



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,

For much of your health care, you know which professionals to visit. For problems with your teeth, you go to your dentist. For broken bones, it's your orthopedist. If you have a heart condition, you consult a cardiologist.

These providers are well-versed in dealing with the diseases within their specialty and what to do about them, and thank goodness they can do that. But who is the expert you ask about health and wellness? Every family has health and wellness issues to contend with, and opportunities to capitalize on, that are not really part of the expertise of these other doctors.

For example, who helps you decide how to feed yourself and your family healthfully? Who recommends the right exercise programs, the right stress relaxation programs, the right detoxification and ideal body weight programs? Who coaches you on how to choose lifestyle habits that improve your health and well-being and avoid those that diminish it?

Your doctor of chiropractic is trained in nutrition, exercise and body mechanics and the overall reduction of brain and nerve system stress. When you're building your team of most trusted health and wellness advisors, it's wise to include your chiropractor – he or she can help you live a longer, healthier and happier life, and suggest other health and wellness practitioners who can add years to your life and life to your years

Two Poisons Most of Us Eat Every Day

A poison is a substance that your body regards as toxic or foreign. It's easy to see how drinking rat poison, bleach or a workshop chemical would be dangerous and harmful.

But a little bit of poison every day for years can be just as harmful in the long run as a lot of poison all at once, so smart health care consumers are learning about keeping their bodies as clean and non-toxic as possible along the way.

There are two substances prevalent in our diets that are slowly poisoning us, unless we become aware and moderate the intake of such foods.

The first poison most of us eat every day is... sugar. Yes, it tastes delicious, we all realize that.

But sugar has no nutritional content, and it rots your teeth. It overloads your liver and messes up your pancreas, contributing to diabetes and many forms of cancer.

And obviously, it leads to obesity, which is often a gateway to other serious illnesses. Because sugar triggers pleasure mechanisms in your brain, it is addictive as well as destructive.

Among the worst effects of sugar is the damage to the heart and circulatory system. It injures your blood vessels, causing inflammation – we used to blame this on cholesterol, but actually, it's the sugar that creates the problems.

Some sugar in your diet is unavoidable, and in reasonable quantities, it is harmless. But pounding down foods with sucrose, fructose, and especially high fructose corn syrup stresses your body and has no redeeming value except it tastes good for a second.

It's not worth it – a soda pop has five spoons of sugar in it, a donut and coffee to start your day forces your gears and gets you hooked so you need the artificial boost just to function.

Break the habit and reduce the poison of sugar in your diet.

The second poison most of us eat daily is... gluten. Gluten is a protein found in wheat products, like bread, pizza, pasta, and donuts. Surely you've heard someone ask for their foods to be gluten-free – they are asking to be served food without this toxic substance in it.

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Some people don't have a noticeable problem with gluten. But for many people, it causes a variety of symptoms, from digestive complaints to allergic responses to chronic pain, which often eludes diagnosis until the person is checked for gluten sensitivity.

In the more serious cases, the immune system is tricked into attacking the gut itself, and that is referred to as celiac disease, which affects between one and five per cent of our citizens.

People with celiac disease cannot tolerate any gluten. It causes digestive pain and inflammation. But there are many people who do not have celiac disease, but are sensitive to gluten anyway. The gluten triggers the immune system to inflame the lining of the gut, the place where you absorb your nutrients into your blood for your body to use.

The effect is poor absorption of nutrients, and deficiencies leading to anemia, stomach pain, fatigue, diarrhea, pain in the bones and joints, and susceptibility to other illnesses.

In addition to gluten's harm to the digestion, it also injures the brain and nerve system. Research points at gluten sensitivity in many neurological disorders. In fact, situations as diverse as schizophrenia, autism and epilepsy have responded to gluten-free diets.

Finally, gluten, like sugar, is linked to inflammation of the blood vessels, which causes cardiovascular disease. In a nutshell, gluten affects us through our digestion, our brain and nerve system, and our blood vessels – in other words, pretty much everywhere.

The average modern food consumer is addicted to sugar and wheat – take an honest look at your own typical breakfast, lunch and dinner and see how much sugar and gluten is in your food.

For example, if you have a donut and coffee with two sugars for breakfast, another coffee with two sugars at your mid-morning break, pizza or a sandwich for lunch and a good dinner with two soda pops and coffee with a sweet dessert, you have bombarded your body with sugar and gluten all day. No matter how strong you are, this will eventually wear down most people's defenses.

What can you do? Just be moderate. Stay conscious of your sugar and gluten intake, and make it sensible from your point of view. If you like, there's plenty of research on the internet, just search and you'll find a lot of information.

And if you find you need coaching or guidance, ask your doctor of chiropractic.

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Becoming More Fit

There was a time when only the most dedicated athletes cared about fitness, but things have changed. In every community, we see regular people out running in the street, visiting yoga studios, studying Pilates or T'ai Chi or going to the gym to work out.

Your neighbors are awakening to a message of wellness and vitality. There are so many positive habits you could choose to develop, but none are more significant than proper exercise.

Life is about movement, and the more you keep yourself moving, the more life you can express. Find the right amount of the right kind of exercise for you, and create a rhythm that suits you – a little exercise every day might work for some people, while others might prefer a longer workout three or four times a week.

Start somewhere. You can always adjust your schedule if you want to – but it's easier to steer when you're in motion, so get into the game and pick an exercise routine, correcting as you go.

Walk. Stretch. Breathe. You can't do it wrong, as long as you stay within the boundaries your body establishes for you, which will increase naturally and organically as you get healthier and more fit.

Everything you do will benefit from you being in better shape – you'll work more efficiently, sleep more deeply, enjoy your hobbies more passionately, and your body will work better too -- your digestion, your circulation, your immune system, your intimate relations, all of you.

Becoming more fit is one of the best ways to de-stress yourself. Pick an exercise program that is right for your current condition, and commit to doing it and making regular progress – it's one of the few things you can do that you can be sure will pay you back with interest.

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