



# 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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Raised \$3400 and  
packaged 10,152  
meals that will go to a  
country in need.**

**Additionally, we raised  
\$600 that will be given  
to Hurricane Florence.  
Thank You to All Our  
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Dear Patient and Friend,

Now that school is underway, it's essential that we monitor and respond to the assorted stresses that school children may face. These stresses tend to fall into three categories – physical stresses, chemical stresses, and emotional stresses.

Kids often suffer bumps and bruises, from falls, sports injuries, and rough play. But they also get to deal with the negative effects of carrying a too-heavy or off-centered backpack, and the forward head tilt and hunched shoulders that come along with overusing phones and video game controllers.

Chemical stresses are also widespread, often due to poor eating habits, like excessive sugary, salty or fried foods, or drinking too much soda pop and energy drinks. But in addition to the questionable nutritional value of such common dietary choices, most also have toxic substances included in small but significant amounts that act as preservatives, artificial sweeteners and other additives. These chemicals tend to accumulate in young people's bodies, stressing them and damaging them over years of unwitting abuse.

But perhaps the most invasive and dangerous are the children's emotional stresses, from peer pressures, academic expectations, family and relationship dynamics, bullying and a host of other issues that cause mental duress. Too frequently the problems kids must handle go overlooked because the symptoms may be subtle or even imperceptible at first. But today's school kids may have to face this kind of difficulty every day, and the momentum of stress grows, unless something interrupts it.

The answer? Consult and work with your family's most trusted health and wellness advisor, your Doctor of Chiropractic. Your family chiropractor has special training and experience in resolving the effects of physical, chemical and emotional stress. Schedule a consultation with your DC and help your family cope with the challenges of the day.

## How to Take Better Care of Your Brain

There's so much discussion about the brain these days, mostly about problems and conditions that affect the brain.

Many athletes are plagued with concussions that interrupt their careers and lead to degenerative nerve system disease. We all know of people who were hurt in auto accidents, for example, who sustained brain injuries that left them unable to walk or move, and others who had a stroke, which is what happens when a blood vessel in the brain is damaged or broken. And surely, you have been exposed to the ravages of Alzheimer's Disease. These are all examples of brain-centered conditions.

But there's a whole other discussion we need to have about the brain, in addition to avoiding brain injury, damage and disease. We need to discuss how to take care of your brain, to make it as healthy as possible, so you get all the positive benefits of a healthy mind and body.

Why is the brain so important? Your brain is your central control center, your main computer that receives and interprets input from your world and creates appropriate responses. What would happen if the central control center of your phone or laptop wasn't working properly? You can see how all the functions would be compromised. It would slow down and at some point, maybe not work at all. The same thing may happen in your brain's hardware and software.

There are a few simple habits that make your brain healthier and work better. For example, one of the best things you can do for your brain is to get seven or eight hours of sleep each night. This is essential because while you sleep, your brain does its house-keeping, ridding itself of waste products to "clean up" after a day's work. That's why losing sleep can be so harmful – your brain starts to wear down due to toxins accumulating from incomplete daily maintenance.

Your brain also needs the right nutritional support. Because your brain is 70% water, dehydration is detrimental to brain function – you should be drinking eight to twelve glasses of water every day. And, there has been a major shift in understanding brain nutrition – we used to think that fat was bad for you, and sugar was brain food. We now know that sugar is bad for you, and healthy fats are brain food.

***“There are a few simple habits that make your brain healthier and work better. For example, one of the best things you can do for your brain is to get seven or eight hours of sleep each night.”***

*“Life today is full of joy, health & happiness & much of this is comes from the consistent treatment support & hard to believe but it wasn’t that long ago that I was hospitalized with heart issues. I did receive immediate medical care, but what has given me my life back is the continuing treatment by Dr. Wendy. Time after time I would bring my sad self to this office & stretch out on a table. And there I would be reminded to breath, to rest and relax. Slowly, I began to heal, not just from my heart issues, but from all my struggles that were overwhelming me. Dr. Wendy treated all of me & with amazing expertise & patients she healed me. It’s impossible to adequately thank Dr. Wendy for her gift of healing, but I can say without any doubt that Dr. Wendy is a “healer” with phenomenal expertise and wisdom.”*

