



# 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,

Health care experts agree that most human maladies can be prevented or avoided with better lifestyle decisions. The two biggest killers of our people, heart disease and cancer, could largely be eliminated if we chose habits that supported good health – eating good food, no smoking, keeping the body fit and a few other basic choices would cut the prevalence of serious illness considerably.

But why do we actually get sick in the first place? It's for one simple reason – our bodies are designed to work properly, as long as nothing interferes, but there is constant interference in the form of stress – physical, chemical and emotional stresses that our bodies must deal with to survive.

We may suffer large or small injuries – that creates physical stress we must heal from, not to mention the constant, ongoing downward pull of gravity. We may eat poorly or come in contact with toxic substances or drugs – that creates chemical stress we must clean out of our bodies. We may have upsetting experiences with family, work, finances or health in general – that creates emotional stress we must relieve or cope with.

Physical, chemical and emotional stress are the underlying cause of most illness, and we must learn to stay away from these stresses where possible and adapt to them when they can't be reduced. It's the job of your doctor of chiropractic, your most trusted health and wellness advisor, to help you understand where these stresses are coming from, and what you can do to make yourself healthier.

See your chiropractor – he or she can help you handle the stresses of your life.

## Foods That Reduce Stress ... And Belly Fat

Most of us already realize that what we eat plays a major role in our level of health. Research points at dietary recommendations that will balance your body chemistry, produce wellness and increase longevity.

With today's arduous lifestyles, we can all gain a significant advantage by including certain foods in our diet and avoiding others.

For example, "Eat This Not That" published a list of foods that diminish cortisol, the stress-related hormone that tilts metabolism toward fat storage, especially belly fat. Deciding to eat better is a simple and direct strategy, available to just about everyone.

Not surprisingly, most of these foods are fruits and vegetables, since the primary cortisol-fighter is plain old magical Vitamin C, also known as ascorbic acid, present in a wide variety of plant foods. Each food offers its own menu of chemical assets, worth your while to explore, make some choices, and of course pass these ideas along to those you care about.

And it's a pleasure to eat many of these desirable foods – for example, what tastes better than cool, ripe cherries on a hot summer day? That's one reason they call a good life a "bowl of cherries" – but did you know that cherries make you healthier?

Cherries are mostly water, so they'll fill you up without packing on the calories – a cup provides 25% of your daily Vitamin C requirement, and they also provide melatonin, which helps you sleep. Work some cherries into your diet and you'll feel better and function better, too.

Blueberries are also yummy, and they are a great booster for your brain function. They attack belly-fat, lower blood pressure and clean out bad molecules that mess up the way your body works and heals.

Strawberries and tomatoes are common to many people's diets, but did you know that they both contain nutrients called polyphenols? They help you to fight disease, but they also prevent fat from forming.

## Lanser Chiropractic Needs Your Help!

**We are Hosting  
Our 2<sup>nd</sup> Annual  
Meal Packing  
Event in August  
2018 (exact date  
TBD watch for the  
update) with the  
Rise Against  
Hunger  
Organization.**

***To set this event in  
motion we need 2  
things:***

***1) Donations to  
raise \$3400.***

***Dr. Wendy will  
match each  
donation.***

***2) 45 Volunteers.  
Please make your  
donations to Rise  
Against Hunger  
and drop off at the  
office.***

***Sign Up to  
Volunteer and  
Bring a Friend***

**Page 2::**

**Foods That Reduce Stress  
... And Belly Fat**

***“Raspberries,  
asparagus,  
Brussels sprouts,  
red cabbage,  
guava, bok  
choy, melon,  
kale, oranges –  
Nature gives us  
what we need to  
live a long and  
healthy life.”***

## **Foods That Reduce Stress ... And Belly Fat**

Turnips combat body fat with a rich storehouse of nutrition that reduces inflammation and lowers the risk of cancer. Sweet potatoes stabilize blood sugar levels, which reduces cravings and lowers insulin resistance, which drops fat conversion.

Are you starting to see a pattern here? Each of these fruits and vegetables has a secret code of helpful, healthy chemicals inside – and by eating a variety of fruits and vegetables, you can provide the building blocks your body needs to fight chemical stress.

And, if you have a particular kind of chemical stress, then a quick search will show you which foods you can concentrate on, so you can get your body tuned up like a finely-oiled machine.

Pineapples are delicious, and they also contain bromelain, which breaks down foods and reduces bloating, while broccoli has cancer-fighters that also boost testosterone and fight body-fat storage. Red peppers will drive your metabolism and burn fat, while green peas will plunge your cortisol levels, relieving stress.

Raspberries, asparagus, Brussels sprouts, red cabbage, guava, bok choy, melon, kale, oranges – Nature gives us what we need to live a long and healthy life. We just have to pay attention and respond accordingly, with common sense and perspective, and we can be both thinner and less stressed.

Needless to say, many will look at this list, scratch their head and shudder – and that's the point. It's the main reason we have such a cultural issue with obesity, that many of us simply haven't learned how to enjoy these foods. When the standard nutritional approach is mostly meats, grains, unhealthy fats and empty carbohydrates, what could we expect besides an overweight public?

Fortunately, the opposite is also true – the more we incorporate healthy foods into our daily routines, the less we'll suffer the onslaught of cortisol-induced stress, the slimmer we will be, and the happier overall our society will become.

All that from eating more fruits and veggies? Try it and see how it works for you and your family – it's a habit that will reward you many times over.

## This Summer, Watch Out For Physical Stress

Summer is a fun time to play outdoors and enjoy Nature's splendor, but it's also a time that can be stressful for your body. Here are three tips to reduce physical stress for yourself and your family this summer.

**1. Choose the right level of physical activity.** If you are already fit, then you probably know that trying to do too much exercise too soon would risk unnecessary injury. And if you're not so fit yet, then start at a reasonable pace – in fact, start slower than you think you have to, until you find out what you can safely do. It's like staying out in the sun too long and getting a sunburn – you may not realize you're past the point of no return until it's too late. Start slow, and you'll get in shape faster, and prevent needless suffering.

**2. Use the correct equipment, clothing and footwear to match your needs, depending on what you're doing.** Bike riding is great fun, but a helmet makes it less likely you will get hurt. If you run or walk, wear shoes or sneakers that flex with your foot, and give you good ankle support. Protect your skin from the sun with a hat and appropriate body cover. Dress in layers to respond to differing temperatures, like going from inside a cold, air-conditioned office outside into the blazing sunshine. And of course, remember to hydrate.

**3. Visit your family chiropractor.** Sports, temperature changes, sunburn, or taking on more physical activity than you are used to, all create physical stress – and nothing is better to help your body cope with unresolved physical stresses than a chiropractic adjustment. Get a checkup for you and your family before you embark on your summer adventures!

***"Protect your skin from the sun with a hat and appropriate body cover. Dress in layers to respond to differing temperatures, like going from inside a cold, air-conditioned office outside into the blazing sunshine."***