



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Wendy Lanser, Doctor of Chiropractic Breakthrough Patient Newsletter...

Lanser Chiropractic Inc.

990 W. Fremont Ave Ste P

Sunnyvale, CA 94087

408-245-5454

www.lanserchiropractic.com

Like Lanser Chiropractic Inc. on Facebook <https://www.facebook.com/LanserChiropractic>

May :: 2020 Issue

INTHISISSUE

Page 1 ::

Staying Healthy During A
Pandemic

Page 2 ::

Action Steps To Stay
Healthy
(continued on page 3)

Page 3 ::

Action Steps To Stay
Healthy

Page 4 ::

Six Habits To Boost Your
Brain Power

Dear Patient and Friend,

Chances are, you have been affected in some way by the unusual and harmful onset of coronavirus infection – COVID-19 has moved quickly through our population because our bodies are unfamiliar with this virus, and therefore we have not yet developed immunity to it, as we have with dozens of other infections.

We will ultimately be fine, as we have come through other viral challenges like ebola, the swine flu and of course the common cold. This virus seems to affect the huge majority of those infected gently or not at all, while 2-3% do not survive the infection.

If the infection is contained, then not as many people contract the disease, which is why it has been so important to observe social distancing, a technical term that simply means “staying away from each other.”

So, other than washing your hands and staying as clean and sanitary as possible, keeping yourself and your family out of harm's way means we should be wise enough to isolate ourselves, remaining at home, and if we do have to go out, putting six feet or so between you and anyone you engage.

Even though it's frustrating and difficult, this is an important part of staying healthy during a widespread infection, a pandemic – ride it out, do the best you can, and take steps to stay as healthy as possible.

Action Steps To Stay Healthy

Most of us would agree that good health, feeling well and being able to perform our typical daily activities without sickness or pain is a universal desire. Most of the time, with a little common sense and a little luck, we can arrive at a place of reasonably good health by making a few key decisions and developing a few key habits.

In times of adversity, it's even more important for us to carefully choose the best behaviors and practices to avoid unnecessary illness and be well. Here are some of the patterns that have led to the best health possible.

One of the most obvious yet most overlooked health habits is getting enough sleep. Fatigue compromises the way your body works – in fact, chronic fatigue syndrome, which has been linked to faulty immune system function, can make you more susceptible to infection.

But even just being tired takes the edge off your normal daily routine, makes you just a little less efficient. And if your body needs some reserves, getting more sleep is one of the best ways to provide that extra power. For most people, that means seven or eight hours each night, more for kids.

The second habit we can institute is exercise, because if you don't use it, you lose it – simple exercises like walking, jogging, and swimming stimulate blood flow, balance and coordinate your muscles, and make you feel great! Establishing a practice such as yoga, Pilates, martial arts, or playing a preferred sport can sharpen your skills even more, a vital part of staying healthy.

Different people need different amounts and frequency of exercise, but a good rule of thumb is to enjoy at least three thirty minute or five fifteen minute sessions each week. Choose a level of intensity that matches your current degree of fitness – less intense for beginners, more intense for those accustomed to more aggressive physical activity.

“At Lanser Chiropractic, the health and safety of our patients, staff, and community are our priority. We are closely monitoring the evolving coronavirus/ COVID-19 situation & following the guidance provided by the CDC, WHO, & local regulatory agencies as precautions for your health and safety which includes: Open our normal business hours with new procedures for everyone wearing face masks, hand washing upon entering and leaving the office & storage of personal items in individual personalized bags.

In addition, we are staggering our scheduling & people are texted when a table is available so that there are fewer people in the office at a time and with more than 6 feet distance between adjusting tables or rooms. Increased sterilization of office and high touch surfaces after every patient, including the bathroom, chairs & treatment tables & Closely monitoring the health of our staff & taking appropriate measures with increased handwashing, etc.

