



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Wendy Lanser's 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 and Stay Tuned for Specials and Events

June :: 2012 Issue



INTHISISSUE

Page 1 ::

What Is The Chiropractic
Wellness Lifestyle?

Page 2 ::

What's The Recipe
It's summertime and people's
fancy turn to ...baseball,
swimming, tennis!

Page 3 ::

Sun Light prevents Cancer?
Are You Connected?

Page 4 ::

Patient Story
About Fatherhood

Upcoming Events:

June 16th - Meet Dr. Wendy &
Dr. Analisa at the
Vitamin Shoppe Health Fair

June 30th - Stride & Ride - Los
Altos

Dear Patient and Friend,

You probably hear about the chiropractic wellness lifestyle when you visit Dr Wendy's office - what is it, and how does it help you and your family?

The chiropractic wellness lifestyle is a series of decisions you make and actions you take to improve your health and enjoy life more.

The chiropractic wellness lifestyle invites you to:

-- Eat healthfully. Eating organic foods that are not full of pesticides, toxins and hormones and whole foods (foods that have no or minimal processing) is a smart decision savvy health consumers make. Find the right rhythm for your meals -- some prefer three squares, though modern food scientists frequently recommend smaller meals at closer intervals. Eat a healthy breakfast every day. Exclude heavily processed foods, like "enriched" flour, sugars, artificial sweeteners, and especially aspartame, a known cancer-causing nerve poison, and take nutritional supplements as needed (ask Drs Wendy and Analisa for their opinion about how to eat more healthfully.)

-- Exercise. Actively participate in the rehabilitation and strengthening of the body to support repair and maintain your ability to do what you like. You'll reduce the tendency to be injured, and bounce back from injuries more quickly. Your chiropractor can help you select the right physical activity to fit your age and body type.

-- Maintain a positive attitude and optimistic thinking. Adopt a happy mindset, and practice constructive habits like reading, meditating, visualizing, reviewing your goals, associating with people who support your dreams, engaging wholeheartedly in whatever form of spirituality you prefer.

-- Get periodic chiropractic examinations and adjustments when necessary for yourself and your family. Good food, proper exercise and a great mental attitude will be helpful in any case, but regular chiropractic care is the "X-factor" that helps you get the most out of these other health and wellness practices. Getting your spine and nerve system healthier improves every aspect of your body function, and paves the way for you to move toward wellness.

Deciding to follow simple guidelines like these will not only make you feel better, it will help you live longer and get more out of life. Choose the chiropractic wellness lifestyle - you and your family will improve your quality of life, and feel better overall, too.

What's the Recipe?

If you want to bake a delicious cake, what would you have to do?

You would follow a recipe, which tells you the ingredients you would need, and then, how to combine them and cook them so you come out with the best cake possible. Knowing exactly how much and exactly in what order to combine those ingredients is the difference between success and failure.

So even if you are committed to baking the very best cake by using the highest quality ingredients, if you don't know the correct sequence to combine the ingredients, or the correct amounts of those ingredients, the cake won't come out right. And, the temperature and duration of cooking time are essential. This may seem obvious, but it's important to think this way when you realize what your chiropractor does to help you.

Everyone who visits a chiropractor has an individual, unique formula that leads to being as healthy as possible. Dr Wendy is an expert in the delivery of chiropractic care, and in creating a personalized recipe for your health and wellness.

Just like baking a cake, your chiropractic health care is a recipe for success, and the amount and frequency of care and the other ingredients that contribute to your health and wellness need to be administered in just the right way in order to ensure success. Different cakes have different ingredients, and it's the same with chiropractic care – different people require different programs of care to get the best results.

It's summertime and people's fancy turns to...baseball, swimming, tennis!

From little league to the majors, from hardball to softball and even T-ball for the little ones, guys (and girls) are on the diamond. From tennis courts in the park to the French Open people are out doors playing and enjoying summer activity.

It may not surprise you that chiropractors' offices often fill with kids and adults who need adjusting after the rough and tumble of a game. Too many people can trace the start of their ill health to a seemingly innocuous injury that "went away all by itself." While the pain, bruises and cuts of an injury may disappear, the structural damage may never go away and can cause problems years later. That's why everyone who is ever in a sports accident (or any other accident) needs a chiropractic checkup to ensure they are free of subluxations.

