



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett'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

February :: 2018 Issue

INTHISISSUE

Page 1 ::
The Best Kept Secret

Page 2 ::
Four Lifestyle Choices
That Hurt Your Brain

Page 3 ::
Four Lifestyle Choices
That Hurt Your Brain
(continued from page 2)

Page 4 ::
Warm, Wise Words
About Heart and Brain

Dear Patient and Friend,

Most people, when offered a choice between something natural and something artificial, will go with something natural. We have an inherent sense that the natural way is the better way.

When it comes to food, we prefer natural foods over foods that are laden with chemical additives or are genetically engineered. Fresh air is more desirable than processed, conditioned air, and fresh spring water is also more desirable – in fact, even a genuine, authentic attitude is more satisfying than a phony, put-on facade.

So, is health care any different? If you have a choice between drug therapy and surgery or something more natural, which would you prefer? If you could get similar or even better results with a non-dangerous natural approach, wouldn't you opt for that?

There are surely times when there is no choice, that drugs and surgery must be used. But those in the know realize that safe, all-natural chiropractic care is a real alternative. Instead of putting artificial chemicals into your bloodstream, maybe you can try a course of chiropractic adjustments, which proactively improve your body function by tuning your brain and body to work better together.

Chiropractic – it's the best kept secret in health care – re-discover it for yourself.

Four Lifestyle Choices That Hurt Your Brain

You are probably hearing a lot about the brain these days – books, movies, TV and radio shows, charities, it seems like people are talking about the brain and the role it plays in our lives. It makes sense that anything we can do to help our brains work better is probably a good and worthwhile thing to do.

But without realizing it, many of us have developed habits which are actually stressful or even harmful for the brain – it's as important to avoid hurting your brain as it is to do good things to help it.

So here are four common lifestyle choices that hurt your brain.

1. Not getting enough sleep

We live in a very busy society, where many of us are over programmed, arising earlier and earlier and staying up later and later to “get it all done” and still have a life.

The problem is, something's gotta give, and often it's sleep – staying up late and getting up early leaves less quality sleeping time. Slamming down extra coffee can only keep your brain firing for so long before it starts to fatigue – most people need at least seven hours of sleep, eight is better still.

Why is losing sleep bad for your brain? The latest research shows that your brain cleans, maintains and replenishes itself while you sleep, and that process takes about seven hours each night. So, missing sleep doesn't only make you force the gears of wakefulness, it also makes your brain less healthy.

Get enough sleep, and it will be one important thing you do to make your brain healthier.

2. Not drinking enough water

Your body is about 60% water, except your brain and your heart, which are about 73% water – so you can imagine that not getting enough water puts your health in jeopardy.

Everyone knows that extreme dehydration is bad for the whole body, brain included. When there is so little water in the body, it goes into starvation mode, conserving water any way it can – if it lasts too long, it can create delirium, dizziness, serious cognitive impairment, even unconsciousness, and at its worst it can be fatal.

But most people don't realize that your brain doesn't have to be severely dehydrated for it to suffer from not getting enough water. While the effects may not be as harsh, even mild dehydration causes mood changes, concentration and focus issues, or decreased energy. And since water helps your brain make hormones and neurotransmitters, lack of water compromises brain function itself.

Drink enough water to keep your brain happy – probably between eight and twelve glasses a day.

"Your body is about 60% water, except your brain and your heart, which are about 73% water – so you can imagine that not getting enough water puts your health in jeopardy."

Four Lifestyle Choices That Can Hurt Your Brain

3. Eating too much sugar and not enough fat

Not that long ago, experts thought that fat was bad for you and sugar was brain food. But the latest research shows the opposite to be true – sugar is bad for you and fat is brain food.

When you eat sugar, it burns your energy hot, whereas if you get your energy from healthy fats, you'll burn steady and not overheat your metabolism. Sugary drinks and snacks put your body into stress, and your brain into overdrive. If you change out sugars for healthy fats, your brain will have the building blocks it needs to function at peak efficiency.

Examples of high sugar foods are candy, cookies, cakes, and anything with high fructose corn syrup. Examples of foods with healthy fats are olive oil, avocados, oily fish, nuts, eggs, and dark chocolate.

Eat less sugar, and build your diet around protein and healthy fat.

4. Not avoiding trauma

Your brain is the only organ entirely encased in bone, because Nature knew that it needed to be protected at all costs for the person to be viable. Serious brain trauma, whether from accidents or repetitive impacts like from contact sports can have a devastating effect on brain function.

Yet sometimes, smaller traumas, not severe enough to cause overt disease, but harmful in their cumulative effect on normal brain physiology, can decrease the brain's efficiency. The problem is compounded by not getting enough sleep, not getting enough water, and eating too much sugar and too little healthy fat.

Bumping your head, minor sports injuries, poor posture and slight whiplash from stopping short in your car or on your bicycle can produce microinjuries to your brain, spine and nerve system. The best thing you can do to keep your brain, spine and nerve system healthy is to get regular chiropractic care. See your family chiropractor to find out how much care you need to keep your brain working right.

"If you change out sugars for healthy fats, your brain will have the building blocks it needs to function at peak efficiency."

Warm, Wise Words About Heart and Brain

Most people think the brain is for thinking and the heart is for feeling. But the heart and brain are connected – there are brain cells in the heart, to make sure of the best possible communication between them

To celebrate this Valentine's Day season, here are some warm, wise words from great thinkers about the heart and brain.

“Harmonizing heart and brain through love is what can establish a complete intelligence, a complete self, where a child can look at life and realize there are no dead ends, there are always possibilities. The greatest gift a parent can give a child during all the ups and downs of life is love.” – Doc Childre

“A soft, easy life is not worth living, if it impairs the fiber of brain and heart and muscle. We must dare to be great; and we must realize that greatness is the fruit of toil and sacrifice and high courage... For us is the life of action, of strenuous performance of duty; let us live in the harness, striving mightily; let us rather run the risk of wearing out than rusting out.”
– Theodore Roosevelt

“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.” – Nelson Mandela

“The best and most beautiful things in the world cannot be seen or even touched -- they must be felt with the heart.”
-- Helen Keller

“Happiness comes only when we push our brains and hearts to the farthest reaches of which we are capable. The purpose of life is to matter -- to count, to stand for something, to have it make some difference that we lived at all.” – Leo Buscaglia

“And of course, the brain is not responsible for any of the sensations at all. The correct view is that the seat and source of sensation is the region of the heart.” – Aristotle

“When you fish for love, bait with your heart, not your brain.”
– Mark Twain

“This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.”
– Dalai Lama

***“The best and most beautiful things in the world cannot be seen or even touched -- they must be felt with the heart.”
~ Helen Keller***