



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Wendy Lanser's Breakthrough Patient Newsletter...

Lanser Chiropractic Inc.

990 W. Fremont Ave Ste P

Sunnyvale, CA 94087

408-245-5454

www.lanserchiropractic.com

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Dear Patient and Friend,

Most people already know that their chiropractor can help their families with a wide spectrum of problems, from headaches to back pain to breathing and digestive disorders and much more.

But what most families don't realize is that the best use of chiropractic care is as health and wellness care, to keep your body working at peak efficiency instead of waiting for painful symptoms to occur.

This modern approach to health care, to be proactive and pursue good body function rather than waiting until illness strikes, can save considerable suffering, and also considerable money – it costs less to keep yourself healthy than to get healthy once you have gotten sick.

Depending on your current level of health, you may require more or less attention, but one thing is for sure – if you get less care than you need, your health will get worse, and if you get the care you need, your health will get better. It's just common sense.

So if you already have a painful problem, get over to your chiropractor right away and start working on making that better. But even if you are feeling reasonably well, if you haven't been examined for a while, you're probably overdue, regardless of your current condition. Don't wait -- it could lead to unnecessary discomfort and wear and tear on your body.

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Think about this, and consult your chiropractor to determine the right frequency for you and your family to be checked – remember, an ounce of prevention is worth a pound of cure.

The Benefits of Sunshine

Most of us love the sunshine -- we love the warmth, the brightness, and the uplifting attitude sunshine symbolizes.

There's no doubt that we need to be outside – it's in our nature to enjoy the outdoors, and there are scientific reasons for it as well. Vitamin D production goes up when we are exposed to sunlight.

In his book "Dark Deception: Discover the Truth About the Benefits of Sunlight Exposure," Dr. Joseph Mercola tells us that upward of 70% of Americans are Vitamin D deficient. And why is this important?

Vitamin D is essential for the maintenance of proper bone health. Without sufficient Vitamin D, you probably already know that you risk osteoporosis or osteomalacia, the adult form of rickets which leads to bone softening and malformation.

But did you know that lack of Vitamin D can contribute to Alzheimer's Disease, or even some forms of cancer?

The fact is, we've been sold a bill of goods about the dangers of sunlight. Yes, prolonged excessive exposure has risks associated, but a normal amount of sunshine is not only harmless, it's essential for good health.

One reason we've been deceived is because of the proliferation of sunscreen products, all clamoring for market share – but unfortunately, these products may have serious drawbacks.

First, they have toxic chemicals in them that may be carcinogenic, or disrupt hormone function. This can actually damage skin cells more than the sun would, and inadvertently cause other health issues.

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The Benefits of Sunshine

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In addition, because they block important frequencies of light, sunscreens also prevent Vitamin D production, which means that the benefits of bone integrity, immune system enhancement, anti-aging and dental health can be severely compromised.

Here is some of Dr. Mercola's argument for regular sunshine in your life:

1. Sunlight and whole foods send breast cancer into remission.
2. The sun's light kills bad bacteria.
3. Sunlight has a beneficial effect on skin disorders, such as psoriasis, acne, eczema and fungal infections of the skin.
4. Sunlight lowers cholesterol.
5. The sun's rays lower blood pressure.
6. Sunlight penetrates deep into the skin to cleanse the blood and blood vessels.
7. Sunlight increases oxygen content in human blood. And, it helps the body deliver oxygen to the tissues, similar to the effects of exercise. The sun increases stamina, fitness and muscle development.
8. Sunlight builds the immune system. White blood cells, called lymphocytes, increase with sun exposure, and they play a major role in defending the body against infections.
9. Regular sunlight exposure increases the growth and height of children, especially babies.
10. Sunlight can cure depression.

Dr. Mercola does caution us to ease into sunlight, to avoid shocking the skin, and to build up tolerance. But he makes the point that the fear we have developed around going out into the sun is ungrounded, and in fact is making us sicker.

So, get some sunshine this spring and summer – it won't hurt you if you do it in moderation, and avoiding sunlight altogether can make you ill. Be wise, and get just the right amount of sun this year – you'll be healthier because of it.

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Three Things Most Families Don't Know About Water

We hear a lot about proper nutrition, but one of the most essential of all nutrients is all around us, yet most of us don't get near enough of it.

I'm talking about water, good old H₂O – it's necessary for almost everything your body does, and in fact, our body is mostly composed of it – so how come so many people are suffering from dehydration, the condition where your body isn't getting enough water to work properly?

At least three factors contribute to this problem –

1. Most people don't realize how much water they need to drink in a day. Many doctors agree that half an ounce for every pound of body weight would be sufficient – this means that if you weigh 128 pounds, you'd need 64 ounces of water, or eight 8-ounce glasses per day. Likewise, if you weigh 192 pounds, you'd need to take in 96 ounces, or about twelve 8-ounce glasses each day.

2. Most people think drinking any fluid is just like drinking water – but it's not. Once there is anything in the water other than water, your body sees it as a food. Only water is water, so the amount of water you need to drink does not include iced tea, juice, soda, coffee, or any other beverage.

3. Most people don't comprehend the level of pollution and contamination in most public drinking water. Bottled water has higher standards, but if you can install a filtration system in your house, that's even better.

Learn about water, and make sure that you and your family include enough clean, pure water in your daily diet – you'll spend less money on junk drinks, and your health will surely improve.

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