



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett and Dr. Norman's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Did you know that there are many different types of chiropractors, and many styles of chiropractic practice? Some chiropractors concentrate primarily on the alignment of your spine, while others may pay more attention to your skull, your neck, your organs, your eyes, your blood chemistry, your diet, or reducing your stress levels.

Why are there so many kinds of doctors of chiropractic? All chiropractors share a common desire – to get your brain and body working together so you can heal from illnesses and painful problems and continue to get healthier and healthier.

But there are many ways to do that, and no one doctor can master all of them, any more than a medical doctor could master all of medicine or surgery – MDs divide up the body by organs, while chiropractors divide it up by ways to improve the connection between brain and body, and to reduce brain stress. Chiropractors pick the style that works best for them to produce the best results possible with their patients.

Some chiropractic doctors use a firm adjusting style, while others use a softer touch. Some adjust with their hands, while others use adjusting instruments. Some adjust the lower part of the spine, some focus on the upper part, and some adjust your whole body. Just like there are dozens of ways to surgically repair a damaged shoulder or knee, so too chiropractors have a wide variety of tools they can use.

Talk to your chiropractor about the work he or she does and how it helps you. You'll find that your doctor wants to educate you and share with you – and maybe inspire you to become a doctor of chiropractic yourself. It's one of the most interesting, fun and worthwhile careers you could choose, with many ways to practice, and many kinds of patients to serve.

Does Eating Organic Really Make A Difference?

There was a time when only the most dedicated health nuts sought out hard-to-find organic foods, made without pesticides, chemicals or other toxic substances. At first it seemed extreme, but these days every supermarket has an organic section, and whole stores are stocked with completely natural options. Is it a rip-off, or does it make a difference?

The Raw Food News reported that organic foods now represent 5% of the total food market, almost forty billion in sales, and that 78% of that food is purchased at conventional supermarkets. So, it seems that many people have already decided to buy into the concept of organic eating. Are they over-reacting, or is there scientific data that shows that organic food is better for you?

In a 2014 study conducted at Newcastle University, it was discovered that organic farming required less chemical pesticides because the foods had a naturally high level of antioxidants, which innately protected the foods. The introduction of chemical agents reduced the plant's natural ability to protect itself, which makes sense, but now this research project shows that the science indicates that it is true.

The Swedish Environmental Research Institute studied a family who did not eat organic food to track the presence of the chemicals in the foods that remained in their bodies – they discovered evidence that the family had residues of insecticides, fungicides and other poisons in their bodies. Then, they changed their diet to all organic, and in only two weeks all traces of the toxins were gone.

Could it really work that quickly? The testing on the bodies of this family was conclusive, at least in this case. Will it work for you? Just think about the common sense – if you're putting in bad stuff, some of it will stick, and if you stop putting in the bad stuff, there's nothing to stick and your body can work on cleaning up instead. It seems logical enough – and amazingly, the prices on organic foods have come down so it's about the same or just a little more, well worth the difference if you want to avoid poisoning yourself and your family.

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The chemicals often found can cause horrible health conditions over time, like cancer, Parkinson's Disease, autism, and disruption of your brain and nerve system, reproductive organs and even your breathing.

What are some of the reasonably priced foods you can start to replace with organic brands? Some of the worst offenders are corn and wheat products, so you can start by asking your grocer for organic corn, bread and pasta. They taste the same or better, cost only a little more, and you'd be doing a tremendous favor for your family.

Organic potatoes are another important food staple that is priced about the same but offers a better quality of nutrition. Choosing organic carrots, celery, apples and grapes will also make a big difference in the toxicity of the foods you eat.

These foods all offer the same or an even better eating experience, but without the nasty stuff in your diet, which can potentially make you sick over years of taking it in – and if you spend the same years eating cleaner food, the logic is unmistakable, your body will be cleaner and have less toxicity, and a better chance for good health and better quality of life into an older age.

Science points toward it, and common sense backs it up – eat organic, eat clean, and safeguard your health and the health of your family.

Drink Enough Water During The Warmer Months

Did you ever notice that when it's hot out, your dog opens his or her mouth and pants loudly? That's because your doggie's natural cooling system comes through its mouth, and it pants to cool off and reduce its body temperature.

Your cooling system is similar, but instead of panting, you sweat, and when you do, your body loses water. It's really important to replace that lost water by drinking enough water during the warmer months.

Dehydration, the condition of having too little water in your system, is dangerous, causing excessive thirst, dizziness, fatigue, headache, constipation, and dryness of everything from your eyes to your skin to your mouth to decreasing your urination.

Don't take a chance on becoming dehydrated. If you're going to be out in the heat, plan to drink lots of water, several glasses at least, before you venture out. If possible, keep some water with you and drink it throughout the time you're going to be hot.

How much do you need each day? You'll be giving your body what it needs if you drink a half ounce for every pound of body weight – for example, if you weigh 120 pounds, you need 60 ounces daily, or five twelve-ounce glasses, or if you weigh 192 pounds, you'd need 96 ounces daily, or eight twelve-ounce glasses.

Water is one of the most plentiful substances on earth, but too often we don't drink as much as we need. Be careful, and drink enough during the hotter season – it will reward you with fewer problems and better health.

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