



# 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](http://www.lanserchiropractic.com)

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### INTHISISSUE

**Page 1:**  
Five Steps To A Longer Life

**Page 2:**  
Take Care of Your Brain  
and It Will Last Longer  
(continued on page 3)

A Patient Shares Her  
Experience

**Page 3:**  
Take Care of Your Brain  
and It Will Last Longer

**Page 4:**  
Chiropractic Care and  
Longevity

Dear Patient and Friend,

Time Magazine, along with AARP, reports on a paper that defines five keys to longevity that anyone can learn and master.

**1. Eat a healthy diet** – numerous studies done over the last decade state that improving your diet by 20% can have a 17% impact on extending your life, so even if you aren't perfect, conscious eating can make a big difference. Fresh fruits and veggies, whole grains, nuts and healthy fats, and plant-based proteins, with less sugar and salt and fewer processed foods and red meats can set you up for more years to enjoy your life.

**2. Exercise regularly** – 150 minutes of moderate exercise or 75 minutes of more intense exercise each week can keep you fit for extra years.

**3. Maintain a healthy body weight** – obesity killed 186,000 people last year due to diabetes, heart disease, and cancer, so figure out your best target weight and get there. If you need help, ask.

**4. Drink in moderation** – one or two adult beverages per day is considered safe for most people, any more is risky – be wise about this.

**5. Don't smoke** – obviously smoking has been linked to respiratory disease, heart attacks, stroke and cancer – if you don't smoke, don't start, and if you do, get help and quit. It's an addiction and you need to fix it.

And, if you're serious about living as long as you can with a great quality of life, don't forget to include chiropractic care. It will de-stress you, make you more flexible, and your brain will be healthier, too.

## Take Care of Your Brain And It Will Last Longer

At the recent Alzheimer's Association International Conference, scientists from England, Germany and the USA observed five lifestyle habits that dramatically diminish the likelihood of dementia, even when people may be genetically predisposed. Here are the five ways to reduce your risk of Alzheimer's by 60% and keep your brain healthy.

**1. Don't smoke.** Smoking harms the blood vessels of your brain, and ages it faster than normal. Smoking also hurts your breathing, so your brain gets less oxygen than it needs. If you don't smoke, don't start, and if you do, find a way to quit, no matter how hard it may seem. Arrange for professional help, if need be, but this one habit is responsible for tens of thousands of deaths every year – don't be one of them. And tell your kids too, since they may think smoking is glamorous or cool – it isn't, it's lethal, and it's up to you to say so.

**2. Eat well.** Food additives and chemical preservatives are bad for your brain, while eating fresh, wholesome foods, especially high-water content foods like fruits and veggies, are tolerated well by your brain. But mostly, the brain likes healthy fat – fish, avocados, nuts and seeds, and olive oil are sources of good fat. Develop recipes or seek restaurants that serve healthy food, so you can get to your ideal body weight – you'll feel better and live longer.

**3. Avoid excessive alcohol.** Drinking in moderation, usually limited to one or two drinks per day, has not been shown to create big problems in most people's health, but over-indulging is likely to have a harmful effect. Be conscious of how much you are drinking -- common sense will guide you toward the right level of moderation for you. And again, educate your kids about the risks of over-drinking – believe it or not, they are looking for such guidance and it's your responsibility to provide it.

*“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 & patience 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

### Page 2:

Take Care of Your Brain & It Will Last Longer (continue on page 3)

## Take Care of Your Brain And It Will Last Longer

*“Relaxing your mind can have a similarly beneficial effect – learning to meditate, walking outside and communing with Nature, or just sitting quietly can heal your brain and enhance normal function.”*

**4. Get enough exercise.** Movement of your body, especially your spine, nourishes and stimulates your brain, which keeps it young and less subject to degeneration. Most experts recommend at least five moderate 30-minute exercise sessions each week, or five more intense 15-minute sessions per week, to get sufficient movement to keep your mind and body running well. Also, getting enough rest and sleep – not exercising can be as valuable as exercising, so give your brain enough down time to heal and self-regulate.

**5. Choose mentally stimulating activities.** Puzzles, problem-solving, creative hobbies, and reading are examples of constructive use of your brain, which tends to keep it in good working order. Thirty to sixty minutes each day of mentally challenging games or stretching your intellect with learning new things comes back to reward you by adding years of quality living to your life. Relaxing your mind can have a similarly beneficial effect – learning to meditate, walking outside, and communing with Nature, or just sitting quietly can heal your brain and enhance normal function.

There have been a number of studies that show, in spite of genetics and family history, following these simple guidelines can reduce your risk of dementia by up to 32%. And when you add chiropractic care, it gets even better.

This research is important because many people erroneously believe that family history is the prime factor determining your brain longevity. It now appears that you can alter even your genetic tendencies by choosing lifestyle habits that support good brain health.

If you want more information on keeping your brain healthy, ask your family chiropractor. Doctor of Chiropractic are specially trained in the care and feeding of the nerve system, which includes the brain, spine, and nerves. You depend on a healthy brain to run and heal your body properly, and this is why chiropractors help people to stay healthy and live longer — because chiropractic care helps your brain to work better, for longer.

## Chiropractic Care and Longevity

Pain hurts, but stress kills – and all of us are under stress constantly. Some of us cope and adapt better than others, so what makes the difference? People around the world are discovering that those who get regular chiropractic care tend to be healthier, resist injury and illness better, and live longer.

Why does this happen? First, the constant downward pull of gravity creates wear and tear on your body, especially your spine, and the spine protects the delicate nerves your brain uses as your body's wiring system. If the spine begins to break down and degenerate, its movement is reduced, which starves the brain of the fluids that are pumped to the brain by your spinal motion.

This relationship between spinal movement and brain longevity was noted by neuroscientist Dr. Roger Sperry, who won the Nobel Prize in Medicine in 1981. That's why Doctors of Chiropractic focus on the alignment of the spinal bones as a cornerstone of health care. Then, when you add proper nutrition and stress relaxation techniques like meditation, and avoid unnecessary toxicity and overwork, your brain can function at peak efficiency and your body will run and heal effectively.

We are likewise subject to stress from any dietary mistakes we make, and not dealing with the emotional upsets and pressures we all face. And getting seven or eight hours of sleep each night sets the stage for better brain function overall. Taking good care of your brain requires addressing all these different types of stressors, so your brain is resilient enough to withstand adversities.

Your chiropractor is licensed as a full-body health professional, only instead of using drugs and surgery, applies natural healing techniques like spinal adjustments, nutritional supplements, and body/mind stress reduction methods. Chiropractic care is safe and gentle – informed families visit their chiropractor regularly, to get an edge on health in a stressful world.

Get an advantage for yourself and your family – visit your chiropractor to see what kind of care would be best for your brain.

***“People around the world are discovering that those who get regular chiropractic care tend to be healthier, resist injury and illness better, and live longer.”***