerobic exercise that your child really enjoys. Structured activities -- like team sports or dance lessons -- may be fine options. But so are nature walks, tree-climbing, roller-skating, and playing hide-and-seek. In fact, play -- like exercise -- is good for the brain."

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Well-known health and wellness advocate Dr. Joseph Mercola agrees. "The evidence speaks loud and clear," he says, "that regular exercise can improve test scores, IQ levels and task efficiency." He found that elementary school students raised their IQ an average of four points with forty minutes of daily exercise, and that fit sixth graders scored thirty per cent higher than the average on standardized tests, while unfit students scored twenty percent below the average.

This is good information, and it's reassuring that scientists are finally interested in doing this kind of pro-wellness research. As science explores and uncovers the truth, people will become more motivated to create habits and make lifestyle decisions that are likely to bring about fitness, health and wellness.

That not only decreases the tremendous pressure on our health care delivery system, but it also improves the quality of life we can all enjoy.

Let's help our kids grow into healthy adults, by guiding them toward healthy behaviors like exercise, eating well, getting enough sleep, and being consistent with safe, all-natural chiropractic care.

Ease Back Into Exercise

Spring is a time for reawakening and movement, and it's normal to want to get outside and enjoy the natural splendor.

But if you've been less active over the winter months, it would be shocking to your body to plunge too abruptly into a vigorous exercise regime.

There are a few simple guidelines that will help you ease back into exercise, and avoid unnecessary injury from trying to do too much too fast.

1. Start where you are. If you have always exercised regularly, you can get back into it more aggressively. But for most people, warming up with some gentle stretching, some deep breaths and a positive attitude is a good beginning.

2. Hydrate. Most people don't drink enough water, and when you initiate an exercise program, your demand for water goes up. Plan to drink a half ounce for every pound of body weight – so, if you weigh 128 pounds, you need to drink eight 8-ounce glasses of water, and if you weigh 192 pounds, you need twelve 8-ounce glasses of water.

3. Pace yourself. Tomorrow is another day – do just enough exercise so that you know you have exercised, not so much that you feel you can't come back the next day or two and do it again. You're better off being moderate at first, and work up to greater intensity.

4. Be consistent. You'll do better with thirty minutes of walking three days a week for six or eight weeks than with an overly challenging workout of weightlifting and running that leaves you exhausted and too sore to exercise again for days. Develop a rhythm that raises your standards but stays within reasonable limits.

Your doctor of chiropractic can help you decide on an exercise program that suits your current physical condition. Ease yourself into exercise, and before you know it, you'll be in great shape, feeling well and looking good.



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