*-G.R. Santa Clara*

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How to Take Better Care of Your Brain

## How To Take Better Care of Your Brain

What fats are healthy, and which are unhealthy? Fried, oily foods and potato chips are examples of unhealthy fats, which don’t nourish your brain and clog your system with gunk. Olive oil, avocado, walnuts and wild salmon are sources of healthy fats, which supply valuable nutrition for your brain and don’t clog up anything.

It’s easy to understand that your brain needs sleep, water, and good nutrition to stay healthy. But there are two other areas most people don’t yet consider when they want a healthier brain.

First, we all need to recognize the degree of emotional stress we deal with every day. Pressures at work or school, family or relationship issues, financial problems and health conditions stress us, and if we don’t do anything to eliminate that mental stress or learn to cope with it, it wears us down emotionally and eventually leads to physical conditions as well. Depression, obesity, heart conditions, digestive complaints, cancer, diabetes, all may be related through brain stress. You can reduce the impact of emotional stress with relaxing, stretching, yoga, meditation, exercise, massage, martial arts, walking in Nature, dancing, laughter and many other stress relaxation techniques.

Second, current research shows that healthy spinal movement is necessary for good brain function. 1981 Nobel Prize winner, neuroscientist Dr. Roger Sperry, said that “90% of the stimulation and nutrition to the brain comes from spinal movement.” This means that a healthy spine is essential for a healthy brain, and this is supported by new research coming out of the New Zealand Chiropractic Research Centre, where Dr. Heidi Haavik is studying how chiropractic adjustments make the brain healthier. Anyone serious about brain health must pursue spine health, usually with your family chiropractor, among other spinal experts when needed. Something as simple as maintaining good posture can make a big difference.

So, to keep your brain healthy, get enough sleep, drink water, avoid sugar and unhealthy fats and eat healthy fats, develop a stress relaxation routine that balances you emotionally, and be sure to get a chiropractic checkup. Let your Doctor of Chiropractic help you develop better brain health habits – as your most trusted health and wellness advisor, your chiropractor can offer you and your family guidance on how to have a healthier brain, and therefore a healthier life.

## Choose Healthy Seasonal Desserts

What tastes better than a piece of cranberry-orange nut loaf, or a yummy slice of pumpkin pie? You can make delicious desserts like these using all natural and preferably organic and non-GMO ingredients that not only provide eating pleasure, but also solid nutrition with as little chemical toxicity as possible.

For example, to make a scrumptious organic cranberry-orange nut loaf, here are the simple, all-natural building blocks, most of which you already have in your pantry and refrigerator. With a little planning and effort, you can serve your family a great dessert and still feel like they are eating healthy food. This recipe is derived from [allrecipes.com](http://allrecipes.com).

You'll need:

- 2 cups of organic all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon grated organic orange zest
- 1 ½ cups fresh organic cranberries
- ½ cup organic pecans and/or walnuts
- ¼ cup organic coconut oil
- 1 ½ tablespoons water
- 1 cup organic sugar
- 1 organic egg
- ¾ cup organic orange juice

The directions are simple. Just preheat your oven to 350°F (175°C) and grease and flour a 9"x 5" loaf pan. In a medium mixing bowl, whisk the flour, the baking powder, the baking soda, and the salt. Blend in your orange zest, cranberries and pecans.

In a larger mixing bowl, stir the coconut oil, water, sugar and egg until smooth. Add the orange juice and fold in the flour and cranberry mixture, beating gently until just moistened. Spoon it into the prepared loaf pan.

Bake for an hour, or until the loaf springs back when lightly poked. Let it sit for ten minutes, and then turn it over onto a wire rack to fully cool. Slice and serve with butter and jam, cream cheese or just plain. Delicious, and made of all-natural, non-toxic stuff – try it and see.

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