



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Bennett & Dr. Norman's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Ask a group of people where they hold their stress, and you'll get a variety of answers. Some carry it in their stomach, some in their head, some in their neck and shoulders, and some in their low back.

But really, the stress may show up in these places in your body or others, but the origin of the stress is your brain.

Your brain has to be able to adapt to the conditions. Notice, almost everyone will tell you they hold their stress somewhere – few will say they don't have stress at all. This is because everyone's brain is under constant demand, to run the body, to respond to environmental factors, to be constantly vigilant and alert to watch out for danger and capitalize on opportunity.

Anything you can do to help your brain cope better with stress is by definition good for your health. Meditation, yoga, exercise, good diet and chiropractic care are only a few examples of good lifestyle decisions you can choose to make your brain healthier.

You may not be able to eliminate all stress from your life, but you can get your mind and body in the best working order to deal with it. Design your lifestyle for optimal health and wellness – you'll be glad you did

## The Five Keys to Vitality

There are five basic action steps you can take to encourage glowing, vibrant good health. These five keys to vitality are simple, easy to implement, and cost very little to apply. Let's look at each of these health habits and see what it would take to improve the quality of our lives.

The first key is proper breathing – air is free, but many of us don't yet capitalize on one of our most important nutrients, oxygen. Air is needed for all aspects of body function, yet most of us could benefit from adding a few simple breathing exercises to our daily routine.

Try this – breathe in deeply for a count of three, and hold it for a count of twelve. Then, release the breath to a count of six. This style of breathing rejuvenates your metabolism, and feels great. Do ten of those every morning, and you'll go a long way toward refreshing your cells with their most essential nourishment.

Your second key is food and water – in addition to the gaseous fuel breathing provides, you need solid and liquid fuel as well. Eat a blend of wholesome foods, balancing proteins, fats and carbohydrates, and listen to your body to tell you the best proportions, and when during the day each suits you best. Drink a lot of water – at least half an ounce for every pound of body weight. Your metabolism requires it.

Your third key is sleep – at least seven to eight hours each night. Make your sleeping space as dark and as quiet as possible. Choose a bed and pillows with the right firmness and shape to sleep comfortably on your back or side. And if you miss sleep for some reason, make it up as soon as possible. Your brain maintains itself during sleep – do your best not to cut corners here.

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## The Five Keys to Vitality

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Your fourth key is movement. This can be vigorous exercise, like running, swimming, or sports, or it can be more subtle, like yoga, t'ai chi, stretching or walking, but the purpose is to get your body into motion. This improves your blood circulation and keeps your muscles fit and functional. If you don't use it, you could lose it, so get moving and you'll feel better and look better.

The fifth key is to invest in body maintenance, both in discovering the best strategies for you to establish as lifestyle routines, and building a team of wellness professionals to advise you and help you pursue the best health possible. Nutritionists, body workers, personal trainers, yoga and martial arts instructors, life coaches and of course doctors of chiropractic can each play a significant role in helping you live your best quality of life. Keeping your brain fit with meditation or energy balancing also keeps your mind-body connection operating at peak efficiency.

So how can you sculpt this information into a game plan for vitality? Start with the shape of your day – if you're aiming for seven hours of sleep, and you have to arise at 7 AM, then you know you have to be in bed by midnight. If you weigh 160 pounds, you need about ten eight-ounce glasses of water every day – that's two in the morning, two in the evening, and two with each meal, for example. If you need to get started with an exercise program, start with three thirty-minute sessions each week, walking, stretching or some other low impact activity until you get used to the stresses of repetitive movement. Pick some aspect of this five-point plan and build yourself up in that area before you move on to others.

Use your doctor of chiropractic as an advisor in building your wellness team – he or she may have suggestions about lifestyle choices and other professionals you could consult.

If you're really serious about living with optimal vitality, these few simple habits can make all the difference for you – try it and see for yourself!

*"Nutritionists, body workers, personal trainers, yoga and martial arts instructors, life coaches and of course doctors of chiropractic can each play a significant role in helping you live your best quality of life"*

## Music Is Good For Your Health!

On collective-evolution.com, Joe Martino tells us seven ways music is good for your health. Through music, he says, you can reduce stress, raise consciousness, improve your mood, and develop your brain. Here's how it works:

### 1) Music improves our visual and verbal ability

Studies of children who were taught music had a better grasp of words and their meanings. They had higher IQ's and better visual skills.

### 2) Music slows the brain's aging process

Listening to music is a lot like exercise for the brain – it improves memory and mental sharpness, even as we age.

### 3) Music makes you happier

Music stimulates the release of dopamine, a feel-good chemical in your brain that produces a blast of happiness, excitement and joy.

### 4) Music makes your heart healthier

Music has been shown to strengthen the heart and reduce blood pressure and heart rate. Listening to your favorite tunes triggers the production of endorphins, which improve vascular health, reduce anxiety and even decrease pain.

### 5) Music helps you sleep better

Because music diminishes stress and anxiety, listening to music can create more restful sleeping patterns.

### 6) Music enhances immune function and healing

Music can reduce the levels of the stress chemical cortisol in your blood, which strengthens your immune system and helps your heart health. Listening to music can improve learning, increase bone density, and stimulate the body to produce more antibodies to fight disease.

### 7) Music decreases depression and anxiety

Study after study, regardless of condition, music helps people to feel better on every level.

In so many ways, music is good for your health – listen to songs you like every day, and improve your quality of life!

*"Music stimulates the release of dopamine, a feel-good chemical in your brain that produces a blast of happiness, excitement and joy."*