



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

Bennett Chiropractic and Wellness Center
6875 Estero Blvd. Suite A Fort Myers Beach, FL 33931
239-463-1640 - fax: 239-463-1955
www.beachchiropractor.com

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Dear Patient and Friend,

Every year, we get a little older and hopefully a little wiser – but how many of us realize how important it is to do the little things that keep us healthy? When the winter draws to a close and the buds start popping out, we know it's time to do some spring cleaning in our homes – but how many of us do the same for our bodies?

Smart and well-informed people know that developing healthy lifestyle habits is a critical key to a happy, healthy life. Eating well, sleeping enough, observing the basic rules of hygiene and including the right amount of the right kind of exercise builds a foundation most people can grow on – you can take the opportunity now to check yourself on these and other essential lifestyle choices, and do some “spring cleaning” inside your body.

You may want to knock off a few pounds of winter weight by eating lighter and increasing your activity levels. You may want to choose some nutritional supplements to give your body some extra building blocks to work with. You may want to reduce or eliminate your intake of sweets, or increase the fruits and vegetables in your diet.

All of these options are fairly well-known, but there are other things you can do to streamline the efficiency of your body and get it working at peak performance, not the least of which is to remember the role your spine and nerve system play, and take proper care of them by visiting your chiropractor. Those adjustments you receive are a way to improve your body's function, clearing any interference in the way your brain tells your body parts what to do, so that your body works the best it can.

All of your body's functions, from growth and repair to detoxification, are influenced by nerve system control, and that's why it's so important to make chiropractic care part of your regular health habits – it helps your body work the way it's supposed to, naturally.

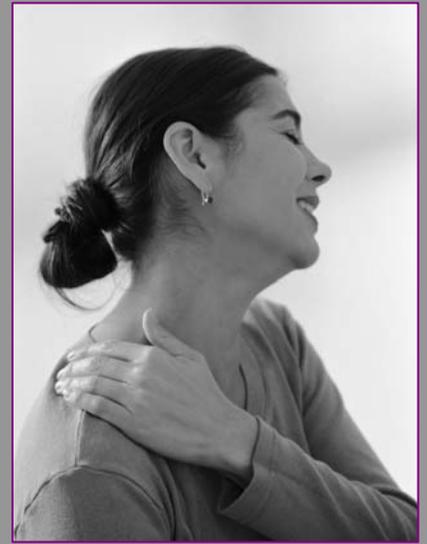
One more tip – when you clean anything, you usually use water, and your body is no different – drinking plenty of water, as much as eight or ten glasses a day or more, is one of the best ways you can keep yourself clean on the inside, not just in the springtime, but all year round.

Many Forms of Chiropractic Care

If you've visited your chiropractor recently, you probably received an adjustment, the primary service most chiropractors offer. Adjustments are intended to restore and/or enhance normal function by reducing or eliminating any stress or interference in your body's control system, the nerve system. Spinal bones (vertebrae) can lose their proper position and disturb nerve function, and adjustments are designed to relieve that nerve pressure and allow the body to heal and function the way it was meant to.

The art of chiropractic is unique to each practitioner – some adjustments are very light, some are more firm. Some are done by hand, while others may use an instrument of some kind. Some adjustments make noise, and some are silent. There are dozens of ways chiropractors correct nerve interference, and no one way is necessarily better than the others – they all have their place, and they all do good for people. It's up to the individual chiropractor to choose which methods are a good fit for each patient's needs.

Chiropractors study for years in chiropractic college to become expert at adjusting, and most take post-doctoral courses in specialized techniques to improve and master their art. You may even notice that on different visits, your doctor adjust different areas or uses a different approach – that's because each patient is unique, and each adjustment requires the doctor of chiropractic to evaluate and decide where the nerve interference may be, and what to do to correct it. This may only take a few moments, but it is custom-tailored to your body, and is one of the reasons chiropractors get such great results in helping people get well and stay well – the chiropractor gives the body what it wants and needs to heal itself.

