



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

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INTHISISSUE

Page 1 ::
Why Visit Your Chiropractor?

Page 2 ::
Harvard Medical School Says
Yoga And Meditation
Are Good For You

Page 3 ::
Harvard Medical School Says
Yoga And Meditation
Are Good For You
(continued from page 2)

Page 4 ::
Good Lifestyle Choices
Make You Healthier

Dear Patient and Friend,

Most people recognize that chiropractors help people with painful conditions, like back pain, neck pain, and headaches. But there are actually three reasons why people go to doctors of chiropractic.

1. People go to doctors of chiropractic when they have a health problem or disorder. Some have pain in their back, neck, head, shoulder or some other area of their structure. Some suffer from maladies like hypertension, since research shows that chiropractic care helps to regulate blood pressure. Some have been to many other kinds of doctors, and chiropractic is a last resort, and amazingly many of these patients do get well with chiropractic.
2. People go to doctors of chiropractic when they want to avoid getting sick, to prevent illness and pain, and stay in good shape so they heal quickly if they do injure themselves. Many visit their chiropractor regularly, even when they are feeling well, to reduce the probability of poor body function and painful disorders.
3. People go to doctors of chiropractic when they understand that keeping their brain, nerve system and spine healthy and reducing their stress is an important key to peak performance and optimal health and wellness, and that chiropractic care is the best way to take good care of your brain, nerve system and spine.

In many families, one or more only goes to the chiropractor when in pain, one or more wants to prevent pain, and one or more wants to keep their brain, nerve system and spine healthy to have the best possible quality of life. That's normal, because everyone has different needs and values.

Which one are you? Whichever group you fall into, congratulations on knowing about and utilizing safe, all-natural chiropractic. It's good for you!

Harvard Medical School Says Yoga And Meditation Are Good For You

A Harvard Medical School psychiatrist, Dr. John Denninger, is conducting a five-year study on the effects of yoga and meditation on health and disease. The research concentrates on genetic and brain activity in chronically stressed people.

His early findings suggest that mind-body techniques not only make you feel better and more relaxed, they actually switch on and off some of the genes relating to stress and immune system function.

Numerous papers have been written on the positive benefits of yoga and meditation, but they have relied on questionnaires and common physical signs like heart rate and blood pressure. This study differs in that it uses harder science, like neuro-imaging and genomics technology, to measure the changes in physiology more precisely.

The study demonstrates that as little as a single session of this type of relaxation practice, even for a complete novice, was enough to make your genes work better, improving the way your body uses energy and the way it fights disease and deals with stress. That means that even a minor shift in lifestyle can create tremendous positive change in the way your body works.

Dr. Denninger, the director of the Benson-Henry Institute for Mind-Body Medicine at Mass General Hospital, said his observations confirmed that the effects of yoga and meditation go beyond the brain to impact the entire body.

In a related study, UCLA researchers, along with Nobel Prize winner Elizabeth Blackburn, showed that as little as twelve minutes of daily yoga and meditation for two months increased the activity of telomerase, the "immortality" enzyme, by 43%. Dr. Blackburn's award-winning research showed that telomerase slows cellular aging, and therefore increases longevity and quality of life.



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Page 2 ::

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Good For You
(continued on page 3)

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(continued from page 2)



So, stress-related problems like hypertension, infertility, depression and a laundry list of other conditions could be positively influenced by incorporating yoga, meditation and breathing techniques into normal lifestyle. The Benson-Henry Institute claims that as much as 60-90% of doctor visits in the US come from such health issues. If that is even close to accurate, it points out the necessity for directing attention at the grass roots level to including stress-relaxation practices in our daily routines

Anything that reduces stress is constructive – it's obvious to anyone who looks objectively at the situation. This study did not focus on the effects of chiropractic on reducing stress on the brain, spine and nerve system, but as a chiropractic patient you have already seen the positive benefits, or if you are not yet a chiropractic enthusiast, and you want to reduce your stress, consult a doctor of chiropractic to see how you can be helped.

Add in yoga and meditation, and some body basics like proper nutrition and exercise, and you have a recipe for a healthier, happier life, with less stress and fewer serious health conditions.

Most areas have yoga schools and meditation centers, but you can start by just sitting quietly and breathing steadily and easily. Now, just reach your arms over your head as you breathe in, and relax them back to your sides as you breathe out.

This simple exercise feels great, and once you do it a few times, you'll be inspired to learn more about these valuable stress-relaxation and personal growth tools.

In the future, we can expect Nobel Prize level researchers to become more interested in showing how chiropractic reduces stress and extends longevity, and when they do, the world will discover the miraculous healing benefits of chiropractic care.

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Good Lifestyle Choices Make You Healthier

It may seem like common sense, but science at the highest level is proving that how you decide to live has a significant impact on your overall health and wellness.

Researchers at the Cardiff University School of Medicine in Wales have been studying the effect of good and not-so-good lifestyle decisions on health and disease, and their research demonstrates that five simple habits can decrease your chances of dementia by 60%, and lower your risk of heart disease and stroke by 70%.

These are astounding results, conclusive enough so that anyone who wants to live a long healthy life should seriously consider including these behaviors in their lifestyle.

Exercising, not smoking, maintaining a low body weight, eating a healthy diet and limiting alcohol intake are enough to dramatically influence your health for the better.

The habit that seemed to have the most profound impact was exercise, so if you want to reduce your probability of getting age-related mental illness, something as simple as including regular exercise in your typical weekly routine will help.

This is the longest study of its kind, spanning over thirty-five years. The lead author, Professor Peter Elwood, said "What the research shows is that following a healthy lifestyle confers surprisingly large benefits to health. Healthy behaviors have a far more beneficial effect than any medical treatment or preventative procedure."

Sadly, the scientists observed that very few people actually follow through on these five habits. But if you're reading this newsletter, you probably take your health seriously, and do some or all of these lifestyle choices, as well as visiting your chiropractor to be kept up-to-date on the latest advances in health and wellness.

Good for you! You'll be rewarded with more vitality, less pain, and better ability to cope with the stresses of everyday life.



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