



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,

Surely you've seen a baby start to walk – at first, unsteadily, the child can hold onto a low surface and stand with help. Soon, they can easily pull themselves up on anything within reach. And then, at a magical time, the baby takes those first few steps – beautiful!

And if that were the end of it, it would be a happy story indeed – but unfortunately, along the way to becoming proficient at walking there might be many instances where the baby loses his or her balance, and tumbles to the floor. Mostly, these falls are inconsequential – but from time to time, there is a small injury which goes unnoticed, and this can be the start of trouble for our youngsters.

If any of those little bumps and bruises also cause an insult to the spine and nerve system, which happens more often than you realize, it can turn into a big health problem, either in later childhood or even into adulthood.

For this reason, smart parents have their children checked periodically by their family doctor of chiropractic. Why gamble with your family's health? A simple exam can reassure you that everything is fine, or if not, usually kids heal so fast, it's much easier to address it before it blows up into a real issue.

Be thorough in safeguarding your family's well-being – include regular chiropractic checkups, and you'll be delighted with the results.

Seven Nutrients Everyone Needs Daily

When you go into your supermarket or grocery store, you probably see hundreds or thousands of brightly colored packages, all calling to you to pop them into your cart, purchase them and take them home to stock your pantry.

But there are only a few absolutely essential nutrients that each of us must find a way to include in our daily habits, and when we do, we dramatically improve our chances of good health.

The first nutrient really isn't a food at all – **it's oxygen**, the active ingredient in fresh air, without which you would perish in a matter of minutes. But most of us take this vital nutrient for granted, breathing in and out indiscriminately without paying much attention to it, and magically our bodies know what to do with it.

But conscious breathing adds value to your oxygen, when you breathe in and out with purpose and intention. Try taking ten deep breaths and see how energized you feel. Now try breathing in for a count of three, hold for a count of twelve, and breathe out for a count of six – even more energy, right? You'll get more out of the air you breathe if you breathe consciously.

The second nutrient is **water** – your body is largely made of water, some scientists say 90%, so losing water and replenishing it is an important part of your daily nutrition. You lose water through the breath, through sweating, and normal body functions, and you must replace the water you lose every day.

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Seven Nutrients Everyone Needs Daily

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"Vitamins help you process foods, produce energy, protect cells from injury and damage, and regulate cell and tissue growth, development and regeneration, playing a major role in healing and daily function."

There has been quite a bit of discussion about the amount of water we need each day, and certainly your level of physical activity will play a role in this, but a simple rule of thumb is to take in a half-ounce daily for each pound of body weight. That means if you weigh 128 pounds, you would aim for 64 ounces, or eight 8-ounce glasses per day, while if you weigh 192 pounds, you would aim for 96 ounces, or twelve 8-ounce glasses each day.

Third and fourth, you need a steady supply of **vitamins** and **minerals**, substances that occur naturally in fresh fruits and vegetables, that help your body to work properly. Vitamins help you process foods, produce energy, protect cells from injury and damage, and regulate cell and tissue growth, development and regeneration, playing a major role in healing and daily function. Minerals help to build bones, make hormones and regulate your heartbeat, and they are essential to keep your inner machinery, including your nerve system, working well. While you can get much of what you need from food, wise health care consumers take vitamins and minerals in supplemental form, to be sure they are getting enough on a daily basis.

Fifth, you need **greens** – when your body is working as it should, it has an alkaline pH, fancy language for saying acidity is bad and creates inflammation, where alkali is the opposite condition which is healthier for you. If your diet is rich in fresh wholesome fruits and vegetables, you are probably more alkaline, but any meats, dairy, or sugars tend to make your body more acid, and therefore increase inflammation. For that reason, you may want to add a greens supplement or shake to your daily consumption.

Seven Nutrients Everyone Needs Daily

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The sixth nutrient you need is **healthy fat** – once, nutritionists believed that fat was bad for you, but it's only unhealthy fats that hurt you – you absolutely need healthy fats in your diet every day to be healthy, found in nuts, olives, flax, and fish like salmon, tuna, sardines, mackerel and trout. You want to maximize omega-3 fatty acids, and minimize omega-6 fatty acids – this may seem complicated, but five minutes of searching on the internet will clear this up for you, and help you choose foods that contain the fats you want, and avoid those you don't. Your brain requires healthy fat to work as it should – fat is brain food.

Finally, the seventh essential nutrient is a **probiotic** – even though we have been trained to think of bacteria as creepy crawly icky things, your digestion needs these friendly micro-organisms to process your food and eliminate the waste and by-products. You find such healthy bacteria in yogurt, sauerkraut, pickles, dark chocolate, and microalgae like spirulina and blue-green algae, available in any health food store. Again, many people choose to take a probiotic supplement daily, to help their digestion.

You may be wondering – what happened to proteins and carbohydrates, the traditional building blocks of nutrition? You still need some protein and some carbohydrate in your diet, but for most people's purposes, there is enough of these foundational building blocks in a typical diet, so you are probably already getting more than enough of these. In fact, you may need to limit your refined carbohydrates, and recognize that the need for protein is not what was once believed – a few ounces a day is usually enough, except in growing children.

As you can see, it isn't that difficult to give your body the raw materials it needs, to process your foods, build your bones and get your brain working as it should. If you can do it with food, great – if not, take nutritional supplements to round out your essential nutrients, and your health will reflect your extra effort.

Share these ideas with your family, and either one at a time or all at once, get into the habit of giving your body what it needs – and if you need advice, consult your doctor of chiropractic, who knows all about what it takes to be healthy.

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