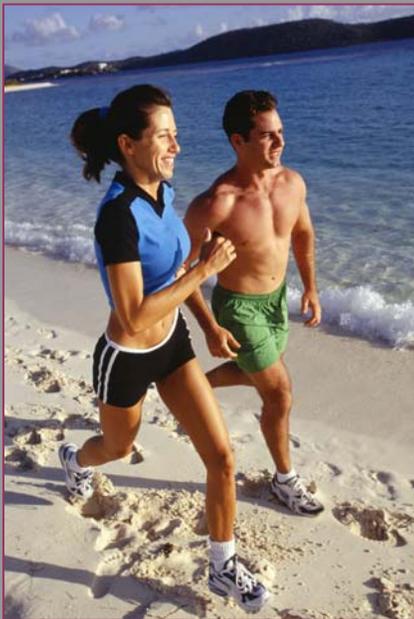


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Be Smart About What You Put In Your Body

We see it on the news and on the internet constantly – another drug being taken off the market because of unwanted, unexpected and dangerous side effects. We read it in the papers and hear it on the radio, so frequently that we may become desensitized to it, but make no mistake -- while some drugs are necessary and do help people, too often drugs are used as a crutch instead of accepting responsibility to make lifestyle changes that would work better and last longer. And they can be very harmful at times, so it's up to you to be smart about what you put in your body.

For example, some people need high blood pressure medication to keep their blood pressure under control. Yet, they may be able to control their blood pressure with diet, by reducing salt, or by increasing foods that help the body to balance fluids better.

Examples of foods that help you regulate the water balance in your body are cranberries, celery, parsley, asparagus, artichoke, melon, watercress, and apple cider vinegar. Sometimes, you can get off medication by selecting a natural remedy instead.

Many people rely on pain relievers, yet these can be some of the most toxic substances, with harsh side effects that can be worse than the original pain. Quite a few of these have been taken off the market, but fortunately, there is an alternative – safe and gentle chiropractic care, which uses the natural healing ability of the body to relieve pain. The pain usually isn't the problem, it's the signal that tells you there is a problem. Chiropractic aims to find and correct the cause, and that's why so many people feel better and are healthier through chiropractic care.

If you can avoid taking unnecessary drugs and instead make good lifestyle decisions, you'll find that the natural way is most often the best way. Be smart about what you put in your body – that's what works best.

April is National Humor Month ...

Well-known humorist Larry Wilde declared April as National Humor Month in 1976 – it starts with All Fools' Day, and mid-month is April 15th, Tax Day, which for most people is no laughing matter, and all the more reason to yuk it up while you have the chance!

Using humor to relieve stress is simple -- the benefits are simply wonderful. Follow these easy steps and you'll be on your way to defusing anxiety and frustration.

1. TAKE A HUMOR BREAK.

Keep a book of jokes or cartoons handy. If it makes good sense to keep a first-aid kit for medical emergencies, why not a mirth-kit to deal with stressful situations?

Ten minutes before a meeting or potentially stressful situation read some funny stories. A smile or chuckle will relax you and better prepare you for a confrontation. A good laugh makes you feel good and allows you to think more clearly and quickly. Humor makes you more efficient -- it allows you to function better.

2. LAUGH AT YOURSELF.

Dr. Meyer Friedman in his book, *Treating Type A Behavior and Your Heart*, points out that being able to laugh at yourself is healthy.

Dr. Friedman's research in heart disease leads him to conclude: "The person most effectively protecting himself against the continued progress of coronary artery disease is the person willing to see himself and his affairs as ludicrously unimportant in the planetary scheme of things."

When you make fun of yourself it takes the sting out of what other people say.

It is not necessary to constantly put yourself down in the workplace, but self-deprecating humor shows that you're human. It reveals that you are so self-assured, you can readily poke fun at yourself. And guess what? People like you more! Humor keeps you from taking yourself too seriously and makes dealing with others easier.

3. CREATE A FUNNY FILE ALL YOUR OWN.

Find out what makes you laugh and nurture it. Each of us has an individual sense of humor. There are many life experiences we can look back on and laugh about uproariously. Childhood incidents, school situations, even marriage mishaps.

Remember the embarrassing moments that were so painful when they happened but are funny now when you think about them.

The next step in developing your funny file is to put together a humor library. Gather up your favorite cartoons, comedy records, joke books, funny video films -- anything that will bring a smile to your lips. Bookmark your favorite humorous websites.

Marsha Sinetar, organizational psychologist and author of *Do What You Love*, mentions an executive who has a file folder reserved for cartoons, jokes and other humorous anecdotes.

"I call this my mental health file," he explains. "When I'm down in the dumps, bored, uninspired, I flip through this folder. I'm always amazed at how a few laughs pick me up and change my perspective. It's interesting how a humor file can reach your inner spirit and remind you that the world's not such a bad place after all." Keeping your own humor collection provides comic relief when you need it most.

Science has made us aware that there is now another way to cope with stress that does not require drugs or toxic agents of any kind. People who may need a cure for one of the most depressing and debilitating maladies of our times can now access the newest and best prescription: **Humor**.



"Find out what makes you laugh and nurture it. Each of us has an individual sense of humor."

