



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,

Heart disease has been our worst killer for decades. Traditionally, we wait until signs and symptoms of heart disease occur, and then we take medications until the system fails, leading to surgery and whatever. Some may need this, but there's a way to intervene before health deteriorates, without the downside risk of these usual methods.

You may have heard of the "Mediterranean diet," a popular eating style designed for good health and moderating weight. The guidelines are simple enough – fruits and vegetables, seafood, moderate dairy and wine, and reduced or occasional meat.

But the centerpiece of the Mediterranean diet is olive oil – frying foods in it, dressing your salads with it, and creatively finding as many clever applications as you can.

It turns out that the olive oil is one of the healthiest parts of this diet – and the reason for that is the large amounts of oleic acid found in olives.

In fact, a recent study looked at 7000 people age 55-80, to see if oleic acid in their food affected their health. They found that those who included olive oil frequently had better heart health and less incidence of heart-related problems. Those people had less cholesterol, lower blood pressure and less diabetes.

So, if you want a healthy heart, you can follow a Mediterranean style diet, but most of all, remember the olive oil – it's just good for you.

Heart Health and Brain Health Go Together

We've known for many years that it's important to take care of your heart. And in the last five or ten years, people have been alerted that it's also important to take care of your brain. But did you know that many health habits are good for both the heart and the brain?

For example, we need seven or eight hours of sleep each night, because that's the time when your body rests and rejuvenates itself. The heart can settle in, without the daily disturbances and stresses, and recover from the challenges of the day. Your brain, on the other hand, is very active during sleep – it uses that time for maintenance, healing, self-cleaning, and refreshment. Getting enough sleep is essential both for your heart and your brain.

Both the heart and the brain are composed of 73% water, so we all need to drink enough water to replenish what we lose in sweating, breathing and other body functions. Experts vary on the right amount, but certainly you should be drinking at least six or eight glasses a day. Many are recommending half your body weight in ounces of water per day. And drink throughout the day – by the time you feel thirsty, you're already dehydrating, so keep the water flowing.

The foods your heart likes are similar to the foods your brain likes. Anything with healthy fats, like omega-3 fatty acids, builds brain metabolism and helps to heal the heart.

Examples are olive oil, walnuts, salmon, avocados and flax seed. Also, your brain and heart love most fruits and vegetables – spinach and leafy greens boost blood flow to the brain, while asparagus contains folate, which stimulates brain energy. Oranges give you Vitamin C and bioflavonoids that heal blood vessels, and blueberries give you anti-oxidants, as do celery, broccoli and cauliflower, so they reduce stress on your cells and organs.

Some experts even recommend dark chocolate (improves blood circulation to your brain), peppermint (increases energy and memory) and green tea (improves blood flow and sharpens the mind) – experiment with different foods to find out what works best for you and your family.

“Dr. Lanser exactly captured what every MD missed. This is what my diary entry read after my very first treatment with her- “The most mindful day in at least 5 years. Dr Wendy Lanser’s midas touch worked wonders and relieved me from pain, right at the first visit. Experienced a new, rejuvenated me after so long. How did I even survive with such an amount of pain?” Thus far, its been just 7 adjustments and the relief I have had is much more than what was expected. I now firmly believe that my condition is curable!”

-S.N. San Jose

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Heart Health and
Brain Health Go Together

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Your brain and your heart both respond to exercise by becoming fitter and healthier and by getting less stressed. There are many exercise philosophies and routines, and most of them have value, if they are matched to the individual's needs, resources and goals.

To get the most out of your exercise, balance your fitness routine between cardio, like walking, running or cycling, and resistance training like weight-lifting or isometrics. The minimum most experts recommend is three thirty-minute exercise sessions each week, but many enthusiasts find that alternating cardio and weights six days a week with a day off works best for them.

There's another important exercise concept, high intensity interval training, also known as HIIT. This simply means you exercise hard for a while but not too long, and then you rest for a while but not too long. This concentrated exercise gets your brain and heart working at peak efficiency.

The most common health issues are caused by stress – physical, chemical and emotional stress. A healthy heart and brain depend on reducing stresses where possible and adapting and coping better for those stresses that can't be completely eliminated. Emotional stress can be helped by meditation, yoga or counseling. Chemical stress can be addressed by dietary improvement and detoxification. Physical stress can be handled by exercise and chiropractic care.

Many families go to their Doctor of Chiropractic for family health care, not just to be treated for painful problems. Current research shows that the heart and brain work better in people whose bodies are in alignment – chiropractors belong on your health and wellness team.

One more healthy habit for your brain and heart is to have a positive mental attitude. Optimism costs nothing but gives you a bright and sunny outlook on life. This creates an internal environment that your brain and heart love and flourish in.

Taking care of your heart and your brain is more than just common sense – you want to show up at your best and do as much good as possible, and a healthy heart and brain will help you do just that.

“Physical stress can be handled by exercise and chiropractic care.”

Get The Edge!

Most people measure their health by how they feel – if they're not sick or in pain, they figure they're doing okay, and they may be right.

But some are not content to just feel okay – they demand peak performance from themselves, feeling consistently great and being able to function at optimal efficiency. They want any edge they can get.

This goes far beyond being symptom-free – it's enjoying a high degree of vitality, and an outstanding quality of life.

So if you want this kind of edge, there are a few habits you can make part of your lifestyle.

First, develop positive self-talk. That little voice inside your head can be your best friend or your worst enemy, sometimes both within minutes. So, train yourself to be kind in your self-assessment -- build yourself up in strong and noble thought, not based on ego, but on self-esteem and confidence. That's how you get the most out of yourself.

Next, treat your mind and body like a finely tuned machine, like a race car or high-performance athlete. Give yourself plenty of rest, the best food, abundant water, and stay away from toxic stuff that's bad for you.

Reduce your stress through exercise, meditation, or simply communing with Nature – a walk outside in a lovely environment goes a long way toward relaxing you and helping you to build momentum behind your good health and wellness.

Consult your chiropractor to be sure your brain, spine and nerve system are tuned up and ready to go. The downward pull of gravity, injuries and accidents, and weak or faulty posture hurts your spine, and your brain needs your spine to move properly for its stimulation and nutrition. And, your heart has to be able to communicate with your brain, and chiropractic care supports and enhances that kind of nerve communication.

Those who want the most out of life are willing to go the extra mile, to work a little harder, invest a little more, raise their standards and push to the next level. We all have more potential than we currently express – get your brain and heart working right, and it will turbo-charge your life! That's how you discover what it's like to get the edge!

“Give yourself plenty of rest, the best food, abundant water, and stay away from toxic stuff that’s bad for you.”