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2010



## NEWSLETTER

TO PATIENTS, FAMILY & FRIENDS OF THE  
*Chiropractic Care and Longevity Center*

### Lymph Works 101

Our bodies contain a network of systems that rival technological device, but many of us are familiar with only a few, like the cardiovascular, digestive and immune systems. We'd like to educate you on the inner workings of the not so well known, yet extremely important, lymphatic system. Along with its own function it assists other body systems to be at their peak. And, we're answering some common questions.

**Q: What is the lymphatic system?**

A: This system consists of ducts, nodes and organs that transport a clear, watery fluid (lymph) between groups of cells of tissues throughout the body to filter out cell waste, pathogens and toxins. Lymph is essentially the protein and fluid that has been squeezed out of the blood (blood plasma); lymph helps to distribute immune cells and other factors like fats and proteins. As well, the lymphatic system produces immune system cells called lymphocytes to protect us against viruses and bacteria, and interacts with the blood circulatory system to drain fluid from the cells and tissues. This system plays a key role in maintaining the fluid environment of your body.

**Q: Where is it located?**

A: The lymphatic system is evident in each part of the body except the central nervous system; major components are located in bone marrow, lymph nodes, spleen, thymus gland and tonsils, but lymphatic tissue is also found in the heart, intestines, liver, lungs and skin. Lymphocytes mature in the bone marrow, while T-lymphocytes (also known as T-cells) mature in the thymus gland. Blood is filtered in the spleen. The lymph liquid moves through channels called 'vessels' that are filled with one-way valves, so it always moves in the same direction. The main lymph vessels run up the legs, up the arms and up the torso.

**Q: What are lymph nodes?**

A: Lymph nodes are tiny, bean shaped filter systems that range in size from 1-2 cm when not enlarged. Lymph nodes become inflamed when a bacterial or viral infection causes the increased production of activated B and T cells, and we know this as having swollen glands. Common causes of swollen lymph glands include cold and flu; ear infection; tooth infection; throat infection, mononucleosis, tonsillitis, skin infection, gingivitis and mouth sores. Glands will remain swollen until the infection subsides.

**Q: How is lymph transported?**

A: We all know that blood is pumped through our veins and arteries by the heart. The lymphatic system, however, lacks a pumping device and relies on gravitational pressure and internal massage as well as exercise and movement to keep the lymph circulating. This is another good reason to be sure you get plenty of exercise! Some experts recommended using a rebounder which is a mini-trampoline, available here at the Chiropractic Care and Longevity Center. (Please ask front desk staff for more details) The rebounder is said to boost the flow of lymph. Lightly bouncing on a rebounder is easy on the ankles and knee joints while allowing lymph vessels to benefit from the pull of gravity. As a bonus, you may also notice improved body awareness, weight distribution, balance and even regularity with a few minutes a day on the rebounder. Deep breathing and dry skin brushing improve the flow of lymph too. **You may also consider treating yourself to a detoxifying drainage massage to stimulate lymph activity.** (see side panel for more details) Be sure all cells in your body are always adequately hydrated with pure H<sub>2</sub>O, not juice, coffee, tea ect....

**Q: Does lymph leave the body?**

A: No, it circulates throughout the body and this is why the vertical up-and-down movement of rebounding is so effective to pump the lymph.

**Q: What should I watch for?**

A: Swollen lymph nodes are also caused by immune or autoimmune disorders, rheumatoid arthritis, HIV, and cancers including non-Hodgkin's lymphoma, Hodgkin's disease or leukemia. Speak with your health care provider if lymph nodes do not decrease in size or get larger after several weeks; if they are hard or fixed in place; if they are red and tender; or if your child has a node larger than 1 cm in diameter.

**Common Lymph Node Locations:**

- Armpit
- Back of head
- Behind ears
- Groin
- Neck (both sides, front and back)
- Under the jaw and chin.

