



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

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

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### INTHISISSUE

**Page 1 ::**

Chiropractic Care Is Good  
For Your Brain

**Page 2 ::**

How To Feed Your Brain

**Page 3 ::**

How To Feed Your Brain  
(continued from page 2)

**Page 4 ::**

Yummy Brain-Healthy  
Snacks Your Family Will Love

Dear Patient and Friend,

Most people accept that chiropractors help patients with painful problems, like back pain, headaches and other related disorders.

But many patients visit their chiropractor to build wellness, not only to counteract and relieve their symptoms. For many years, this was accepted anecdotally, but now cutting edge research begins to explain why chiropractic patients are healthier overall.

In a research study conducted by Dr. Heidi Haavik , founder of New Zealand's Centre for Chiropractic Research, a direct correlation was drawn between chiropractic adjustments and improvement in brain function. This shows why chiropractic patients are healthier – because their brains are working better. This means they heal faster, fight disease better – overall, their bodies work more efficiently because their brains are doing a better job.

Chiropractors help you to become healthier by clearing the communication between your brain and the rest of your body. This new study explains how this works -- it's because chiropractic adjustments are good for your brain.

Don't wait until you have a painful problem, or until someone you care about suffers needlessly – get regular checkups for the whole family, and make sure your spine and your brain are working the best they can. Your health will be better because of it.

## How To Feed Your Brain

As science looks more deeply at the human body, progress is often made that changes previous beliefs, and nowhere is this more evident than in the care and feeding of the brain.

Where once we were convinced that sugar is brain food and fat is bad for your blood vessels, it turns out that the opposite is actually true – fat is brain food, and sugar is bad for your blood vessels.

In his world-renowned newsletter, Dr. Mercola recommends the following nine foods to nourish your brain:

1. **Curry** – Curry includes turmeric, a spice that acts as an anti-inflammatory because of the high concentration of curcumin. Curcumin is known to boost memory and stimulate new brain cell production.
2. **Celery** – Celery includes luteolin, another anti-inflammatory which reduces the degeneration of brain cells.
3. **Broccoli and Cauliflower** – Broccoli and Cauliflower contain choline, a B-vitamin which “super-charges” the brain to improve thinking, learning and memory.
4. **Walnuts** – Walnuts offer you a high dose of omega-3 fats, which slow the aging process of brain tissue. One of these omega-3 fats, called DHA, has especially been shown to help the brain function and heal better.
5. **Crab** – Crab meat contains phenylalanine, an amino acid which helps the brain make chemicals it needs to work better, and Vitamin B12, which also boosts brain function.
6. **Garbanzo beans (chickpeas)** – Garbanzos are a great source of magnesium, which makes the brain work faster, and also relaxes blood vessels so more blood flows to the brain.
7. **Red meat** – Beef supplies B12, which aids in thinking and understanding. Choose organic meat to avoid unwanted additives and contaminants.
8. **Blueberries** – Blueberries give you anti-oxidants, which improve learning, thinking and memory, and reduce brain stress.
9. **Healthy fats** – Organic butter, olives, coconut oil, pecans, macadamia nuts, organic free range eggs, salmon and avocado are all great sources of the healthy fats your brain needs to function and maintain itself.

Dr. Mercola also points out that some foods interfere with normal brain function. Many of his insights are derived from Dr. David Perlmutter, author of “Grain Brain,” whom he considers the leading natural medicine neurologist today. They agree that sugar and gluten are harmful to brain metabolism, and recommend avoiding them.

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## How To Feed Your Brain

(continued from page 2)

The chemistry behind these observations is a bit complicated, but in essence, they are saying this – sugar damages your circulatory system and your glandular system, and gluten damages your immune system, by compromising your digestion so substances enter your bloodstream that shouldn't be there. This sensitizes your immune system, rendering you vulnerable to disease.

Gluten is found in wheat, barley and rye products (which covers a lot of foods we normally would be eating) and sugar, meaning processed sugar, is in all the sweets you probably enjoy – but you can use fruits, stevia, agave and other natural sweeteners that don't trigger such unsettling reactions in your body. If you must eat gluten products, choose organic and non-GMO foods which may be better tolerated by your body.

