



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,

Most people realize that they are under stress – just ask them, they'll tell you.

But stress takes a variety of forms, each requiring a way to defuse it or adapt to it. Only those who find a way to cope with their stresses achieve true good health.

There are three kinds of stress. First is mental and emotional stress, which is rooted in thoughts, beliefs, and each person's interpretation of his or her life experience. Next there is chemical or nutritional stress, which comes from exposure to toxins or pollution and improper or incomplete nourishment through diet. And then, there is physical and mechanical stress, which occurs from injury, wear and tear and falling short on exercise or maintenance of the structure, the brain and the nerve system.

You can adapt to emotional stress with relaxation, meditation, prayer, exercise, or emotional fitness techniques. You can adapt to chemical stress by avoiding poisons in the environment and in your diet, and choosing good quality food to eat, especially brain food rich in healthy fats while reducing sugar and gluten. You can adapt to physical stress by avoiding trauma and including chiropractic care, massage or yoga to preserve a healthy alignment and decrease degeneration.

If you want to diminish your stress, the formula is simple – stop doing stressful behaviors, and take proactive measures to adapt, cope and heal. It will come back to reward you many times over.

Back-To-School Nutrition For Peak Learning

It doesn't take a rocket scientist to understand that kids will learn better in school if they have proper nutrition. But what does that mean, and how can we support our children in developing a diet that helps them to perform at their best?

You've probably heard it said that food is both our best medicine and also our most damaging drug. Modern science is producing information that helps us to know how to feed ourselves, and especially our young people, to enhance quality of life and avoid unnecessary illness.

Children are constantly in a state of growth and development, so it is critical to give them the nutrients they need to support this natural process, and to reduce or eliminate those foods that interfere with it. Kids need a lot of fuel to generate the energy they require to live a kid's life, so here are some guidelines you can use to decide how your children will be best fed.

1. Children need a balanced blend of different types of foods to properly nourish their brain and body. Expose children to a combination of whole and natural foods as early in their lives as possible. Most kids naturally like fruits, and many of the sweeter vegetables, like carrots, celery, and cucumbers. Many love nuts, rich in healthy fats that enhance brain function. And most kids enjoy stone fruits like peaches, plums and cherries, melons, berries that are high in anti-oxidants to streamline the child's metabolism, the many kinds of apples, grapes, and so on. They need some protein, as their body is in rapid growth, but choose the highest quality you can find. If you decide to give your child meat, eggs and dairy, do it in moderation and aim for foods free of additives, preservatives, antibiotics and drugs – selecting organic foods will mostly assure that you are getting untainted foodstuffs to give your kids the best raw materials possible.
2. Children tend to “pig out” on snack food and sweets if they are not supervised – take responsibility to monitor and when necessary re-direct your kids toward better diet alternatives. Most chips are loaded with unhealthy fats, which clog up your child's physiology and interfere with normal body function. Cookies and candy are largely sugar, which blasts through your kid's body, affecting their behavior, their weight, their attitude, and their overall energy for studying, playing, and co-existing with their friends.

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Back-To-School Nutrition For Peak Learning

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Soda is all sugar and chemicals. Moodiness, weight gain, jitteriness or fatigue are frequent side-effects of overdoing sugar. It may make them feel good, but excessive sugar sets them up to become addicted to that feeling – often, moderation and restraint must be imposed by parental guidance. Without this discretion, many kids suffer learning disabilities, hyperactivity, attention deficit, social and behavioral disturbances, and obesity.

3. Children needs the right combination of vitamins and minerals to keep them growing, and to keep them sharp mentally. Most would do better taking a supplemental multi-vitamin with minerals, since it's hard to get enough of some nutrients only through food. Choose a high quality product, preferably organic – your child's body chemistry, including the ability to think and reason effectively, depends on having these chemicals available in circulation. Overly processed foods often have the nutrients processed out of them – go with fresh, wholesome foods to maximize nutrition. And find out what greens they'll eat – vegetables are naturally rich in vitamins and minerals.

4. A study by the American School Health Association (ASHA) showed that too little protein led to poorer test scores, and kids with a chronic iron deficiency were more likely to have attention deficit issues. Malnourished children are more prone to illness and school absenteeism.

5. Children may be subject to food pollution, as their foods may contain additives, colorings and preservatives that hurt their normal mind functions. Also, watch out for genetically modified foods – the best foods for your child will have a “non-GMO Project” seal on them. Some kids experience allergies, asthma, food sensitivities and other health problems -- read labels! This is your child you are looking out for, be discriminating and choose wisely.

6. It's never too early to make good lifestyle decisions with your child. Your kids will tend to follow your lead, so if you eat well, they will likely eat better too. If parents are obese, it's common that children follow in those footsteps – you need to know that your habits play a role in the formation of your child's habits.

As you can see, feeding your children properly will have a pronounced effect on their ability to learn and perform well in school. Remember it when you feed them breakfast, pack their lunch, and prepare dinner. It can be the difference between success and frustration for your kids at school.

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Great Thoughts About Learning

As our kids get back into school, it's fun and worthwhile to look at some of the great thoughts that great thinkers have offered about learning.

Learning is a treasure that will follow its owner everywhere
~ Chinese Proverb

Tell me and I forget. Teach me and I remember. Involve me and I learn. ~ Benjamin Franklin

Education is what remains after one has forgotten what one has learned in school. ~ Albert Einstein

The roots of education are bitter, but the fruit is sweet. ~ Aristotle

I am always ready to learn although I do not always like being taught. ~ Winston Churchill

When the student is ready, the master appears. ~ Buddhist Proverb

I am still learning. ~ Michelangelo

Be yourself. Everyone else is already taken. ~ Oscar Wilde

Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities — always see them, for they're always there. ~ Norman Vincent Peale

Wisdom begins in wonder. ~ Socrates

Try not. Do or do not, there is no try. ~ Yoda

Sometimes good things fall apart so better things can fall together.
~ Marilyn Monroe

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. ~ Dr. Seuss

Life is a daring adventure or nothing at all. ~ Helen Keller

It always seems impossible until it's done. ~ Nelson Mandela

Seventy percent of success in life is showing up. ~ Woody Allen

Working hard is important. But there is something that matters even more: believing in yourself. ~ Harry Potter

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