



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett and Dr. Norman'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](http://www.beachchiropractor.com)

February :: 2015 Issue

### INTHISISSUE

**Page 1 ::**

Can Love Make You  
Healthier?

**Page 2 ::**

Seven Ways Love Is Good  
For Your Heart...  
And Your Brain

**Page 3 ::**

Seven Ways Love Is Good  
For Your Heart...  
And Your Brain  
(continued from page 3)

**Page 4 ::**

Some Loving Thoughts For  
Valentine's Day

Dear Patient and Friend,

February is a great month for lovers to express themselves to each other. But did you know that love also has health benefits?

Love is more than just an emotion of affection and attachment. It's also a virtue, including kindness, compassion, and concern for others. As such, love encourages positive emotions and sensations. It also stimulates laughter, great for both physical and mental wellbeing.

At psychcentral.com, Carmelia Raye says love is a "powerful antidote to fight stress, conflict and pain both mentally and physically. Love also has the power to heal and renew one's mental, emotional and physical well being. Research shows that loving acts neutralize the kind of negative emotions that adversely affect immune, endocrine and cardiovascular function."

Psychotherapist and health administrator Dr. Jodi Prohofskey says, "Endorphins are the key... Love triggers the hormone oxytocin which makes us feel good. It also lowers the levels of stress chemicals in our system. Physical contact like cuddles, hugs and kisses trigger the production of oxytocin."

This sounds technical, but all it really means is that love turns on healing and "feel-good" chemicals in your body – so spread the love around, and let people show their love in return! It makes us all happier and healthier.

## Seven Ways Love Is Good For Your Heart... And Your Brain

We intuitively recognize that love is good for your heart – but modern science is showing how love has positive physiological benefits as well as the emotional ones.

Senior Editor Jaimie Dalessio from Everydayhealth.com says there are at least seven ways love is good for your heart.

First, spending time with someone you love reduces your blood pressure. According to a study in “Psychosomatic Medicine,” there was a measurable drop in blood pressure in subjects who felt emotional support from their loved ones.

When your heart races, as it does when you gaze into your lover's eyes, it's because your brain pours out chemicals like dopamine and adrenalin that rev up your metabolism, which causes your heart to beat faster and get stronger. This is similar to what happens during aerobic exercise.

We all know that hugs feel good, but researchers from the University of North Carolina say that a warm embrace with someone you care for stimulates the production of oxytocin, the feel-good chemical that reduces stress and lowers blood pressure.

Laughing with joy or glee makes your blood flow better, according to scientists at the University of Maryland School of Medicine. In a paper they presented at the 2011 European Society of Cardiology's annual symposium, they connected stress with shrinking blood vessels, which restricts blood flow and promotes hardening of the arteries. Laughter was demonstrated to be an effective antidote.

In addition to the benefits of feeling love, it seems that writing about it has equivalent value. In two studies published in “Human Communication Research,” college students who wrote love letters experienced a significant decrease in cholesterol.

The “European Heart Journal” has reported that a positive outlook may actually prevent cardiovascular disease. A review of ten years of health records showed a strong correlation between good health and good attitude, including the feelings of joy, excitement, happiness, contentment and enthusiasm which often accompany a happy healthy relationship.

*"Laughing with joy  
or glee makes your  
blood flow better,  
according to  
scientists at the  
University of  
Maryland School of  
Medicine."*

## Seven Ways Love Is Good For Your Heart... And Your Brain

(continued from page 2)

Based on a study published in "Psychological Science," it appears that holding hands with a loved one diminishes stress and anxiety, which then lowers heart risk factors like high blood pressure, quickened heartbeat and weight gain.

So it looks like the evidence is mounting to support the idea that love is good for the heart, but it also looks like it's good for your brain as well.

Kylie M. from Yourtango.com offers seven ways that love helps your brain to function and heal better.

Love produces a cascade of pleasurable chemicals that get you "hooked" on the feelings. Also, a recent study showed that people who "think in twos," in other words using words like "we, us and our" rather than "me, I and mine" had a lower incidence of depression.

Love steps up feel-good chemicals like dopamine, which produces sensations of pleasure, desire and euphoria. And, magnetic resonance studies of the brain show that the frontal cortex, the part of the brain that is responsible for discernment, becomes less active in loving situations, making you less critical or judgmental and more supportive of your lover.

As mentioned above, physical contact has a de-stressing effect, -- in fact, if you study the activity patterns of brain function, you find that people in love have their reward centers light up from just a glance at their loved one's picture. And feelings of safety increase, as the chemistry of love shuts down the brain centers that control fear and negativity.

All in all, there are many health and wellness benefits that manifest when you engage lovers, family and friends -- it helps you live longer, healthier and happier.

*" Love produces a cascade of pleasurable chemicals that get you "hooked" on the feelings. Also, a recent study showed that people who "think in twos," in other words using words like "we, us and our" rather than "me, I and mine" had a lower incidence of depression."*

## Some Loving Thoughts For Valentine's Day

Putting the right thoughts in your mind can have a profound impact on the way you feel. Here are some wonderful remarks about love, special for Valentine's Day.

### From [brainyquote.com](http://brainyquote.com):

For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul. ~ Judy Garland

If you have only one smile in you give it to the people you love.  
~ Maya Angelou

The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along. ~ Rumi

How did it happen that their lips came together? How does it happen that birds sing, that snow melts, that the rose unfolds, that the dawn whitens behind the stark shapes of trees on the quivering summit of the hill? A kiss, and all was said. ~Victor Hugo

There's a long life ahead of you and it's going to be beautiful, as long as you keep loving and hugging each other. ~Yoko Ono

All you need is love. But a little chocolate now and then doesn't hurt.  
~Charles M. Schulz

### From [quotegarden.com](http://quotegarden.com)

At the touch of love, everyone becomes a poet. ~ Plato

Love is an irresistible desire to be irresistibly desired. ~ Robert Frost

Love is the greatest refreshment in life. ~ Pablo Picasso

Love is a canvas furnished by Nature and embroidered by imagination.~ Voltaire

### From [brainz.org](http://brainz.org)

I love thee to the depth and breadth and height my soul can reach.  
~ Elizabeth Barrett Browning

We loved with a love that was more than love. ~ Edgar Allen Poe

The heart has its reasons that reason knows nothing of. ~ Blaise Pascal, Pensees, 1670

There is no remedy for love but to love more. ~ Thoreau

Give the gift of health – introduce someone you love to your doctor of chiropractic. Show you care – spread the word of health and wellness.

*"There's a long life ahead of you and it's going to be beautiful, as long as you keep loving and hugging each other."  
~Yoko Ono."*