



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett and Dr. Ray'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

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President's Day Wisdom

Dear Patient and Friend,

Valentine's Day is more than just an excuse to exchange greeting cards. Scientific evidence demonstrates that acts of love, kindness and support actually turn on a flow of chemicals in your brain that make you feel good.

Dr. Pat Mumby from Loyola University's Stritch School of Medicine says, "Falling in love causes our body to release a flood of feel-good chemicals that trigger specific physical reactions."

Substances like dopamine (which makes you feel euphoric) and adrenaline (which makes your heart go pitter-patter and your cheeks flush) are produced in greater quantity and dumped into the bloodstream when you feel loving feelings. Love "lights up" the pleasure centers of the brain, which can be visualized with brain scans.

This helps us to understand why loving actions make us feel good. It's a physical response – your body is designed to register such positive sensations when you do something kind, compassionate or supportive.

So participating in the Valentine's Day festivities does more than just get you into your sweetheart's good graces – it actually improves the chemical processing of his or her brain and body, decreasing stress and promoting optimism.

Look for ways to demonstrate your love – everyone involved will feel better because of it!

Health and Wellness is a Family Affair

Often, the first reason someone consults a doctor of chiropractic is to resolve some painful disorder, and it's certainly true that chiropractors help people to feel better when they get injured or sick.

But many times, the individual who seeks chiropractic advice does not realize that there's a good reason to get everyone in the family checked for problems only chiropractors are trained to look for. Other doctors have their own specialties, but doctors of chiropractic are experts in determining how stress is affecting your body and mind.

Stress disturbs your brain, causing both anxiety and also less efficient body function. In other words, when you are stressed, your mind and body don't work as well together, and this is the primary interest of the chiropractor – to re-establish the best possible connection between mind and body, so you experience the benefits of glowing health and vitality.

In fact, that's why chiropractic works as well as it does in helping people to get relief from their pain – the body uses pain to alert you to the fact that there is a problem, and when your chiropractor makes a correction, known as an adjustment, it restores the normal control, and the body can heal naturally from whatever was not working properly. Then, the reason for the “alarm” has been handled, so there is no longer a need for pain.

This is a far better way to deal with pain than to mask it with drugs. After all, when you think about why the pain is there in the first place, it's not coming from nowhere, there has to be a reason. Chiropractors are experts at finding the reason.

But even if you aren't currently suffering from any painful maladies, there is still plenty your family chiropractor can do to help you. Often, your examination turns up problems that haven't progressed to the point of causing pain – isn't it better to deal with it before you have to suffer needlessly, and go through an extended program of care to get well?

Chiropractors want to help you to be healthy, but wellness goes beyond health. Wellness is actively developing habits and consulting with advisors who can help you seek your absolute best. Wellness is not about symptoms or the way you feel, as much as it is about how good you can get yourself to be, how well you can perform. Wellness generates peak performance.

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For example, did you know that the way you digest your food is under the control of the brain? How about the way your heart and circulatory system work? And your breathing? All of these moment-to-moment body functions require the brain to be able to communicate effectively with the body part – and remember, that's what chiropractic care is for, to reconnect the mind and body.

This means that, even if you don't have any obvious problems with your digestion, your circulation, or your breathing, it's conceivable that they could work even better if you improve the quality of the messages that are going from the brain to those organs.

How about the kids? Most often, kids seem indestructible, but actually, with all the falls and spills they take, the sports injuries and the less-than-ideal eating and sleeping habits, not to mention social pressures, they are frequently more stressed than we realize. This can take the form of getting sick more often than they should, or maybe trouble with learning or behavior in school.

You wouldn't ordinarily think that a chiropractor could help with that stuff, but remember, anything that increases brain stress or interference between the mind and body falls within the chiropractor's field of study.

So what should you do? It's simple – get periodic examinations for the whole family with your doctor of chiropractic. It is accepted that kids need dental check-ups and physical exams, but who is checking their brain, spine and nerve system?

Only chiropractors have the extensive training and focus on brain stress and nerve interference that is required to address these issues. And while some of your family members are probably reasonably healthy, some may not be, whether they currently have a painful problem or not -- and the only way to find out is to arrange for a consultation with your chiropractor and find out first hand.

By the time your "check engine" light goes on, the problem has usually been there for a while, and demands immediate attention – it's the same thing with your body. Get regular check-ups, and help your family to feel better, avoid illness, and experience the best quality of life possible.

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President's Day Wisdom

It takes a lot to be elected president of the United States – here are some of the ideas and philosophies on health and wellness from some of our greatest thought leaders.

“Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.”—Thomas Jefferson

“Old minds are like old horses; you must exercise them if you wish to keep them in working order.” – John Adams

“All great change in America begins at the dinner table.”
– Ronald Reagan

“You have to exercise, or at some point you'll just break down.”
– Barack Obama

“Walking is the best exercise. Habituate yourself to walk very far.” – Thomas Jefferson

“Physical fitness is not only one of the most important keys to a healthy body, it is a basis of dynamic and creative intellectual activity.” – John F. Kennedy

“We should resolve now that the health of this nation is a national concern; that financial barriers in the way of attaining health shall be removed; that the health of all its citizens deserves the help of all the nation.” – Harry S. Truman

“A nation that destroys its soils destroys itself. Forests are the lungs of the land, purifying our air and giving fresh strength to our people.” – Franklin D. Roosevelt

“And in the end, it's not the years in your life that count. It's the life in your years.” – Abraham Lincoln

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– John F. Kennedy