



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

Bennett Chiropractic and Wellness Center
7130 Estero Blvd. Suite 1., Fort Myers Beach, FL 33931
239-463-1640 - fax: 239-463-1955
www.beachchiropractor.com

March :: 2014 Issue



INTHISISSUE

Page 1 ::
The Magic of Chiropractic
Care

Page 2 ::
What Happens When
We Sleep

Page 3 ::
What Happens When
We Sleep
(continued from page 2)

Page 4 ::
Spring Tune-Ups

Dear Patient and Friend,

How does chiropractic care work? It may seem mysterious, but actually, it's based on sound scientific principles.

There are really four basic concepts that explain why chiropractic has become the foremost natural healing art.

1. The body heals itself. If your body is working properly, it is designed to self-heal and self-regulate for a hundred years or more.
2. The brain and nerve system act as the control and communications network in the body. The brain generates signals, and the nerve system carries the messages to all the body parts. Current research shows that the brain has stations not only in the head, but in the heart and the gut as well, all contributing to the control and communication of the body.
3. Anything that disrupts or interferes with brain and nerve communication is bad. Stresses on the nerve system can be physical, chemical or emotional, and they all affect the brain and compromise function.
4. Anything that relieves disruption or interference with brain communication is good. Examples are exercise, proper nutrition, sufficient sleep, meditation, and of course chiropractic care.

These four ideas explain how chiropractic works – the body can usually run and heal itself, but if anything interferes with the nerve control to and from the brain, the body can't work as well. Chiropractic adjustments, as well as other constructive lifestyle decisions, reduce brain stress and improve overall body function, including healing from health problems of all kinds.

Your doctor of chiropractic can advise you and your family on the condition of your brain and nerve system, so it pays to include safe, natural chiropractic care in your health and wellness strategy!

What Happens When We Sleep

Most of us enjoy sleep, or at least enjoy the idea of sleep – but many of us have sleeping issues, either getting to sleep or staying asleep.

It's obvious that sleep is a time for rest and rejuvenation. Our muscles recover from acting to keep you upright against gravity all day, your digestive organs rest after digesting your food all day, your heart slows down – in fact, your body takes the opportunity to reset its functions to prepare for the new day.

But until recently, we didn't know much about how the brain rested and recovered during sleep. Due to the work of a Danish biologist, an important mystery about the brain is being solved.

Dr. Maiken Nedergaard, a sleep researcher at the University of Rochester Medical School, has been conducting a study of what happens in the brain during sleep.

Dr. Nedergaard and her team of scientists found that when you are sleeping, your brain does its regular cleaning and maintenance. This is one of the most important reasons to get enough sleep – current research shows that it may be more dangerous than we thought to miss sleep.

When you don't sleep enough, chemicals build up in and around the brain which may lead to serious neurological disease, like Alzheimer's or Parkinson's.

This finding is supported by the work of Sigrid Veasey at the University of Pennsylvania's Center for Sleep and Circadian Neurobiology, which focuses on how restless sleep disturbs normal brain metabolism and affects our thinking as these toxic substances accumulate around the brain.

How much do you need to sleep? There is a range, but most adults do best with seven-and-a-half to nine hours of sleep each night. If for whatever reason you fall short of that, you fall into a condition known as "sleep debt."

If you haven't been sleeping enough, how can you improve that?



"Our muscles recover from acting to keep you upright against gravity all day, your digestive organs rest after digesting your food all day, your heart slows down – in fact, your body takes the opportunity to reset its functions to prepare for the new day."

What Happens When We Sleep

(continued from page 2)



Here are five tips for getting and staying out of sleep debt, adapted from Helpguide.org.

1. Develop a habit of sleeping seven-and-a-half to nine hours each night. Break bad sleeping habits and initiate a new routine that leaves enough time for you to sleep.

2. Pay off your short-term sleep debt by sleeping an extra hour or two for several nights in a row until you catch up.

3. Consider a "sleep diary," to keep track of when you go to bed, when you wake up, and how you feel. You'll uncover natural patterns that help you plan a better sleep schedule.

4. Plan a "sleep vacation" to resolve longer-term sleep debt. Choose two weeks or so where your schedule allows you to go to bed early and wake up naturally, so that your biological patterns of sleep can begin to emerge. Within a couple of weeks you'll have a better idea what works best for you, based on your own personal experience.

5. Make sleep important. Only you can decide on your priorities, and if sleep is not high on your list, you are risking poor performance and poor health, not to mention extra stress on your brain. But if you sleep enough, you'll reap the rewards of better brain and body function, less stress, and a better quality of life.

You schedule time for appointments, work and hobbies – there's no reason you couldn't schedule your sleep, if you recognize how essential it is. As it turns out, it is that essential, so do your brain a favor and get enough sleep!

"Make sleep important. Only you can decide on your priorities, and if sleep is not high on your list, you are risking poor performance and poor health, not to mention extra stress on your brain."

Spring Tune-Ups

Spring is a time for cleaning up, tuning up and sprucing up – we all want to stretch our cold muscles, shed our winter weight, and get back on a course of healthy habits.

But it doesn't have to be painful and difficult – here are five simple habits to get yourself on track for health.

1. Breathe. Many people are oxygen deficient, making them sluggish and decreasing their stamina. Take ten deep breaths on arising each morning, and rejuvenate your blood and your muscles.

2. Drink water. Too many of us are dehydrated – you need half an ounce of water daily for every pound of body weight – in other words, if you weigh 128 lbs, you need to drink eight 8-ounce glasses each day – if you weigh 192 pounds, you need to drink twelve 8-ounce glasses each day. And coffee, tea and soda are not water, you need that much water.

3. Sleep. Current research shows that the brain maintains itself during sleep (see Page 2.) That means not sleeping enough not only makes you cranky and ineffective, it also hurts your brain and leads to serious neurological disease. Aim for eight hours or so every night.

4. Eat well. There are many healthy diets – find one that works for you, preferably rich in fresh, wholesome foods, especially high water content foods like fruits and vegetables. A balanced, moderate diet with sufficient nutrition and minimal junk food and chemical preservatives is your best bet.

5. Move your body. Get some exercise at least a few times each week. Get your spine moving properly with yoga, stretching, Tai Chi, or Pilates, and of course regular chiropractic care.

Don't just clean up your house and your car this spring, clean up your body too! If you need help, consult your doctor of chiropractic!



" A balanced, moderate diet with sufficient nutrition and minimal junk food and chemical preservatives is your best bet."