



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Wendy Lanser, DC 's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Many of you have probably heard that we only use 10% of our brain, but this is completely untrue. After all, do you only use a tenth of your stomach, your muscles, your eyes, or any of your other organs? Then why your brain?

Our body is designed perfectly, without extra moving parts that have no reason to be there. According to Yale Medical School neuroscientist Dr. Steven Novella, we use all of our brain – we just may not yet understand how all of the brain functions.

But tremendous progress is being made at understanding how the brain works, and at the forefront of this research is Dr. Heidi Haavik, director of the Center for Chiropractic Research in New Zealand, and author of "The Reality Check." The early returns on her most recent studies demonstrate that chiropractic adjustments improve brain health, and people who get regular chiropractic care are more likely to have healthier brains.

We're still at the beginning of understanding the brain, but common sense tells us that proper eating, sleeping, hydration, avoidance of trauma and reducing toxicity will help your brain to work better. Add in chiropractic care, and you increase your chances for a healthy brain, and therefore, a healthier life.

All of your brain is available for your use, not just 10% -- and if you want it to work at its best, take good care of it, and it will reward you for the effort.

## Eating Habits for the Warmer Months

When summer rolls around, most of us tend to dust off the better eating habits we put aside for the winter, and get back on the program – here are four tips to help you feed yourself better when the thermometer goes higher.

- 1. Air and Water** -- The most important nutrients aren't foods at all – we need a steady intake of air and water to keep ourselves working properly year-round, but when it's hot out this is even more important. Breathing is one of the most important ways we regulate our body temperature – each exhalation vents heat and cools the body, so be sure you are breathing normally when you're feeling warm.

But you also lose water with your breath, not to mention the increased perspiration that comes along with warm weather, so you must increase your water consumption, to replenish what you lose and even add more to support your metabolism and assist in cooling. Most body function, including digestion, requires sufficient water to work well, so avoid dehydration by drinking enough water throughout the day.

- 2. Food** -- Many experts recommend smaller and more frequent meals during the summer months, and some believe that this should be a year-round practice. Digestion throws off a significant amount of heat, so if you eat often and moderately, instead of three large meals per day, you will generate less heat and assimilate the food more effectively.

Choose high water content foods like fruits and vegetables, but don't load up on sugary fruit, as it pushes your body to work harder and faster. While it was once accepted that avoiding fats was good for you, modern food scientists now acknowledge that healthy fats are essential – opt away from the heavy, oily, fried foods, and get your healthy fats from fish, avocado, nuts and seeds. There are so many delicious summer recipes with these foods, you never have to feel deprived. Just plan ahead so you have high quality food to eat.

Salads make perfect meals when it's hot out – use a variety of leaves, and add cucumber, tomatoes, peppers, olives, sprouts, red onion, avocado, and dress it with simple lemon juice, olive oil, and a little seasoning to top it off. Heavier proteins like meat and eggs may be more difficult to digest, so experiment with adding tuna or salmon, or even grilled chicken.

By providing your body with a steady stream of nutrients instead of a blast of heavy food, you not only function better, but you start to train your body to burn fat, which is good for your waistline during a time we're more likely to exhibit our bodies.

*"I finally had to have a total knee replacement surgery due to a deformed knee bone structure of 70 years. Dr. Wendy has been my special personal healer before and after the surgery. She is more than a chiropractor. She has accurately diagnosed what my PTs couldn't. I have confidence in Dr. Wendy that with her unique & excellent skill, I will finally be able to maintain a normal daily life & even hike again which I have been wanting to do for many years."*

*S.A. of Sunnyvale, CA*

*"Getting periodic adjustments is just a good idea anytime, but during the warmer months, you want all of your organs and systems working at peak efficiency to handle the heat."*

## Eating Habits for the Warmer Months

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**3. Snacks** -- Stay away from fast foods and sugary or salty snacks. Yes, they are yummy, but they bog down your body by slowing digestion, clogging your blood vessels and making you feel sluggish and lazy. Eating lighter makes you actually feel lighter, because it costs your body less energy in digestion which gives you more to use as you see fit. Greasy foods like fried or processed meats may seem like a summertime staple, but they are not your friend, especially when the weather gets warmer.

Instead, go with carrot and celery sticks, sliced red and yellow pepper, a handful of nuts like almonds or walnuts, assorted olives, or half an avocado. Or, you can try organic Greek yogurt, cherries, bananas, or melons. Throw a bag of seedless organic red grapes in the freezer and munch a frozen grape as a special summertime treat! These foods make you feel great – you'll notice the difference.

**4. Get a tune-up** -- Get a chiropractic check-up, to be sure your body is working the best it can. Getting periodic adjustments is just a good idea anytime, but during the warmer months, you want all of your organs and systems working at peak efficiency to handle the heat. Along with putting good fuel into your machine, take care of the machine itself, and you'll more easily handle any summer discomfort.

Overall, summer eating habits are just common sense – take the stress off your body by choosing to eat, drink and breathe better, and you will enjoy your summer that much more.

## Summer Heat and Your Health

Depending on where you live, the weather may be heating up, and that can be stressful on your mind and body. Here are five tips to keep yourself healthy when it's hot.

**Hydrate.** When you sweat, you lose water through your skin, and it must be replaced. Some like to drink throughout the day, some like to load up like camels, but either way, dehydration is bad for your brain, so aim to drink more than usual.

**Breathe.** One of the best ways to regulate body temperature is through the breath. If you're outside in the heat, make sure you keep breathing normally. You may even find it's helpful to take a few deep breaths before you go outside.

**Dress properly.** Because you may have to go from outside, where it's hot, to inside, which may be air-conditioned and relatively cold, dress in layers so you can adjust your clothes in response to where you are.

**Re-balance your diet.** You need more high-water content foods like fruits and vegetables, and less processed food. Instead of loading up on refined carbohydrates, like sweets, chips and baked goods, which revs your engine incessantly, choose a balanced menu with less sugar and fried stuff, and more foods with healthy fats, like fish, avocado, olives and nuts

**Keep your brain happy and healthy with chiropractic care.** The latest research shows that a healthy spine helps your brain to be healthier, too – make sure everyone in your family sees your doctor of chiropractic for a check-up.

***"Breathe. One of the best ways to regulate body temperature is through the breath. If you're outside in the heat, make sure you keep breathing normally."***