We're happy to report that many athletes, from amateur to professional, visit their Doctor of Chiropractic for another reason – to perform better. Chiropractic helps every level of sports performance for every sport. Chiropractic care improves balance, coordination, speed, reaction time, reflexes and overall performance. And, just as important, chiropractic care can help prevent sports injuries or minimize their damage. (1)

Being in shape should include a chiropractic checkup to keep your body free of subluxations. It'll help you perform better and prevent minor problems from becoming major ones.

Sunlight - Enjoy the Sun - Just Don't Burn

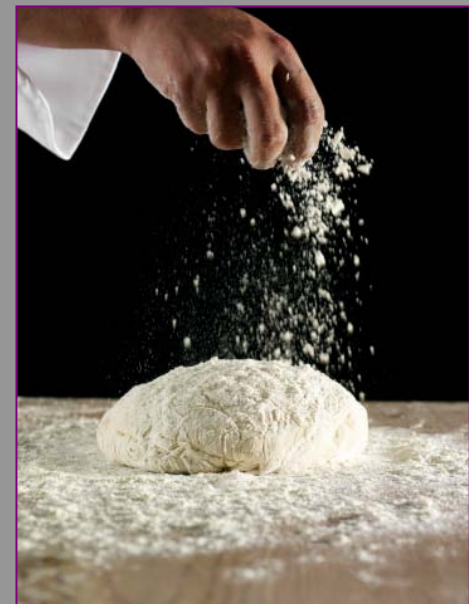
Here's another perspective...

It's summer and most kids are out of school, soon many of us will be heading out to the beach for long weekends, going to the mountains and laying by the pool or taking hikes and working more in the garden.

In other words we'll be in the sun a lot. But ... before you automatically grab that sunscreen consider this... Sunscreen is toxic and has been linked to cancer of the skin (melanomas being the most dangerous):



"Just like baking a cake, your chiropractic health care is a recipe for success, and the amount and frequency of care and the other ingredients that contribute to your health and wellness needs to be administered in just the right way in order to insure success."





"If there is any interference or blockage in this network of nerves sending energy and information to all your parts, then you are partially dis-connected and not able to live at your fullest potential."



"Epidemiological studies suggest that sunscreen use is associated with an increased risk of melanoma skin cancer ... high nevi (mole) count in adults is a strong predictor of melanoma ... sunscreen use appears to be associated with development of nevi ... sunscreen use may be involved in melanoma occurrence." (1)

Sunlight is good for you. The very same sunlight that has bathed life since creation is suddenly getting a bad rap as a cancer causing radiation. Just do not overdo the sun exposure and do not burn. Use sun-protection through clothes with SPF fabric and hats.

There is research not funded by the sunscreen industry that has shown that sunlight prevents 13 different malignancies (cancers) especially breast, colon, ovary and prostate cancer and non-Hodgkin's lymphoma. (2)

New research emphasizes the benefits of sunlight to prostate cancer and indicates that you can help keep your prostate healthy and avoid medical treatments (drugs, surgeries and everything else) by giving yourself an essential nutrient – sunlight!

Researchers tracked more than 2,500 men for nearly two decades and found that high vitamin D levels slashed the risk of dying of prostate cancer by more than half: up to a 57% percent overall reduction in the risk of death. (3-5)

Are You Connected?

Our word health comes from the Old English word hale/whole, meaning one, unified, integrated, connected, and working as a single entity.



This is significant because if you explore the definitions of physical, emotional/mental and spiritual health you'll find that they all reverberate being unified, whole or connected.

Physical connections keep our body working as a whole – all our parts must work together in harmony. The job of the nervous system (brain, spinal cord and nerve fibers) is to connect all the parts. If there is any interference or blockage in this network of nerves sending energy and information to all your parts, then you are partially dis-connected and not able to live at your fullest potential.

All our organs, systems, tissues and cells work together and need each other so a dis-connection in one area will affect all the others. That could mean lower resistance to disease, less energy, less strength, impaired sleep, diminished healing, diminished recuperative powers – in a word: disease (disharmony).

We all have a template; consider it our perfect genetic instructions – that can promote energy, healing and a connection to our deepest Source. The goal of all healers is to help us connect to that Source by removing anything that interferes or blocks that connection.