**Benefits of Lymph Drainage Massage:**

- Reduces swelling, pain and inflammation
- Stimulates the immune system
- Promotes detoxification

**Lymphatic Drainage Massage:**

This gentle rhythmic technique enhances the normal function of the lymph system, supports the immune system, reduces fluid retention and cleanses the corrective tissue of the inflammatory materials and toxins. Integrated Lymph Drainage is effective in reducing swelling due to injury, surgery or illness. This deeply relaxing technique can be beneficial in relieving the discomfort and chronic pain associated with conditions such as fibromyalgia, arthritis, sinusitis and headaches. When combined with other therapies, treatment schedules can be shortened and tissues rebalanced which often prevents reoccurrence of symptoms. This advanced technique offered by Beth Fequet, RMT at the Chiropractic Care and Longevity Center.

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# Learn How to Eliminate Loneliness and Be Happy Alone

Loneliness is the worst fear that a human being can cope with. Here are some tips to eliminate your loneliness and to stay happy, alone. Be happy and you will succeed in everything that you desire.

Instructions:

1. Find a hobby, your very own. Find hobbies that interest you. Do you like to draw? Take up a night course in art. Do you like to exercise? Walk in the park, or better yet, join a nice gym. You may be interested in learning how to swim. Do you like to read? Spend some time in the library if possible. You may be thinking, "I don't like to read." I suggest giving reading a try though. Reading is a marvelous getaway that is not only inexpensive (if you check out a book from the library), but it helps your mind to become creative and healthy. It also helps you to take your mind off of yourself, and your worries.
2. Keep your house clean and neat, this will always encourage you to enjoy the privacy of your own home. Aromatherapies could also make you feel special around the house. Aromatherapies make coming home a little more attractive. They may also give you peace and tranquility. We recommend Vanilla scent that promotes stress reduction and relaxation. (Please ask the front desk staff for literature on the Aromas Naturales that are available at our office to find out more about how they may be able to help you)
3. Avoid getting trapped by making too many commitments. Spend time with yourself. Not that you should be idle and lazy rather do the things that you love.

4. Maintain a healthy lifestyle. Eating right, with fruit and vegetables on your daily menu, makes for a healthy lifestyle. Try to get into a lifestyle of working out at least 30 minutes a day or every other day. It's good for you. Exercises strengthens the mind as well as the body and takes care of a lot of stress. Laugh at yourself, that's healthy too! Invest in comedy shows for a good laugh, it helps life to be fun...even by yourself!
5. Always have the desire to learn something new. Change is always challenging but when the attempt to change has been done you will feel that you have at least tried to something new and different.
6. Do not, I repeat do not get disheartened or disappointed and never worry. You can use the Anti-worry technique below to train your mind and be clear.

Anti-Worry technique:

It has only 3 steps to follow, whenever you are on the crossroads of fear and worry due to anything, use it.

Step 1: What's the worst that can happen to you?

Step 2: Accept the worst mentally

Step 3: Improve your worst result now.

You will be clear headed, and will be thinking straight without any worries or fears because when you will accept your worst result they will automatically go away.

7. Get a pet, if possible. Pets can make your home more attractive, peaceful feeling and also loving. Pets can be like children...they take a lot of work, depending on the temperament of the animal, but unconditional love and companionship is what you will get, when you care for a pet.

6. Always Love yourself. Have a healthy

mindset; one of the most important things that you will need to keep up is a healthy way of thinking. It is very important to be happy. It is extremely important to love yourself, no matter what you like, or whatever you are. When you love yourself, you are focused on your health, your attitude, your way of thinking, and you are also able to see the big picture. You are also able to reach out and love others easily. You are able to put positive energy into the world. When you smile, others smile. When you love yourself you are able to give more, because you know who you are and have no problem with who you are, faults and all. When you love yourself, you are able to steer clear of things that can make you unhappy in your life, (people, places, or things). When you are healthy in the mind, body, and spirit, you live longer and stronger. When you live longer and stronger you are able to help others without a problem. You are also able to help yourself.

These steps are just a very few of the things you can do to enjoy being alone. Living alone doesn't have to be boring, and you don't have to feel lonely. You can make your home your kingdom. So find yourself a great book (or two), rent a few outstanding movies, work on a great puzzle to strengthen your mind, get scented aromatherapies, enjoy your inside living, eat healthy, go to bed early, find the hobby of your dreams and enjoy whenever you can, and most of all, love yourself.

## How to Think Before you Speak

Have you ever regretted saying something to someone after it came out of your mouth? Sometimes a little discretion and practice thinking before speaking could save you from embarrassing situations.