Action Steps To Stay Healthy

Third, proper nutrition is essential – giving your body the fuel it needs is necessary for it to work properly, and in times of stress or possible illness, it's even that much more significant to feed yourself effectively. This requires a willingness to select foods that have the right chemical content to nourish you without overburdening your digestion.

Most experts agree that a variety of fresh foods, including vegetables and fruits, along with nuts, olives, avocados or wild fish to supply healthy fat and some additional source of protein builds a firm foundation of nutrition for you and your family. In addition, if you want to give yourself extra support, add an organic supplement with vitamins and minerals, important agents that assist your body to perform the chemical reactions that keep you going.

Many doctors recommend Vitamin C, Vitamin D, and Vitamin A, along with zinc and selenium, for those families who want extra immune system support.

The fourth health routine to be implemented is stress reduction – one of the worst parts of the current epidemic is the emotional stress, both from fear and grief. Some people can just “decide” to be calm, but most of us have to do something to relax or quiet our emotions.

The most common way for people to de-stress is through meditation, prayer or communing with nature – it only takes a few minutes to get yourself into a quiet or reverent state, and allow the stress to melt away. But many can benefit from being more proactive, using stretching, breathing, yoga or massage to create a feeling of ease that dissipates the duress.

There is one more critical habit for you to develop, if you are serious about being healthy and avoiding getting sick, and that is to take good care of your brain. One of the best ways to do that is to seek regular chiropractic care – adjustments are shown to stimulate and nourish the brain. If you want an advantage, especially in times of health adversity, remember to visit your chiropractor – it helps your body to work better, and you'll feel better, too.

Six Habits To Boost Your Brain Power

PopSugar published an article by Lauren Pardee, directing us toward six lifestyle changes that turbo-charge your brain, according to an expert in brain injury.

Dr. Jennie Valles, a neurologist at the Burke Rehabilitation Hospital, reports that good social, physical and nutritional habits promote cognitive wellness – in other words, diminishing your physical, chemical and emotional stresses leads to a healthier brain.

Dr. Valles offers six innovative ways to make your brain stronger.

1. Be social. Spending time with friends and family is not only fun, it stimulates your brain and enhances the quality of your thinking. This can be difficult with social distancing and zoom fatigue but not impossible. Remember you could just call someone.

2. Eat lean. Choosing eating habits consistent with the “Mediterranean Diet,” with lean meats, low starch vegetables and fruits, will reduce inflammation and cell damage, improve blood pressure, and balance cholesterol levels, all of which lead to a healthier brain.

3. Consider vitamins. In addition to a healthy diet, many people can benefit from taking vitamins, minerals, and other nutritional supplements. Ask your doctor or chiropractic or wellness practitioner what you can add to your food to improve your brain health.

4. Meditate. While some may question the necessity of meditation, it's been around for thousands of years, and clearly has a calmativ effect on those who practice it – and some recent studies suggest that meditation has a positive impact on attention, memory, verbal fluency and cognitive flexibility.

5. Sleep. Your brain cleans and maintains itself during the seven or eight hours you sleep, which is why getting that much sleep is essential for a healthy brain.

6. Exercise. Two or three thirty minute weekly workouts produce proteins that preserve and grow brain cells. Exercise reduces the shrinkage of your hippocampus, necessary for memory and thinking.

These six habits, along with a regimen of chiropractic care, will extend your brain wellness many years. Nobel Prize winner Dr. Roger Sperry stated that “90% of the stimulation and nutrition to the brain is generated by movement of the spine.” That's one reason why chiropractic adjustments are so good for you – they are part of a complete program of brain health.

So to stay healthy, develop great lifestyle habits, and take care of your brain!

We encourage all of you to support your immune system naturally by maintaining your chiropractic adjustments. We can also provide nutritional support recommendations for staying healthy and boosting your immune system. We also recommend eating plenty of vegetables and fruits, staying hydrated, avoiding sugar and caffeinated beverages, getting plenty of rest, getting fresh air and sunshine and managing stress levels.