



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Wendy Lanser, Doctor of Chiropractic Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Most people accept that chiropractic care is a great way to get well from all kinds of painful conditions, like back pain, neck pain, headaches, knee or shoulder injuries, and so on. As valuable as that may be, the latest research says that chiropractic does more than relieve suffering.

New studies from the Centre for Chiropractic Research in New Zealand have linked chiropractic with improved brain function. Dr. Heidi Haavik, founder and director of the Centre, has shown a connection between chiropractic adjustments and the thinking, decision-making part of the brain, the prefrontal cortex.

The more we learn, the more we understand about how important it is to take good care of your brain. And regular chiropractic care isn't all you can do to have a healthy brain – the best brain food is healthy fat, found in foods like olives, fish, nuts, seeds and avocados. So, your brain is happy when you eat walnuts or sunflower seeds, when you dress your salad or cook with pure organic olive oil or dine on salmon or sardines.

Your brain doesn't like refined sugar and other carbohydrates. So, your best diet would be low in sugars and high in healthy fats.

Your brain also doesn't like dehydration. Make sure to drink enough water – if you feel thirsty, drink water.

Finally, your brain needs sleep, since it maintains and heals itself while you sleep. Aim for seven hours or more and your brain function will improve!

Chiropractic care, more healthy fats, less sugar, enough water and sleep – take good care of your brain, and it will take good care of you!

## Five Spring Tips For Your Summertime Fitness

With the blossoms and breezes of springtime comes the call of the great outdoors, and people who have had to weather the cold and wintry months are emerging from hibernation, eager to sample the sunshine and breathe the cool fresh air.

And, for many of us, it's an invitation to go for a walk or a run, to jump in the water and go for a swim, or to ride a bicycle through the countryside. Some may want to throw around a baseball or frisbee, kick a soccer ball or jump rope – spring is a time of awakening, where the flowers bloom and the desire for activity skyrockets.

If you're going to exercise for the first time after a winter's layoff, your underused muscles may not be ready for too much shock or strain. For that reason, it is essential that you warm up, stretch, and ease into exercise – if you don't, you risk injury, which would set you back in your schedule, not to mention hurting a lot.

So, it makes sense for you to stretch and activate the muscles you're going to be using in whatever exercise you decide to do.

For example, if you're going for a walk, then to prepare yourself, start by taking a few nice, deep breaths to bring air into your lungs and get your rib cage moving, stretching and relaxing the small muscles in your chest.

Then, gently and slowly raise one knee, holding onto something to steady yourself if necessary, stretching your lower back and leg. Rotate your foot at the ankle in both directions, then point your toes and lift them, putting your foot through all ranges of motion before coming to a neutral position. Repeat this routine on the other side.

Bend forward gently and slowly, only as far as it's comfortable, and if you can, let your arms dangle. Feel the stretch in the backs of your legs and calves. Keep your knees as straight as you can without hurting.

Carefully straighten up, put your hands on your hips, and bend gently and slowly from side to side, only as far as it's comfortable, loosening up your torso. You should find that after a few repetitions it gets easier and you can bend farther. Don't overdo it.

***"If you're going to exercise for the first time after a winter's layoff, your underused muscles may not be ready for too much shock or strain. For that reason, it is essential that you warm up, stretch, and ease into exercise ..."***

*" Six months ago I walked into Dr. Wendy's office in pain and despair. I could live with the pain, the pain of not having other options, but surgery was a devastating idea. After epidurals of cortisone, a year of physical therapy & a combination of chiropractic, acupuncture & massage I felt defeated & left with not much hope. A friend of mine recommended Dr. Wendy & I had the good fortune to be handled in a different way. It wasn't about the way Dr. Wendy explained her approach it was seeing how well my body responded that made me hopeful that I could heal. I have been getting better to the point that I am hiking, swimming, cycling & sitting with NO pain. That is a MIRACLE! Thank you Dr. Wendy! For an amazing summer where I am feeling alive & grateful to enjoy my body & feel reconnected with nature and the life flow."*

*-G.Q. San Jose*

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## Ease Back Into Exercise

Bend slightly backward, only to a point of comfort. Relax your arms and shoulders back, and feel the stretch in your chest and abdomen. Carefully straighten up to a neutral position, and then rotate your body clockwise and counterclockwise, gently twisting your body, letting your arms swing freely with your rotation. Don't overdo it, just feel your body loosening up with the gentle twisting motion.

All of this stretching prepares your muscles, your breathing and your circulation to start your exercise. It reduces foot and leg injuries, energizes your core and relaxes your lower back. Finish up by taking several slow, deep breaths, and you'll feel ready to begin your exercise.

If something feels like it needs to be stretched, warmed up, or left alone, listen to your body. Don't push too hard at any point in your early exercise. When you are in proper shape, there will be times when you may exercise very, very intensely – but not until you warm up properly, and not until you get into suitable condition to handle such aggressive movement. It's great for you, but only when you are up to it.

Whatever exercise you prefer, be sure to get your body ready so you don't hurt yourself, which would mess up your exercise for days, weeks or longer. Develop a good warm-up routine, and you'll get the best results.

Consult your chiropractor to find out how hard you should be exercising, based on your current condition. Get some recommendations about which exercises are best for you, which to avoid, and how to prepare your body for the new activities and stresses. With some professional advice, you can make good decisions, establish constructive habits, get the most out of your exercise and avoid unnecessary injury. Better safe than sorry.

## Five Spring Tips For Your Summertime Fitness

Yes, spring is just arriving, but many people have an eye on summertime, and building their best physically fit body. Lightweight and revealing beach and summer styles put pressure on us to shed our winter weight and look our fittest.

Fortunately, our culture is evolving a broader definition of beautiful – don't worry if you don't resemble a heavily-muscled body-builder or a zero-body-fat supermodel. Your best physically fit body is simply your best physically fit body, based on your body type, curvy, lean, long, compact or otherwise.

Really, it's more about confidence and self-esteem -- don't be so hard on yourself! And, with that said, you may still want to look and feel your best when you hit your local beach or go on summer vacation.

So, here are five tips you can start now to get in shape gracefully over the next eight to twelve weeks.

1. Assess your current condition objectively. Know your limits, especially at the beginning, and start conservatively.
2. Well begun is half won. Commit to whatever you decide to do and keep your rewards clearly in mind when you initiate your routine – associating pleasure to the process will add drive and momentum, not to mention enthusiasm.
3. Design the shift in lifestyle, including nutrition, exercise, sleep, hydration, and so on, that will lead to your best physically fit body, based on your target weight, shape or condition. Make sure your goals are motivating yet believable – stretch yourself but set yourself up for success.
4. Adjust your pace accordingly – many contemporary fitness experts believe in high intensity interval training, where you exercise as hard as possible but not for too long, and then rest as completely as possible, also not for too long, repeating this pattern based on your plan. This may help you get the most out of your workout.
5. Choose a team of health and wellness advisors, including your Doctor of Chiropractic – you need your brain, spine and nerve system to be healthy, so your body not only looks good, but also works at peak efficiency.

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