Things You'll Need:

- Gauge for knowing when NOT to speak
- Something to remove your foot from your mouth when you do speak inappropriately
- Exercise discipline

1. **Think first, then speak.** When speaking one-on-one or in a group, think about what you are going to say before you say it. Run the thoughts through your head quickly before letting them emerge from your mouth.
2. **Shut your mouth.** Ensure that if you are addressing a group of individuals that you don't say something that is overtly offensive to anyone, such as racial, personal, or physical commentary.
3. **Don't say it.** Did your mother ever tell you that if you don't have something NICE to say, don't say anything at all? No one likes to hear degrading, derogatory talk, so just zip it if you can say something nice.
4. **Sorry for saying that.** Every once and a while you can't help but say something you wish you could take back, and when this happens, swiftly act on it with good damage control. Give either written or verbal apologies to the person/people you offended.

## Reclaim your Inner Peace with Neurexan and Nervoheel

### Sleepless nights may be a result of another health issue

Stress is probably the most obvious cause of sleepless nights but a number of other health conditions can significantly contribute to sleeplessness. Patients dealing with pain, allergies, depressed mood, on medications in which sleeplessness is a side effect or women undergoing the menopausal transition for example may also experience trouble sleeping through the night or obtaining quality sleep. Neurexan® in combination with Nervoheel may be able to help. You can now buy the "Inner Peace" package here at our office, that offers both of these amazing products together, plus a complimentary sleeping mask, in one handy package.

### Sleeplessness and Stress

With the ever increasing pressures of life on the emotional and mental level it is no surprise that patients complain of fatigue, burn out, depressed mood, sadness, anxiousness and chronic sleeplessness. Poor sleep hygiene is usually only one causative factor to address.

### Relaxation strategies for reducing stress and improving sleep

#### Meditation

Meditation for stress relief is not a novel idea. Taking the time to stop during a hectic day and focus on restoring a sense of calm and inner peace has proven helpful for many. Learning to meditate is easy and can help empower your patients in caring for their own emotional well-being.

Meditation can help one:

- Obtain a new perspective during a stressful situation
- Increase self-awareness
- Reduce negative emotions

Meditation has shown positive effects in improving brain and immune function and in helping to relieve allergies, anxiety disorders, asthma, depression, fatigue, heart disease, high blood pressure, pain, sleep problems and substance abuse.

#### Yoga

A physical practice that encourages one to concentrate the mind on balanced body movement. Practicing intentional breathing, good posture and concentration can physically dispel the feelings that stress and anxiety produce. Yoga has been studied for many health

problems where in a stress component is present including anxiety, obsessive compulsive disorder, asthma, diabetes, heart disease, depression, low back pain, insomnia and irritable bowel syndrome.

### Journaling

Writing thoughts down on paper allows one to explore and review thought processes and release the negative emotions that sometimes overpower our positive thoughts. Even the simple act of writing down a pro and con list can help relieve anxiety or stress about an upcoming decision.

### Which formula is right for you when?

Tailor a healthy sleep plan with specific stress and sleep formulas for a variety of symptoms:

Symptoms	Target Formulas
<b>Sleeplessness +</b> Stress Overactive mind Overwork, overstimulation Restless sleep	Neurexan®
<b>Sleeplessness +</b> Stressful life circumstances Mental and nervous exhaustion Depressed mood (high dilutions acting at a deep mental level)	Nervoheel®
<b>Stress +</b> Nervous tension, restlessness, Mental exhaustion	Nervoheel®

### Sleeplessness Treatment Guide

Symptomatic Relief

Nervoheel® (Day) 1 tablet 3x/day

Neurexan® (Night) 1 tablet 3x in evening after dinner

Always dissolve in mouth under tongue at least 15mins away from food.

**Enter a ballot at the front desk this month to win an Inner Peace Package!**

## Ways to Eat Healthy During Thanksgiving

When most people think of Thanksgiving, they think of family and buffet-style meals. Eating anywhere between two and five servings seems to be typical at Thanksgiving, but there are ways to eat healthier without packing a separate Thanksgiving meal or nibbling at dinner.

