



# 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 will admit to some stress in their lives. We face challenges every day, from small and irritating temporary stresses like bucking traffic at rush hour, to major family, health or financial concerns – few of us elude the stresses of normal living.

The problem is, those stresses may be hurting us, sometimes more than we realize – they rob us of needed sleep, move us toward questionable dietary choices, and jangle our nerves so we don't show up at our best in our work, our relationships, in our lives.

When you are stressed, your body makes chemicals that help you respond to danger – but when the danger passes, your body should return to a normal, relaxed state. The problem is, our stresses are so continuous, that many of us never get back to that relaxed state – and that is one of the major causes of disease, chronic unresolved stress.

Learn about stress, and how to handle the stresses of your life. Those you can avoid or minimize, please do so – for the others, you'll need to learn to adapt so you can handle the issues while giving your body a break when called for.

## Learning to Handle the Three Types of Stress

You can learn to handle the stresses of your life. And, it's helpful if you understand the types of stress that can affect you, so you know how to choose the stress-busting habits and strategies that will work best for you.

There are many kinds of stress, but they tend to fall into one of three groups – physical stress, chemical stress, and emotional stress. Frankly, most of us experience all three at some time in our lives, but often there may be one or two main areas that can be dramatically improved upon, with tremendously rewarding results.

Physical stress, also known as mechanical stress, is the wear and tear on your body, from daily activities, from the constant downward pull of gravity, and from the residual effects of injuries, falls, and traumatic events that all of us have sustained to varying degrees. Auto accidents, sports injuries, slips and falls, and repetitive motion syndromes all contribute to physical stress – but so does the alignment of the small bones of your spine, which interlock in a specific way to protect your nerves while still allowing movement. Misalignment of these spinal bones is one of the most common sources of physical stress.

Physical stresses are best handled by strengthening and toning the physical body, through exercise, avoiding injury, stretching, yoga, martial arts, and of course chiropractic care. Making your body stronger and more flexible will help you adapt to physical stresses.

Chemical stress, also called nutritional stress, is the wear and tear on your body chemistry, from toxic substances you breathe, touch, eat or drink, or from not nourishing your body with the optimal building blocks for good health and wellness. Air pollution, hair spray and cosmetics, unnatural food additives and preservatives, using pesticides or genetic engineering on foods, medications and poor dietary decision-making are only a few of the sources of chemical stress.

Chemical stresses are best handled by staying away from noxious chemicals whenever possible, and adjusting your food intake so it is consistent with a healthier overall diet for you. If you have to work with toxic garden chemicals, for example, wear a mask or work in a well-ventilated area. Get into the habit of reading the labels on your foods – at times, you'll be shocked to discover the stuff that's in there. You may want to do a cleanse or a detox – your chiropractor can help you get the information you need. And likewise, learning to feed yourself healthfully is one of the most important steps to managing chemical stress.

***"I am 6 months in to working with Dr. Wendy and I am seeing tremendous results. When I first came I was pretty grumpy all the time due to low back pain and hip pain, plus general un-easy in my body. Within the first 2 weeks I regained a sense of myself that I hadn't had in some time. Now I am ready to start training again for a 10K or triathlon. I know I will be able to get back to feeling that well within the year. "***

***Lana F. of Los Altos***

***In August, Lanser Chiropractic and its wonderful community of patients and friends raised \$3200 and packaged 10,000 meals providing 60,000 people with a meal for Humanitarian Relief with The Rise Against Hunger Organization.***

***Congratulations and THANK YOU!***

## **Learning to Handle the Three Types of Stress**

*(continued from page 2)*

Emotional stress, also referred to as mental stress, is the wear and tear that comes from the way you think and feel. Worrying, feelings of guilt or shame, unhappiness, loneliness, a sense of loss or a fear of failure are just a few of the many ways emotional stress shows up in our lives.

Family issues, work issues, relationship issues, financial issues, health issues, all tend to weigh heavily on our psychological wellbeing.

Emotional stresses are best handled by avoiding emotional triggers, like stuff you're afraid of or don't enjoy, whenever possible. When you can't do that, your best shot is to develop tools and resources that dissipate the harmful or challenging effects of the unresolved stress.

For example, something as simple as taking a few deep breaths can be relaxing and bring you back to a more centered place. Or, you could learn to meditate, or if that sounds too involved, to simply learn to sit comfortably in a peaceful environment and get quiet inside. Or, you could take a more vital approach, by stretching, walking in a beautiful natural setting, or practicing yoga. There are even new technologies that steer your brain into relaxation. There's plenty you can do to learn to adapt to emotional stress, if not all the time, at least much of the time, and that makes a big difference.

There's a fourth type of stress that deserves mention – it's vibrational stress, like the radiation that comes from your cell phone, computer, microwave oven, hair dryer and just about every appliance or device we use. We're constantly bathed in electromagnetism, except when you "get away" to the mountains, out on the ocean or out in the country, where the concentration of radiation is significantly less. There are even shields you can wear as a necklace, watch or bracelet – just do your homework to be sure the brand you choose is reputable.

It's impossible to completely banish stress from our lives, but we can do better at reducing some stresses and learning to handle others. Every step you take in this direction will add years to your life, and life to your years!

## The Autumn Food That's Good for Your Brain

When you're looking for healthy food that isn't the same-old same-old, consider the pumpkin, a treasure trove of vitamins and minerals. The bright orange flesh is rich in fiber to improve your colon health and detoxification, and the seeds are like little nutrition powerhouses, packed with protein and iron.

Why is the bright orange color so important? Pumpkins contain an abundance of carotene, which your body turns into Vitamin A. This vitamin slows the aging process in your cells, which leads to less heart disease, cancer, and degeneration. Vitamin A is good for your eyes, for the linings of your mouth and lungs, and reduces your chances of diabetes and high blood pressure.

Pumpkin seeds also contain tryptophan, which will relax you, calm you, and help you sleep. Your brain loves tryptophan, which it turns into another chemical, GABA, which improves the quality of the signals in your brain's wiring system, a very important way to reduce the stress in your brain.

Here's a great pumpkin recipe from Lifestyle Food you can find on Dr. Mercola's Food Facts website ([foodfacts.mercola.com/pumpkins.html](http://foodfacts.mercola.com/pumpkins.html).)

### Pumpkin, Feta, and Caramelized Onion Salad

½ butternut pumpkin cut in small cubes	Salt
Arugula (rocket leaves)	2 Tablespoons brown sugar
½ block of feta cheese, crumbled or diced	1-2 Tablespoons balsamic vinegar
1 packet of pine nuts, roasted	2 Tablespoons olive oil
2 medium red onions, thinly sliced	Balsamic vinegar, olive oil for dressing

### Directions:

1. Preheat oven to 350 F (180 C).
2. Heat oil in a large frying pan (not non-stick) over low heat.
3. Add onions and a good pinch of salt to pan. Cook very slowly over low heat for 15-20 minutes, stirring onions occasionally so they don't catch.
4. Put the pumpkin on a flat baking tray, drizzle with some oil, season with salt and bake in oven for 25 minutes or until browned.
5. When onions have softened and have a bit of color, add sugar and balsamic and cook for another 5-10 minutes, stirring occasionally, until sticky and caramelized.
6. Scatter arugula leaves on a large platter or shallow dish. Scatter the pumpkin and feta, lay the onions on top, and finish with pine nuts. Drizzle with some olive oil and balsamic and toss a bit. Makes 4-6 servings.

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