



# 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,

It seems like a day doesn't go by without some report about some food additive, flavoring or preservative that turns out to be harmful to us. Sweeteners like aspartame and sucralose, high fructose corn syrup, saturated fats and GMO wheat and soybean oil are in almost everything we eat – what's a family to do?

We expected the food manufacturers to be responsible for what they sell, and to some degree they make an effort to do so, but let's face it, they are in business and they are not above cutting corners to improve their bottom line.

That means that it's up to the food consumer to decide what is acceptable and what isn't. Educate yourself – the information is generally just a click or two away online. If you read the labels on your foods and there are ingredients you can't pronounce, that should be a clue – what's that stuff doing in there? Some may be safe, but astute people don't just take the company's word for it – they check it out for themselves.

Whoever makes these food-related decisions in your home – have a conversation about extra substances that show up in your food, and take an extra step to be sure the food you serve at your table is up to speed. If it's labeled organic or non-GMO, it's a start – and then, if you do a few minutes of research, you'll find out which food additives are linked to health problems you may want to know about.

It could be one of the greatest favors you ever do for those you love.

## Spring Cleaning Isn't Only For Your House

When spring comes around, many households use it as a reminder to do a thorough cleanup in their homes, really moving everything to see what's behind it, washing and scrubbing it all shiny bright, and creating an environment of freshness, newness, and spotlessness.

But how many of us do the same thing with our bodies? After a year of using your body as a catch basin for everything you eat, drink, breathe and rub or spray on yourself, doesn't it make sense that you would benefit from a little spring cleaning inside the skin?

Here are seven health habits you can use as a game plan to detoxify your mind and body.

**1. Breathe** – you breathe all day every day anyway – why not make it count for you? Breathing exchanges used byproducts for oxygen, out with the old and in with the new. Breathing also triggers your lymph system, like your body's plumbing and drainage, so it helps you to rid your body of waste. If you take ten deep breaths a few times a day, or if you like, breathe in for three seconds, hold for twelve seconds, and exhale for six seconds, you'll relax and increase your energy at the same time.

**2. Drink clean water** -- with the trouble in Flint, Michigan with tainted water, we are reminded how important it is to drink pure, clean water throughout each day. Some doctors say we need a half ounce for every pound of body weight, so if you weigh 128 pounds, you'd need about 64 ounces of water, about eight 8-ounce glasses, and if you weigh 192 pounds, you'd need about 96 ounces, or about twelve 8-ounce glasses.

**3. Eat clean food** – if the food we eat has toxic substances in it, it will interfere with your “body cleaning” effort – so, choose only pure wholesome foods, like organic fruits and vegetables, non-GMO wheat, soy, corn and potatoes, and minimize or eliminate preservatives, additives and dyes, to give your body a chance to stop the intake of contaminants and reverse the trend by shedding poisons that have built up over time.

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**4. Consider fasting** – for some people, quitting food entirely for a day or more can be just the vacation the digestive organs need to regain their balance. It isn't for everyone, and you should certainly consult your chiropractor or natural health professional to be sure it's appropriate for you, but many experts believe that fasting is one of the healthiest things you can do. You may choose to include water, juice, or tea, depending on how complete you want your fast to be.

**5. Exercise** – working up a good sweat is one of the most cleansing experiences for the body, flushing out waste products through the skin. Your metabolism accelerates and your temperature rises, so you burn off unwanted substances and purify your bloodstream. Exercising even thirty minutes three times a week can make your body cleaner and healthier.

**6. Sleep enough** – your brain detoxifies and maintains itself while you sleep, and adults typically need seven or eight hours for full brain rejuvenation. And if you have a short night's sleep, do your best to catch up with extra sleep in the next night or two.

**7. Include chiropractic care** – keeping the spine in healthy alignment de-stresses the brain and nerve system and helps the organs to work better. And, your family chiropractor is a constant resource for health and wellness information, who can help you coordinate these seven habits.

Practicing any or all of these habits moves you toward health and wellness. More advanced health enthusiasts may want to add saunas, steam baths, massage, colonics or extended fasting. But either way, this spring is a good time to do some cleaning inside the skin – you'll feel better, you'll look better, and your body will work better.

## When Your Spine's In Line You'll Do Fine

Many people start their chiropractic care when they have an injury or pain, and it's a good thing they do – nothing works better at resolving back pain, neck pain, headaches and a host of other conditions than safe, gentle, all-natural chiropractic care.

But how do spinal adjustments help you to heal faster and get healthier?

The simplest explanation is that aligning the spine helps the brain and nerve system to work better. And why is that important? The nerve system is like the wiring of the body, connecting the brain to the body parts so it can communicate and control the body's functions. Chiropractic adjustments clear the way for that brain-body communication to work as it should.

This helps the organs work better, so you breathe better, digest your food better, move easier and sleep deeper.

So, then, it makes sense to keep your spine healthy, even if you aren't suffering from any painful problems. A skillful doctor of chiropractic can tell where your spine needs to be adjusted no matter how you feel at the time.

That's why so many people have developed the habit of visiting their chiropractor regularly, even when they feel fine. Like a dental check-up or a physical exam, a periodic chiropractic examination can detect any imbalances early, and that helps you avoid unnecessary illness.

But there is an x-factor only chiropractors and veteran chiropractic patients know about – that there is a positive cumulative impact of keeping your spine and nerve system healthy with chiropractic care. Daily life improves, as the brain learns to cope better with stress, and the entire body responds by working efficiently and harmoniously.

Don't wait until health issues hurt you and your family – create a relationship with a doctor of chiropractic, and get everyone checked to find out how often you all need to be checked or adjusted, to keep your spines in line. That alignment can save you and your loved ones needless hardship, and help you build a better and healthier lifestyle and a better quality of life.

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