### Plan Ahead

Eat when you are hungry during the day of your Thanksgiving meal. Don't skip other meals in order to gorge during Thanksgiving lunch or dinner. If you are hungry and your stomach is growling, it is likely you will overeat and pack on the holiday pounds.

If you are hosting Thanksgiving dinner, you can substitute high-fat items with healthier versions. Try using egg whites, and frozen yogurt in desserts.

If you are heading to a Thanksgiving dinner where everyone brings a dish, offer to bring a healthy dessert. Instead of the typical pumpkin and pecan pies, opt for a fruit dish. You can decorate angel food cake with sliced fruit and whipped topping or frozen yogurt. Not only is this dessert healthy, it's also delicious.

### Build a Healthy Meal

Load your plate with vegetables first. Be wary of casserole dishes though; they are still high in fat and calories. Get a piece of lean meat that is about the size of a deck of cards and remove the skin. You will now have lean protein without excess fat and cholesterol. Use about a quarter of your plate for the yummy items you enjoy. Try a bite of two of each item to keep your plate filled with a variety of food.

What you drink can make or break your healthy Thanksgiving. If you find yourself drinking and socializing you may end up having several cocktails or sodas, which can add hundreds of additional calories to your day. Drink a tall glass of water first. This will fill your stomach and keep your body hydrated. If you do decide to have a cocktail or a soda, limit yourself to only one drink.

When you eat your meal be sure to eat slowly. Chew each bite thoroughly and take your time. If you eat too fast you will still feel hungry and be tempted to make another plate. Stop eating when you no longer feel hungry. Do not eat until the point of discomfort and being overly full. Eat the items on your plate in the order or healthiest item to least healthy. If you consume all of your vegetables followed by turkey, you may not even need to eat the breads or desserts as much.

### Leftovers

You may have eaten healthily during the main Thanksgiving meal, but the night is coming to a close and you are tempted with leftovers. As the host, you offer the high fat items and most of the leftovers to your guests to take home with them. If you are taking leftovers home from a friend or relative's house, build another healthy plate. Start by adding turkey and vegetables. If you take home high-fat items or desserts, be sure to take small portions. Split up the leftovers between several plastic containers. Make each into a meal with bite-size side dishes, plentiful vegetables and turkey breast without the skin.

## Healthy Treats For Halloween

Stickers  
Bouncy balls  
Slimy necklaces  
Rubber spiders  
Vampire teeth  
Temporary tattoos  
Snack size package of popcorn  
Individual packets of crayons  
Halloween pencils  
Fancy erasers  
Pencil toppers  
Coins (pennies, nickels, dimes)  
Yo-yos  
Small jar of play-do  
Glow-sticks  
Tiny decks of cards  
Bubbles  
Dark Xocai Chocolate – Available here!  
Real Juice Boxes  
Fruit Cups  
Applesauce  
Boxes of raisins  
Fruit leathers  
Mini bags of pretzels

### Other Tips Healthy tips:

- Make sure your kids are **full** before they go out trick-or-treating, feed them a big meal of some of their favourite dinner foods.
- Tell them that certain treats may be **removed** at home if they are too unhealthy.
- Only let them keep a **set amount**, such as one level bowl each. Rejected items can be given to a food bank.
- Or take them trick-or-treating at **select homes** (such as friends and family) where you know they provide healthy treats.
- Ration your children's treats over several days. They can select a few pieces from the treat bag to have along with their healthy snack or at meals instead of dessert. It is often best to store the treats out of sight and not in the child's room.

## INFO ABOUT CLOTHES DRYERS

The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load of clothes.) He took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material. I'm sure you know what your dryer's lint filter looks like. Well .... the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh - that's what burns out the heating unit. You can't SEE the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free. You know how they can feel waxy when you take them out of the box ... well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very long time (and to keep your electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbrush at least every six months. He said that increases the life of the dryer at least twice as long! How about that!?

## DID YOU KNOW?

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not won't mould!

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.

### Easy Devilled Eggs

Put cooked egg yolks in a zip lock bag. Seal; mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy; squeeze mixture into egg. Just throw bag away when done - easy clean up.

### Reheating refrigerated bread

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave next to a cup of water. The increased moisture will keep the food moist and help it reheat faster.

