



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

If someone asks you, "are you healthy?" your tendency is probably to reflect on how you are feeling at the time, and if you have no apparent symptoms, you would most likely say yes, I am healthy.

The problem is, many health problems are not symptomatic until they have progressed to a dangerous degree – heart disease, diabetes, and cancer may produce no pain or obvious symptoms for years, while the disease process is advancing.

That's why it's so important to choose healthy lifestyle habits – they help you to not only feel better, but to function better. What does that mean?

The word "function" refers to the inner workings of your body – how you utilize the air, food and water you take in, how well you use your sleep time to rest and rejuvenate, how fluidly you move without pain or discomfort, how you handle stress – in other words, how you work.

Anything you can do to improve and streamline the function of your body is good. That's why regular exercise, good diet and nutrition, practicing stress reduction techniques and keeping your system free of unnecessary interference is so important for your ultimate well-being.

Developing a healthy lifestyle is at the core of this thinking, and chiropractors have been teaching about healthy lifestyle decisions for over 100 years. Ask your doctor of chiropractic what you can do to improve your function, feel better and experience wellness – making that small move can make your life better, starting today!



Current research is documenting that as little as thirty minutes of exercise three times a week can reduce your stress levels as effectively or more effectively than taking medication. Walking, stretching, yoga, light calisthenics – you don't have to become a gym rat to get the benefit of exercise.



Pick something you like to do – take a walk on a beautiful day. Get some small dumbbells and lift weights while you're watching TV. Do some deep breathing to get yourself moving inside. Remember back to grade school, and do some light exercises the way you used to (take it easy when you get started) – sit-ups, push-ups and squat thrusts may seem retro, but they are time tested to strengthen your muscles, improve your circulation, and make you feel better overall.

“Walking, stretching, yoga, light calisthenics – you don't have to become a gym rat to get the benefit of exercise.”



And, they're fun!

Consult your doctor of chiropractic to ask which exercises would be ideal for you. Investing as little as ninety minutes each week can make all the difference in the world – try it and see!

Better Eating, Better Health

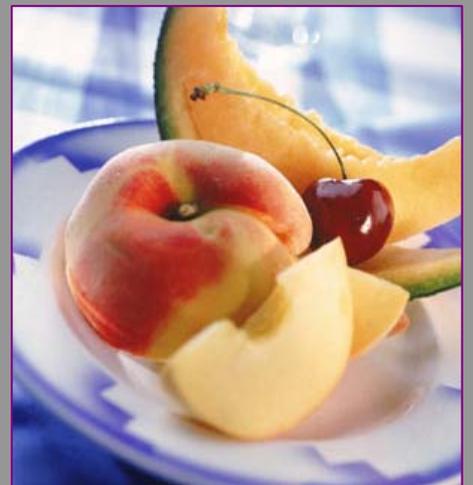
Most health and wellness authorities agree that obesity and overweight are sabotaging many people's efforts to be healthy. Many experts estimate the number of overweight people in our culture to be over 60%, with over 30% being classified as obese – the drain on our health care system and the suffering that these citizens experience can be addressed in most cases with some simple changes in their eating.

1. **Less is more** – eating until you are full is a tactical error, since the stomach may take a short while to get the message “I’m full” to the brain. In the meantime, if you were eating rhythmically and absent-mindedly, the way so many of us do, you probably ate way too much, and the results show around your middle. Pause periodically throughout your meal to see if you are done before you think you are.
2. **Nature knows best** -- processed foods are filled with unnatural additives and preservatives, which confuse the body, make you toxic, and interrupt normal metabolism. Choose a balanced diet of whole foods, including lots of fresh fruits and vegetables, and avoid artificial ingredients. An apple a day...
3. **Everything in moderation – including moderation** – it's okay to go crazy every now and then, as long as it's the exception and not the rule. By eating healthfully, you buy yourself some latitude to overdo it from time to time, if the mood or situation calls for it – no need to be super-strict all the time, just use good common sense and you'll be amazed how resilient and adaptable your body can be when it is working right.
4. **Keep your body working right so you digest and use your foods properly** – people have been using chiropractic care to keep their bodies working right for 115 years! The nerve system must be functioning well for you to digest and use the nutrients in your foods – if you haven't had a check-up recently, come on in for an exam!

Experiment and find out the best times of day and correct amounts of water for you to drink. Everyone is different, but one thing is for sure – if your body needs more water, supplying it in the right proportions can be a sure path to better health, improved body function, and feeling great!



“...the drain on our health care system and the suffering that these citizens experience can be addressed in most cases with some simple changes in their eating.”





“ Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.”



Closing Thoughts ... *Happy Thanksgiving*

Here are some great thoughts from great thinkers, for your reading pleasure:

Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude.
-E.P. Powell

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
-John Fitzgerald Kennedy

Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.
-Theodore Roosevelt

We can only be said to be alive in those moments when our hearts are conscious of our treasures.
-Thornton Wilder

We give thanks for unknown blessings already on their way.
-Author Unknown

To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.
-Johannes A. Gaertner

A thankful heart is not only the greatest virtue, but the parent of all the other virtues.
-Cicero

Stand up, on this Thanksgiving Day, stand upon your feet. Believe in man. Soberly and with clear eyes, believe in your own time and place. There is not, and there never has been a better time, or a better place to live in.
-Phillips Brooks

Nothing is more honorable than a grateful heart.
-Seneca

O Lord that lends me life,
Lend me a heart replete with thankfulness.
-William Shakespeare

Gratitude is the sign of noble souls.
-Aesop

Feeling gratitude and not expressing it is like wrapping a present and not giving it.
-William Arthur Ward

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.
-H.U. Westermayer

If the only prayer you said in your whole life was, "thank you," that would suffice.
-Meister Eckhart

Thanksgiving, after all, is a word of action.
-W.J. Cameron

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.
-Melody Beattie

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving.
-W.T. Purkiser