



# 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,

When you are thirsty, your brain and body are calling for more water – but too often, we drink beverages that may seem to quench our thirst temporarily, but actually are potentially harmful. Let's look at what happens in your brain when you drink soda pop.

Besides promoting tooth decay and obesity, drinking too much sugary soda decreases your thinking and memory functions. So some people opt for diet soda, thinking it less unhealthy.

But in fact, a 2017 study showed that drinking diet soda increased the risk of stroke and dementia. Regular diet soda abusers tripled their probability of Alzheimer's disease and stroke. And those who drank regular sugary soda increased the risk of stroke by 21%, according to a 2020 study published in the Journal of the American Heart Association.

Drinking soda also tends to interrupt normal sleep patterns, due to the caffeine and sugar content. It has also been shown to create memory problems, which linger from adolescent soda abuse and last into adulthood.

Nutritionists link soda to caffeine dependence, which can show up as being sluggish, irritable or lacking focus and concentration. Ongoing caffeine consumption from soda can lead to chemical changes in the brain that make you and your brain crave more. This means that you may feel like you need more soda to feel the stimulating effects of caffeine.

While occasional soda drinking is usually okay, drinking it every day leads to health issues, so be sensible, and you'll be taking better care of your brain.

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## Common Nutritional Deficiencies In Children

A recent study in the Journal of Human Nutrition and Dietetics, a publication of the British Dietetics Association, points out that most American children are deficient in four major nutrients, affecting their health future.

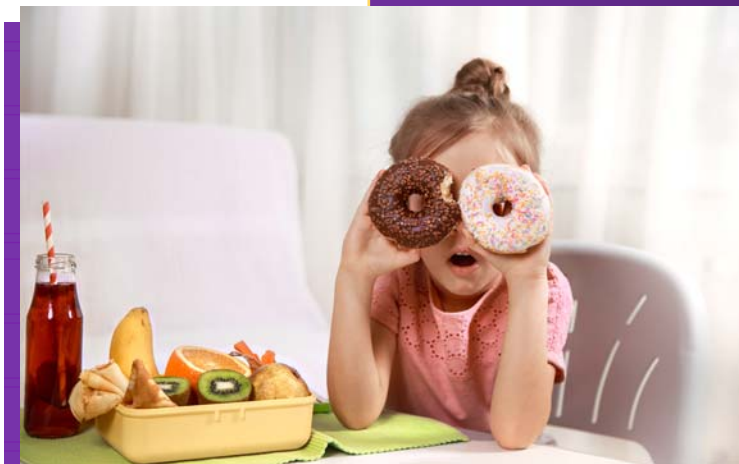
In fact, researchers found that when pregnant moms were educated on proper care and feeding of their infants, it led to noticeable positive health benefits in early childhood and beyond. Those kids tended to eat less carbohydrates and unhealthy fats by their third year, and were less likely to have weight problems.

Mothers who started feeding their babies highly processed foods, with excess sugar and unhealthy fat, as early as the first six months of life, caused those kids to be more vulnerable to poor diet choices as children, adolescents and young adults.

This backs up another study from February of 2021, which found that diet in young children sets the stage for healthy or unhealthy later childhood. Those scientists found that many kids were deficient in Vitamins D and E, calcium,

fiber, choline and potassium. In addition, some children lacked sufficient iron and Vitamin B6.

It seems that most kids in the US don't get enough calcium, iron, Vitamin D, and the omega-3 fatty acid DHA. Since children experience significant mental, physical and social growth in their first six years, appropriate dietary advice and decisions play a major role in determining the expected progress as the kids mature. By looking at over 10,000 American kids, they concluded that too many children in the US are falling short of good nutrition.



*"Life today is full of joy, health and happiness and much of this comes from the consistent treatment support and care of Dr. Wendy." It is hard to believe 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. ..It's impossible to adequately thank her for her gift of healing but I say without any doubt that she is a "healer" with phenomenal expertise and wisdom." -G.R.*

## Common Nutritional Deficiencies In Children



They discovered that almost 87% of the subjects they studied did not get enough Vitamin D, essential for bone health, immune function and respiration. Vitamin D and calcium can be fortified through dairy products, but encouraging outdoor activity helps, since sunlight is likely to boost Vitamin D as well. About 69% of those kids also lacked Vitamin E, which protects their cells from stress. They can increase their Vitamin E intake with kid-friendly peanut butter, as well as dark leafy

greens, often not considered as palatable by many children, unless they are hidden in a fruit smoothie.

Parents can help their children to get more healthy fats in nuts, fatty fish and avocados, and more iron in red meats, lentils, and spinach, and in the event that these foods are not well-tolerated by children, the default position is to provide supplementation that covers the bases – but not nourishing kids properly is not acceptable, due to the effects on mental processes, immune function and overall health and growth.

Clearly, there is at least anecdotal evidence that regular chiropractic care is also a necessary component of health in our youth, and more research to this effect is necessary to document the contribution chiropractors make to pediatric health care. A 2009 study demonstrated the safety of pediatric chiropractic care, where doctors reported only three adverse events out of 5438 visits on 544 kids, a 99.95% safety ratio, while parents reported only two adverse events out of 1735 visits on 239 kids, a safety ratio of 99.9%. No other healing art can claim this lack of harm, yet it is up to chiropractors and chiropractic patients to act as the agents of change, since no one else has the perspective or commitment to follow through on this essential part of children's health and wellness.

As science continues to unfold the best practices on raising healthy children, let's remember how important it is to support proper nutrition, and provide the right amount of the right kind of chiropractic care.

*Vitamin D and calcium can be fortified through dairy products, but encouraging outdoor activity helps, since sunlight is likely to boost Vitamin D as well.*

## Seven Healthy Foods Your Brain Loves

Most of us have never been taught which foods are healthiest for the brain – yet everyone is affected by these dietary choices. No matter what age you are, and what your diet has been until now, you can make better decisions about how to feed and nourish your brain, and you can start with these seven foods your brain loves you to eat.

1. Berries help the electrical connections in your brain to work better, because they reduce inflammation and stress.
2. Green leafy vegetables promote detoxification and decrease the chances of Alzheimer's Disease.
3. Beans give you minerals and fiber, linked to improved thinking and memory.
4. Whole grains are better for you than simple sugars and starches, which increase the risk of dementia. They also give you fiber and protein, which your body uses to build healthy cells and organs.
5. Fish is rich in omega-3 fatty acids, healthy fats that feed healthy brain cells.
6. Nuts are high in polyphenols, which have been shown to reduce the likelihood of dementia.
7. Olive oil is rich in unsaturated fats, which support healthy brain function.

Too many people eat too much processed food, too much sugar, and too much fried food and unhealthy fat, and this undoes the good you do when you make good dietary choices. So, pick new habits that concentrate on the seven foods listed above, and give yourself the best chance of a healthier life with a healthier brain.

If you have questions about which foods are best for you, consult Dr. Wendy Lanser, DC your family chiropractor and trusted health and wellness adviser.

*Berries help the electrical connections in your brain to work better, because they reduce inflammation and stress.*