Let's promote physical connections so that we may have a stronger foundation upon which to promote mental/emotional and spiritual wellbeing.

The goal of chiropractic is to remove obstructions (subluxations) that block the flow of energy and information to every cell of your body. To promote balance, ease, peace, happiness and relaxation. To promote connection – to promote health.

Chiropractic should be a part of everyone's lifestyle – everyone should get a chiropractic checkup on a periodic basis to ensure they are "connected."

DC usually stands for Doctor of Chiropractic but it can also mean Doctor of Connection.

Patient Story:

"I was diagnosed with a somewhat baffling disease and had a team of five Stanford specialists who all told me that they couldn't do anything for me. They told me that not being able to even get off the couch most days would be normal for the rest of my life. Dr Wendy was the only one able to help. She has helped me so much through adjustmensts, supplements, and her intuitive spirit. I can now exercise, travel, and enjoy my family. I will always live with health problems, but Dr. Wendy has made it possible for me to truly live." Rebecca R. in Palo Alto

About Fatherhood ...

It is easier for a father to have children than for children to have a real father.

– Pope John XXIII

I don't know who my grandfather was; I am much more concerned to know what his grandson will be. – Abraham Lincoln

My father didn't tell me how to live; he lived, and let me watch him do it.

– C.B. Kelland

When a father gives to his son, both laugh; when a son gives to his father, both cry.

– Jewish Proverb

I cannot think of any need in childhood as strong as the need for a father's protection. – Sigmund Freud

When I was a kid, I said to my father one afternoon, 'Daddy, will you take me to the zoo?' He answered, 'If the zoo wants you, let them come and get you.' - Jerry Lewis

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. – Charles Wadsworth

I just owe almost everything to my father [and] it's passionately interesting for me that the things that I learned in a small town, in a very modest home, are just the things that I believe have won the election." – Margaret Thatcher

Any man can be a father but it takes someone special to be a dad. – Anne Geddes

Upcoming Events:

Saturday, June 16th, 2012 – 12pm – 4pm – Come meet Dr. Wendy at the Health Fair at the Vitamin Shoppe in Los Altos located at 4756 El Camino Real (650)559-7780 & Dr. Analisa at the Health Fair at The Vitamin Shoppe – 126 E. El Camino Real, Sunnyvale (408)739-2084.

Saturday, June 30, 2012 – 9am – 4pm – Stride & Ride Los Altos is a fitness-themed festival from 9am to 4pm in Downtown Los Altos. The event is for all ages and will feature fun hands-on fitness activities for both kids and adults. For info. visit:

www.strideandridelosaltos.com

Until Next Time:

I would love to share your story with others. Please write or stop by to give us your feedback. Are there subjects you'd like to hear about? And, of course, if you'd like a copy of this newsletter to give to a friend or loved one stop by the office.

Dr. Wendy

References

12. Autier P, Dore JF, Cattaruzza MS et al. Sunscreen use, wearing clothes, and number of nevi in 6- to 7-year-old European children. *J of National Cancer Institute*. 1998;90(24):1854-1855.
2. Grant WB. An estimate of premature cancer mortality in the U.S. due to inadequate doses of solar ultraviolet-B radiation. *Cancer*. 2002;94(6):1867-1875.
3. Ma J, Stampfer MJ, Gann PH et al. Vitamin D receptor polymorphisms, circulating vitamin D metabolites, and risk of prostate cancer in United States physicians. *Cancer Epidemiology Biomarkers and Prevention*. 1998;7(5):385-390.
4. Vitamin D: How much is enough? Interview with Professor of Nutrition and Epidemiology Edward Giovannucci. *Harvard Public Health Review*. Spring/Summer 2007. <http://www.hsph.harvard.edu/review/spring07/spr07vitaminD.html>
5. Fang F, Kasperzyk JL, Shui I, Hendrickson W, Hollis BW, Fall K, Ma J, Gaziano JM, Stampfer MJ, Mucci LA, Giovannucci E. Prediagnostic plasma vitamin D metabolites and mortality among patients with prostate cancer. *PLoS One*. 2011 Apr 6;6(4):e18625



"Father taught us that opportunity and responsibility go hand in hand. I think we all act on that principle; on the basic human impulse that makes a man want to make the best of what's in him and what's been given him."

- Laurence Rockefeller