### Broken Glass

Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

### Flexible vacuum

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

### Reducing Static Cling

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose.

### Measuring Cups

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient (peanut butter, honey, etc.) and watch how easily it comes out.

### Foggy Windshield?

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!

### Reopening envelope

If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two.

Voila! It unseals easily.

### Conditioner

Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

### Goodbye Fruit Flies

To get rid of pesky fruit flies, take a small glass, fill it 1/2 with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

### Get Rid of Ants

Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed!

*"Obstacles are those frightful things you can see when you take your eyes off your goal." -- Henry Ford*

## DHA (docosahexaenoic acid) Levels at All-Time Low

It's hard to get a true understanding of why Omega 3's are good for you and how to raise those levels without relying solely on supplements. Omega 3's can be broken down into 3 main fatty acids – DHA, EPA and ALA. Of the 3, DHA is typically the most deficient in the human diet and that's why we will focus on this particular fatty acid. DHA can be attained through red meat, animal organs (for the adventurous) and eggs. Fortunately, for the less adventurous, DHA is also found in oily cold-water fish. Salmon, sardines, anchovies, herring and mackerel lead the pack when it comes to the type of fish you're targeting to attain the highest DHA density. Of course, fish oil supplements are a convenient way of making sure you get your daily dose of that good DHA. There are high levels of DHA being fed to the human embryo during the 3rd trimester. DHA can also be found in human breast milk. These high levels of DHA are passed onto the infant through breast feeding. DHA is obviously crucial to human development from the pre-natal stages through the early developmental years. DHA must be important if nature put it there.

**With sufficient amounts of DHA in your diet, you will increase your learning ability, memory, focus and overall brain function.** Getting the

proper amount of DHA in your diet also reduces your risk for heart disease, stroke, diabetes, arthritis, cancer, emphysema, asthma, ADHD and depression. Now, that you are armed with knowledge, add DHA to your diet and find a DHA supplement to give your brain the essential building blocks it needs to run super efficiently.

**For your children** especially at this "back to school" time of the year the office recommends for focus and as a learning aid:

DHA LemonGels is a convenient source of health-promoting, antioxidant stabilized, omega-3 essential fatty acids (DHA and EPA) from purity-tested fish oil. DHA LemonGels is manufactured through a proprietary system that removes contaminants and impurities, resulting in a safer, better-tasting oil. Provided in triglyceride form for absorption and bioavailability

### Benefits

- Provides pharmaceutical-grade fish oil that is independently tested for purity.
- Features a natural, light lemon flavor with no "fishy" taste.
- Supplies essential fatty acids in a convenient, chewable softgel—making it an ideal supplement for children to support healthy brain

development and vision.

This formula is recommended for children 4 years of age and older. Swallow or chew 1 softgel twice daily or as recommended by your healthcare practitioner.

Ingredients: Omega-3 fish oil [fish (anchovy, cod, salmon, sardine, tuna)], Gelatin, Glycerin, Purified water, Natural lemon flavor Rosemary, Ascorbyl palmitate, Mixed tocopherols, Contains: fish (anchovy, cod, salmon, sardine, tuna)

Or to order: "Shakleekids Mighty Smart" 100% Natural, Ultra-Pure DHA Dietary Supplement Yummy Orange Flavoured Chews. (Ask the front desk staff for a free sample)

**For adults we recommend:** Cod Liver Oil DHA by Genestra. Or EPA-DHA 72-Natural Lemon Flavour by Metagenics.

We research to find the best products that we can stand behind all of the testing to ensure that we carry only highest quality.

Please ask the front desk staff or the Doctor about any of the products we sell at the office.

## The Ultimate Battle: Flax Seed Oil vs Fish Oil

### **Understanding the differences - flax seed oil vs fish oil**

It's the age-old debate of flax seed oil vs fish oil. Which one is better, which one should you take? Here is a breakdown of the differences between flax seed oil vs fish oil so you know which does exactly what and which one is best for you.

### **Flax Seed Oil vs Fish Oil**

Are the Omega 3 oils in flax seed oil the same as the Omega 3 oils found in fish oil? The answer is a resounding no. While the Omega-3 fats in flax seed oil and fish oil are related, they do have a different chemical makeup.

