



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett and Dr. Ray's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Even with the best of intentions, it's easy to see how the holidays stretch our will to stay on the path to health and wellness. Long hours, sugary and salty foods, stressful shopping and strained family dynamics make it challenging to do the things you know you need to do to be as healthy as possible.

Here are three simple tips you can use every day to make sure you keep your balance.

**1. Eat consciously.** Too often, we absentmindedly reach for the cookies on our office-mate's desk, or guzzle sweetened punch or eggnog. We fill our dinner plates with a little or a lot of everything being served, and then polish it off to avoid guilt or risking insult to the cook. Just pay attention to what you are eating, and how you are feeling, and you'll eat the right amount instead of too much.

**2. Get enough rest.** It's easy to slip into the habit of late nights and early wake-up times to get everything done. If you trade off some night-time sleep, plan to catch up, either with short naps, if possible, or getting extra sleep when you can to let your body get back to normal.

**3. Do something to reduce stress.** Exercise. Do yoga. Stretch. Meditate. Get a chiropractic adjustment. Commune with nature. Watch a funny movie. Have a massage. Even fun stuff can be stressful – give yourself a break, and stay healthy for the holidays.

## Is Everything We Like To Eat Bad For Us?

Most families believe they are doing everything they can to feed themselves well. Food is a huge part of our culture and our daily habits and routines – and most parents believe they are feeding their children good food that supports their good health.

But the latest research is showing that many of the guidelines we grew up with turn out to be wrong, according to modern science. We thought fat was bad food, and complex carbohydrates were good food – actually, the opposite is closer to reality. We thought eating protein foods like meats of all kinds was a sound nutritional decision – now, scientists from the World Health Organization are showing that processed meats like bacon and salami cause cancer, and even ordinary meal foods like beef, lamb and pork should be rolled back to a few ounces a day at most.

Milk, cheese and dairy products may clog up our digestive tracts and trigger allergic responses. Wheat products like bread, rolls and muffins can cause inflammation and damage the insides of our blood vessels. Typical snacks like chips, cookies and candy upset our metabolism and kick our brains into stress. Many people are gluten-sensitive, and no one can tolerate much high fructose corn syrup. So, a typical day's intake, with coffee and a donut in the morning, pizza or a hamburger with fries and a Coke for lunch, and meat and potatoes for dinner, is simply taking us down the wrong path nutritionally.

Well, then, what are we supposed to eat?

In the morning, some people do well with fresh fruit, while others prefer organic cereals or eggs. For lunch, a garden salad with avocado or an egg salad or tuna salad sandwich on organic bread, and broiled or baked fish or chicken with sautéed vegetables and rice for dinner – it's a healthier way to go. Use good quality olive oil and lemon or balsamic vinegar as salad dressing – a little salt and pepper, and it's delicious, with no chemicals or unhealthy fats.

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## Is Everything We Like To Eat Bad For Us?

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And believe it or not, most children have a natural acceptance of such foods – try it on in your family, because the consequences of a poor diet, even without realizing it, can be serious, while the value of developing better eating patterns can save you unnecessary suffering and expense. Explore to discover which healthy foods are most popular in your household -- every improvement makes a difference.

You don't have to change everything all at once – in fact, you probably shouldn't. Ease into new eating habits by picking the most important things to change first, and just do them. Then, as you adapt to your new eating style, you can make more changes and get closer to your ideal. For most people, doing this over three or six months gives you enough time to make gradual shifts until you are eating healthfully, most of the time.

A quick word about organic and non-GMO foods – the common sense of choosing foods that have not been tainted with pesticides and drugs is obvious enough, but there's a less obvious problem that makes foods toxic, more for some people than others, and that is food that has been altered genetically.

Read up on genetically modified foods, especially wheat, corn, and soy products and additives like high fructose corn syrup and soybean oil, and decide for yourself if you want to eat them. All organic food is non-GMO, not genetically modified, so that's an easy guideline – buy organic eggs, breads and cereals, organic corn and soy products as much as possible, and you'll be eating healthier.

The investment you make in correcting your dietary decisions and pursuing a healthier way to feed your family will pay off in many ways – and it doesn't mean you can never have some of those yummy “cheat” foods. It just means that we all need to wake up to the mistakes of the past, and make better decisions so we can have a healthier, happier future.

*"Explore to discover which healthy foods are most popular in your household -- every improvement makes a difference."*

## Five Keys To Reducing Brain Stress

More and more, we are hearing about how important it is to take care of your brain. The newest studies show that there are specific habits we can develop that diminish brain stress and increase our overall health. Here are five tips everyone can do:

**1. Sleep enough.** Most adults need seven or eight hours, while children need more. Sleep is important not only to rest and rejuvenate, but also because the brain cleans itself and maintains itself while you sleep, which is essential for good health.

**2. Eat healthy fats and avoid sugar and toxins.** We used to think fat was bad and carbohydrates were good – now it turns out the opposite is true. Carbohydrates increase inflammation and damage your blood vessels, while healthy fats are brain food that helps you to function and heal. Pick food and drink without high fructose corn syrup, and find out if you are gluten sensitive. And read the labels, or just buy organic and non-GMO foods.

**3. Breathe. Your brain needs oxygen, and breathing supplies that necessary nutrient.** You can exercise to get your heart rate up and your machinery really working, or you can simply choose a breathing routine and commit to doing it regularly. For example, you can breathe in for three seconds, hold for twelve seconds, and release for six seconds. Try this ten times or so and see how energized you feel.

**4. Practice stress reduction techniques.** Just sitting quietly for a few minutes (or longer) can really give you a break, and those minutes of calm help your brain to relax too. Some like a more formal meditation procedure, while others use prayer to re-center and regroup. Yoga, stretching, walking in nature, tai chi – find something you love to do and do it often to relax.

**5. Visit your chiropractor.** Doctors of chiropractic can advise you on taking proper care of your brain, spine and nerve system. Adjustments reduce nerve interference and relieve stress on the brain. Get a check-up, and ask your chiropractor how to take better care of your brain.

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