Dr. Mercola concludes that your brain is designed to last and function well throughout your lifetime, not shrink and wither with age. It's your lifestyle decisions that support or injure your brain – so here are some choices you can make to extend the longevity of your brain.

1. **Exercise** – Physical movement and activity has been shown to improve memory and learning, as well as all aspects of brain circulation.
2. **Nutrition** – Your brain needs fewer calories at times, so occasional fasting is very healthy for you. In addition, less sugar and grains and more healthy fats is in your best interest. Eat foods with omega-3 fats and limit foods with omega-6 fats, like the processed vegetable oils most fast foods are fried in.
3. **Sleep** – Your brain heals and rejuvenates itself while you sleep, so aim for seven or eight hours each night, and if you miss sleep, do your best to make it up.
4. **Healthy, happy relationships** – Your brain responds to positive emotions and is hurt by negative emotions.

Chiropractic care also belongs on this list, as Dr. Heidi Haavik's study shows, and as has been proven through the experiences of millions of patients.

You have enough brain to live a long healthy life, but only if you take good care of it, not if you abuse it. You can reduce the likelihood of brain disease and improve your chances of long-term brain health by making a few simple decisions, which will profoundly affect the quality of your life.

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## Yummy Brain-Healthy Snacks Your Family Will Love

Instead of loading up on sugars, bad fats and gluten, try these brain-healthy treats! Your family will come back for more, and you'll be helping them avoid brain-stressing foods by replacing them with brain-healthy foods! And they'll love them!

### **Mexican Hot Chocolate** (from brainhq.com)

Why It's Brain Healthy: contains cinnamon, dark chocolate

**Ingredients:** 3 cups lowfat milk, 3 cinnamon sticks, 2 tablespoons coconut sugar, 1 teaspoon vanilla extract, pinch salt, 4 ounces bittersweet dark chocolate, chopped

Put milk and cinnamon sticks in a saucepan and bring just to a boil. Turn off heat and let sit for between 30 minutes and 2 hours, to infuse cinnamon flavor into milk. Remove cinnamon sticks. Add sugar, vanilla, and salt and return milk to a boil. When milk boils, turn heat to low and whisk in chopped chocolate. Once chocolate is completely melted and incorporated, decant to 4 cups and serve warm.

### **Curry Popcorn** (from brainhq.com)

Why It's Brain Healthy: contains olive oil, turmeric

**Ingredients:** ¼ cup olive oil, 2/3 cup organic/non-GMO popcorn kernels, 2 teaspoons curry powder (be sure it has turmeric in it, it will be yellow), sea salt to taste

Combine all ingredients in a large pot and cover with a tight-fitting lid. Turn on medium high heat. When kernels start to pop, shake pot back and forth. When popping is separated by 2-3 seconds, turn off heat and continue to shake pan. Wait 1 minute and remove lid. Pour into bowl and adjust salt if necessary.

### **Fresh Blueberry Crumble**

(from balancedbites.com, through bebrainfit.com)

Why It's Brain Healthy: grain-free, gluten-free, dairy-free, and sugar/sweetener-free

**Ingredients:** 2 pints of fresh blueberries (or substitute 4 green apples, sliced), juice of 1 lemon, 1 cup almond meal/almond flour, ¼ cup chopped macadamias or walnuts, ¼ cup coconut oil, 2 tablespoons maple syrup, ¼ teaspoon cinnamon, 2 pinches sea salt

Preheat oven to 375F. Place blueberries in a 9 inch x 9 inch baking dish, and squeeze the juice from half the lemon over them. Toss slightly to coat the blueberries with juice. In a mixing bowl, combine the almond meal or flour, nuts, coconut oil, remaining lemon juice, maple syrup, cinnamon, and salt. Spread nut topping evenly over blueberries, and bake until fruit is cooked/bubbly and topping is golden brown (about 30-40 minutes).

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