



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,

National organizations across the spectrum of health care celebrate National Spinal Health Month in October. It's a reminder for all of us to pay attention to our posture, and to check in with your primary spinal health advisor, your doctor of chiropractic.

Most people think about the spine as a stack of bones, but actually it's a complex system composed of bones, muscles and nerves. Spinal health depends on these three aspects of your spine to work together to create good health.

Here's the way it works. The brain uses the nerves that go down through the spine to direct the muscles to act. Then the muscles move the bones, and that's how you move and function. It's the brain and nerves that are in control, and that's why doctors of chiropractic are interested in improving the health of your spine – it's one of the best ways to keep your brain and nerve system working at peak efficiency.

Celebrate National Spinal Health month with chiropractic checkups for your whole family. It's a great way to balance your brain and body, and that gives you a better quality of life.

Does Your Child Eat Too Much Salt?

The Centers for Disease Control and Prevention (CDC) says that nine out of ten American children have too much salt in their diet, making it more likely that they will suffer from circulatory disease as adults.

Authors of the study used information from over 2000 kids who participated in the CDC's 2009-2010 National Health and Nutrition Survey.

Ileana Arias, Deputy Principal Director of the CDC, said "These high salt consumption levels are already affecting kids' health. One in six children already has raised blood pressure, which can result in high blood pressure in adulthood, as we know a major cause of heart disease and stroke."

The study shows that almost half of the dietary salt comes from the ten most popular foods kids eat -- pizza, bread, sliced and cured meats, savory snacks, sandwiches, cheese, chicken patties and nuggets, pasta, Mexican food and soups.

Dr. Erica Brody, a pediatrician at the Kravis Children's Hospital at Mount Sinai in New York City, said, "The foods our children eat now affect the choices they will go on to make as adults. This includes excessive sugars, fats and, of course, salt as well."

It's important for parents to note that most of the salt is already in the food when the child gets it. Parents can help their children by carefully reading the labels on products they buy, and by requesting nutritional information at restaurants. Paying attention and making a few simple decisions can reduce your child's salt intake significantly.

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That's one reason it's better to prepare food at home whenever possible – you can moderate the amount of sugar and salt you use, as well as the quantities your family eats. Serving more fresh fruits and vegetables improves overall nutrition, and tastes great, too.

Major restaurant chains like Taco Bell and Chick-fil-A have committed to reducing salt in their food, in response to the call from government agencies and officials. Companies like these will be rewarded for their responsiveness, since the people who have decided to eat better will be their best customers.

School cafeterias will be required to observe new national standards, dropping the salt in school meals by 25-50% over the next decade. And the US Department of Agriculture (USDA) is already reducing salt content of foods they provide to schools, according to Kevin Concannon, USDA undersecretary for food, nutrition and consumer services.

Two-thirds of the products offered through the USDA Foods now to schools have no salt added in their formulations," he said.

Schools are also being encouraged to put lower sodium alternatives in their vending machines and school stores.

It's easy to see that it will take parents and schools working together to guide the children toward better food choices. They are constantly bombarded by marketing designed by experts to get them to eat salty and sugary snacks – you can look out for them by not buying these foods too often, and eating them in moderation when you do buy them.

Your kids' future health may depend on the habits you establish with them at the present time – take responsibility, be a good role model and help them to be healthier starting right now.

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Why Kids Need A Check-Up From Your Chiropractor

You may visit your doctor of chiropractic for a variety of reasons. Maybe he or she helps you get relief from a painful or bothersome problem. Maybe you find that chiropractic care improves your quality of life, or that your chiropractor has a specialty in nutrition, or sports, or family care.

Family care? Yes, even though many children don't have painful symptoms, their brains, nerve systems and spines may start to show wear and tear early in life.

Remember, children go through the trauma of being born – then they get jostled around in car seats, they're thrown up in the air and caught abruptly by well-meaning grown-ups, and they fall hundreds of times while learning to walk. Children have plenty of reasons to need a check-up, even if they seem to feel well.

At any age, a chiropractic exam makes sense – for example, middle school kids have to deal with their maturing bodies and the stresses of impending adulthood. High schoolers have peer pressure, sports injuries and we all know they don't eat as well as they should. And all of these things cause stress, which shows up in the spine and nerve system, and needs to be handled early, before it does too much damage.

The more you establish good health and wellness habits with your kids, the more likely they grow up to be healthy adults, and regular chiropractic exams and adjustments when necessary is part of it. Reduce your child's stress – get a chiropractic check-up.

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