### **The Omega 3 Fatty Acids**

There are three main types of fatty acids. EPA, DHA and ALA. Flax seed oil vs fish oil is as simple as ALA vs EPA and DHA. The Omega 3 fatty acids in fish oil are the EPA and DHA fatty acids and the Omega 3 fatty acids in flax seed oil are the ALA fatty acids.

It is harder for your body to get the Omega 3 out of the ALA fatty acids and that's why it's so important that any Omega 3 supplement you take be derived from fish oil like the supplement available here at the Chiropractic Care and Longevity Center, as mentioned in the above article.

### **Do I Need Both?**

There is no harm in taking both flax seed oil and fish oil. If you're taking the supplements to get the benefits touted for Omega 3 then you probably would be well off just taking fish oil supplements.

When taking fish oil supplements, make sure that the supplements you are taking are pharmaceutical grade fish oil. This will ensure that you're getting quality fish oil supplements without getting any nasty toxins left in the fish. In the battle of flax seed oil vs fish oil, both have their benefits, but fish oil definitely wins the battle.

## Try Our Infrared Sauna! First Session Free! Some Benefits:

### The Chiropractic Care & Longevity Center

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If you have any comments or suggestions about our Monthly Newsletter or would like to have it emailed to you monthly please email Hanna Murphy at:

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Thank you for reading our office newsletter!

We're on the Web!

See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

Also you can now



- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Reduces Stress &amp; Fatigue</li> <li>• Detoxification</li> <li>• Skin rejuvenation</li> <li>• Exercise benefits</li> <li>• Decongesting the internal organs</li> <li>• Fever therapy (hyperthermia) for infections.</li> <li>• Reduces tumors, radiation poisoning and mutated cells</li> <li>• Cholesterol Removal</li> <li>• Boosts Immune System</li> </ul> | <ul style="list-style-type: none"> <li>• Weight Loss</li> <li>• Helps Diminish Cellulite</li> <li>• Increased Circulation</li> <li>• Pain Relief</li> <li>• Relaxes Muscles</li> <li>• Improves Joint Stiffness</li> <li>• Reduces Swelling and Inflammation</li> <li>• Speeds Healing to Cuts &amp; Bruises</li> <li>• Fibromyalgia Pain Relief</li> <li>• Normalizes Blood Pressure</li> <li>• Decreases Menopause Symptoms</li> </ul> |
|--|--|

### Minute Packages for the Infrared Sauna:

<b>15 min. Sessions</b>	<b>\$15</b>
<b>30 min. Sessions</b>	<b>\$20</b>
<b>45 min. Sessions</b>	<b>\$25</b>

#### How long will I need to go in for?

A typical session is at least 30 min's. If you are new to the Infrared Sauna you will want to begin gradually. A general rule would be to begin at 100 degrees F. for the first week for a 15 minute a session. You can increase the temperature a few degrees as well as the time a few minutes over your next sessions, over a 2 week period, until you have reached 120 degrees F. and 30 minutes. After that you can stay in as long as you like. Studies have shown that the most benefit is obtained at 120-140 degrees F. for 45 minutes. Remember that it has taken a lifetime to accumulate your toxic load and it will take some years to gently cleanse your body, using this wonderful technology as often as you can. For relaxation you would have at least a 30 min. session at 115 degree 2 times a week. For any therapeutic reason it is recommended to have at least a 30 min. session 4 times a week.



The office will be closed for Thanksgiving on Oct. 9<sup>th</sup> & 11<sup>th</sup> Have a nice long weekend!

#### The Skinny on Artificial Sweeteners

Don't fall into the trap of thinking artificial sweeteners are better options than sugar: your brain runs on glucose, which occurs naturally in our food. Research suggests that while your mouth might register an artificial sweetener as sweet, your brain knows it isn't glucose. If there isn't sufficient glucose available, your brain will prompt you to consume more – suggesting that artificial sweeteners play a role in over eating and weight gain. You can get adequate glucose from a diet containing the recommended 7-10 servings of fresh fruits, vegetables and whole grains. Reduce or eliminate your boxed, bottled and canned food choices.

*Experience the Benefits of Monthly Chiropractic!*