



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

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September :: 2014 Issue

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Dear Patient and Friend,

Health doesn't have to be complicated – in fact, if you and your family develop three simple habits, your chances of being healthy will skyrocket.

First, get enough sleep. You have to give your brain a chance to rest and replenish itself after your long and challenging day. Most adults need seven or eight hours, children even more – do your best to get sound, uninterrupted sleep in a completely dark room, and if you miss sleep, do your best to make it up within the next few days -- it's one of the healthiest things you can do.

Second, drink lots of water. Your body is largely made of water, and you need to constantly add water to the system to keep it working. Most people need about a half ounce for every pound of body weight – in other words, if you weigh 128 pounds, you need 64 ounces of water, or about eight 8-ounce glasses each day, while if you weigh 192 pounds, you'd need about 96 ounces, or about twelve 8-ounce glasses per day. And that means water, not coffee, soda or iced tea, which your body treats like food. You need water – drink a lot.

Finally, find and visit health and wellness professionals who can advise you, help you catch health problems early, and support you in creating the best possible quality of life. Having a relationship with a family doctor, dentist, chiropractor, and other assorted providers keeps you aware of the best information possible to make good lifestyle decisions and choices. Ask your advisors how often you need to check in with them, and get the coaching you need.

These three habits will help you and your family to be as healthy as possible!

The Amazing Inner Workings of Your Body

When you make a call on your smart phone, or when you play a game on your iPad, you don't stop to think about all the science that went into designing and manufacturing these astounding technological marvels.

They are black boxes, closed systems that we don't understand, but we can surely learn to use them to best advantage,

In many ways, the human body is like that – there are so many mysteries about how the body runs and heals itself, it's far beyond human comprehension.

In fact, the level of complexity of your body is infinitely more advanced than anything we can currently build in our factories – no one has ever made even a single human cell, yet your body discards old ones and makes new ones at the rate of millions per minute.

Your body can digest food, breathe air, walk down the street and fight infection all at the same time – it is truly miraculous, and it's even more impressive when you learn how this all works.

You see, your brain tells your body parts what to do. It gathers information from the environment through the senses and interprets it so it can give direction to the body parts that need to respond. For example, if you haven't eaten, your stomach sends signals to your brain, which your brain interprets as "I'm hungry." The response is that you go and get something to eat.

How does that work? You have about fifty trillion cells in your body, and they require constant monitoring to detect ongoing proper function or malfunction. If you get too warm, your body cools itself by perspiring – you don't have to think about this, or do anything to make it happen, it's automatic.

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These kind of automatic responses, eating when you feel hungry or sweating when you feel warm, are natural responses the body chooses, because the brain and nerve system carry information to and from the body parts so they know how to respond. It's almost like a switchboard, where calls come in and are routed to the proper number – only the brain and nerve system have a lot more circuits to keep track of.

It really is amazing – how does your heart know how fast to beat, and how do your lungs know how many breaths to take each minute or each hour? When you open a door, how does your hand know to reach out, and turn the door knob, and push or pull the door open?

Just like smart phones and iPads, the body is more complex than most of us can fully grasp – but there are some principles that are helpful to know and apply.

1. Take care of your brain. It needs rest, water, chiropractic adjustments, and stress relaxation techniques to keep it in peak working order.

2. Take care of your switchboard, the spine and spinal nerves. These are the wires and switches that connect up everything in your body, and you need to practice constructive body maintenance, through exercise, chiropractic care, massage, meditation, proper nutrition, and other supportive habits and behaviors.

3. Take care of your body parts – be good to your digestive tract, by eating fresh, wholesome foods in moderate quantities, and quit eating well before bedtime, so you wake up hungry and eat a good breakfast. Be good to your muscles, bones and ligaments by getting sufficient movement – walk, stretch, do yoga or martial arts, to keep your structure healthy and mobile.

4. Take care of your self-image with positive emotions – be optimistic, look for the good, find the silver lining in every cloud you come across. Expect the best, and put an enthusiastic spin on your day by holding yourself to a higher standard of happiness.

You only get this one body – the better you take care of it, the more it will reward you with good health and less stress and illness. It worth the investment of your time, energy and capital – use your best common sense and take good care of yourself!

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Back To School Means Time For Scoliosis Screening

If you want the kids in the house to grow up strong and healthy, make sure they get an examination to check for curvature of the spine, also known as scoliosis.

Scoliosis is very common, and some curve to the spine may be normal for some people. But sometimes, the spinal curvature is abnormal, and either causes or contributes to health problems.

You probably already know that your chiropractor is your neighborhood expert on the spine, so it's natural to ask your chiropractor to examine your children. A simple, painless check-up can either reassure you that your child is healthy, or if there is a problem, give you the information you need to deal with it effectively.

You can even do a little screening yourself – stand behind your child, and look at his or her shoulders – are they level with the ground, or is one shoulder high or low?

Ask your child to bend over from the waist – is the rib cage sticking out more on one side than the other?

Now look at your child's hips – are they level, or is one higher or lower than the other?

Now look at your child's head – is it centered over the neck, or is it tilted or rotated to one side?

These simple tests can help you help your kids. If you notice any imbalance of your child's shoulders, ribs, hips or head, consult your doctor of chiropractic – no one is in a better position to advise you and help you.

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