



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,

A long term research study shows that something as simple as eating two fruits and three vegetables a day can add more healthy years to your life.

Scientists from Harvard Medical School published their findings in the journal "Circulation," and their conclusion was unmistakable – after following almost two million adults from all over the world, including two studies that watched 100,000 participants over a thirty year period, eating two servings of fruit and three servings of vegetables per day was the optimal proportion for longevity.

People who ate in this way demonstrated 13% less risk of death from all causes – 12% less heart conditions and stroke, 10% less cancer, and a whopping 35% less respiratory disease.

There were a few guidelines, though – starchy veggies like potatoes, corn and peas didn't affect longevity, though they aid digestion because of their high fiber content. Fruit juices don't extend your life – it's better to eat the whole fruit, like oranges, grapes and apples.

The fruits and vegetables that seemed to have the most positive benefits were citrus fruits, berries, carrots, and green leafy vegetables like spinach, lettuce, and kale.

A portion is considered 80 grams, or 1/3 cup, so working two portions of fruit (2/3 cup) and three portions of vegetables (1 cup) into a full day of eating sounds reasonable enough.

And, remember not to undo the good you do with those fruits and veggies with too much processed food, sugar, or salty fried foods – studies like this help us understand why a healthy balanced diet adds years to your life and life to your years.

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Why Chiropractic Wellness Care Is Good For The Whole Family

If you have been to a chiropractic office, then you know firsthand about the benefits – from pain relief to stress reduction to treatment for specific problems to brain and spine wellness care, there's something for everyone in today's chiropractic practice.

The first thing a doctor of chiropractic does to help your family is to examine and analyze everyone's spine, because the spine tells the chiropractor a lot about the overall health of the patient. Chiropractors interpret what your body is trying to tell you, through your posture, your movement, your physical signs, and how you feel.

Not everybody has painful problems, but one of the best things about chiropractic care is that you don't have to hurt before getting an examination – much like going to your dentist, it makes more sense to get regular checkups so your doctor knows you, and can help you stay well and get well faster if you do get sick. You do it with your car, bringing it in for an oil change even if there's nothing apparently wrong – isn't your body worth a similar investment?

Doctors of chiropractic can also advise you on health-related topics like diet and nutrition, exercise and physical training, injury avoidance and lifestyle counseling – in fact, for many families, their chiropractor is their most trusted health and wellness advisor.

How do you know if you need a chiropractor's help? This is where the doctor of chiropractic got the reputation of treating back pain – many people who had such problems thought, if the chiropractor is a spine doctor, isn't that the same as being a back doctor?

Well, yes and no. The doctor of chiropractic is well-versed in caring for all kinds of spinal conditions, some of which cause back pain, some of which cause other health issues, and some of which have no symptoms at all.

So, people in pain often find their way into a chiropractic office, and usually they get the relief and help they were looking for.

"If you are looking for an amazing Chiropractor Dr. Wendy is it! I have been with her for many years and beyond her gentle approach to Chiropractic and incredible knowledge I appreciate her openness, intuition and kindness. Dr Wendy rocks!" - Alexandra



Why Chiropractic Wellness Care Is Good For The Whole Family



“By developing better lifestyle habits, you are more likely to feel better and function better, and that’s a major key to overall wellness – to make good lifestyle decisions and give your brain and body what they need to be truly healthy.”

But there’s another, deeper reason for chiropractic care – modern research shows that getting chiropractic spinal adjustments is good for your brain. One of our greatest neuroscientists, Nobel Prize winner Roger Sperry, called the spine “the motor that runs the brain,” because the movement of the spine provides most of the stimulation and nutrition to keep the brain functioning healthfully.

So then, it’s easy to understand how keeping the spine healthy is part of keeping the brain healthy. And there’s no better way to keep your spine healthy than to include safe, all-natural chiropractic care in your health and wellness routine. By developing better lifestyle habits, you are more likely to feel better and function better, and that’s a major key to overall wellness – to make good lifestyle decisions and give your brain and body what they need to be truly healthy. Visiting your chiropractor for examinations and adjustments when called for is just good common sense.

But there’s even more to it. Peak performance athletes and coaches use chiropractic care to keep themselves and their teams in optimal shape, and anything they can do to keep their brains sharp and clear is essential for these high achievers.

That helps us to understand the difference between health and wellness – health is when your body is working right, whereas wellness is when you deliberately take actions and develop behaviors that make you even healthier.

So, chiropractic care helps you to be healthy by taking care of your spine and therefore your brain, and chiropractors also help you to be well because you are constantly working on making your spine and brain healthier and healthier.

Now you know an important secret of a healthy, happy life – share it with your family, with your friends, with your neighbors and with your co-workers – everybody deserves to know about the miraculous healing and wellness benefits chiropractic is famous for.

The Single Best Thing You Can Do For A Healthy Brain

Depending on their specialty, doctors of all kinds have opinions on how to take proper care of the brain.

Nutritionists want you to avoid sugar and processed foods with lots of preservatives and additives, and instead eat healthy fats like avocados, walnuts, salmon or olive oil, and drink lots of water.

Chiropractors advise you to commit to a program of spinal health care to keep the spine moving properly, so the brain gets the stimulation it needs.

And psychologists have yet another approach, using counseling, or stress relaxation techniques like meditation or yoga to help your brain to work right.

All of these specialists have a point, and by all means you should apply those tools that sound right to you, but there's a simple way to take care of your brain, that costs no money, feels great and everyone already knows how to do it.

The single best thing you can do for your brain is to get enough sleep. Your brain is designed to maintain itself while you sleep, and that's why you've heard you need seven to eight hours of sleep each night – it's because that's how long this brain maintenance takes, if you want your brain to work the best it can.

This doesn't mean that you don't need to do all that other good stuff too – yes, avoid sugary, salty or fried processed foods, and instead eat healthy fats your brain thrives on.

Yes, get chiropractic care to keep your spine healthy and stimulating your brain. Yes, practice stress relaxation techniques to keep yourself balanced. But if you don't get enough sleep, you won't get the most out of these other approaches.

Are you getting seven or eight hours of sleep each night? If you want your brain to last longer and work better, get enough sleep – it will reward you with a longer, happier life with less pain and stress. Try it, you'll like it.

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