

Health Hints, Quick Tips & Fun Facts

Upper Cervical Health News From Your Doctor (With Some Fun Stuff Mixed In)

May 2014

Volume 4 Issue 5

Did You Know?



Page 2

Exercise Helps You Live Longer



Page 2

Prevent the Spread of Bacteria in your Kitchen

Page 3

Silly Quotes



Page 2

Helpful Hints

Check out this months helpful hints

Page 3

Back Page Facts



Page 4

7 Invisible Ways Exercise Improves Your Life

1. Lessen Your Anxiety

Exercise has undeniable effects on your mood, with anxiety reduction key among them. A study by Princeton University researchers revealed that exercising creates new, excitable neurons along with new neurons designed to release the GABA neurotransmitter.

2. Boost Your Immune Function

When you exercise, you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it spreads.

3. Sleep Better

If you're having trouble sleeping, an exercise program may be the solution. Research shows that regular exercisers



report sleeping better, including falling asleep faster and having a decreased need for sleeping pills, than they did prior to the start of their exercise program.

4. Reduce Symptoms of PMS

Women who exercise even report that their symptoms of PMS, including feeling irritable and bloated, improve. In fact, exercise was helpful for improving PMS symptoms in over 80 percent of those who tried it.

5. Boost Your Sexual Health

Exercise is an important component of keeping your sex life alive, largely

because it significantly lowers the risk of erectile dysfunction in men (and those who are the most active have the most benefit with better reported erections).

6. Strengthen Your Brain

The increased blood flow that results from exercise also benefits your brain, allowing it to function better almost immediately. As a result, you tend to feel more focused after a workout.

7. Boost Your Body Image

Exercise helps your body to tone up and become leaner, but this benefit may pale in comparison to what it does for your body image. A meta-analysis of 57 studies found that exercise improves the way people feel about their bodies.

Source: <http://mercola.com>

photo source:

<http://www.flickr.com/photos/edsonhong1/5242124138/>

DID YOU KNOW?

- The first Ford cars had Dodge engines.
- A fully loaded supertanker traveling at normal speed takes a least twenty minutes to stop.
- No matter its size or thickness, no piece of paper can be folded in half more than 8 times.
- According to Gaming Law, casinos have to stock enough cash to cover all the chips on the 'floor'.



Photo Credit:
<http://www.flickr.com/photos/thomashawk/5659767510/>

Exercise Can Help You Live Longer

Your diet accounts for about 80 percent of the benefits you'll reap from a healthy lifestyle, but even if you're eating right, you still need to exercise effectively to reach your highest level of health.



Recent research found that, compared to those who exercised daily, and often vigorously, sedentary people had a six times greater risk of dying from heart disease over the course of 15 years.

One recent study found that those who had greater cardiorespiratory fitness in their teens and 20s scored better on cognitive tests in their mid-40s and 50s.

Sources:

source: mercola.com

Photo Credit:
<http://www.flickr.com/photos/yourdon/2594690838/>

Silly Quotes

"The team has come along slow but fast."

Casey Stengel, Baseball player/manager

"I think the team that wins Game 5 will win the series. Unless we lose Game 5."

Charles Barkley, NBA Basketball Player

"China is a big country, inhabited by many Chinese."

Charles De Gaulle, former French President

"Everything that can be invented has been invented."

Charles H. Duell, Commissioner, U.S. Office of Patents, 1899.



Photo Credit:
<http://www.flickr.com/photos/sebilden/6898920548/>

THIS MONTHS NEW PATIENTS

Antoinette B. from Fullerton referred by Gemma A.

Esther O. from Stanton referred by WWW.RogerSmithDC.Com

Natalie T. from Cerritos referred by WWW.RogerSmithDC.Com

Rodney R. from Huntington Beach referred by WWW.RogerSmithDC.Com

Jacob A. from Huntington Beach referred by Sharayah A.

Manuel C. from Brea referred by Hewitt S.

Dana C. from Brea referred by Hewitt S.

We love recognizing our new patients and those that referred them in. There is no greater compliment than when one of our patients trusts us enough to refer their friends and family.

Prevent the Spread of Bacteria in Your Kitchen

Two million American adults and children become infected with antibiotic-resistant bacteria each year. At least 23,000 of them die as a direct result of those infections.

According to the CDC, as many as 22 percent of antibiotic-resistant

illness in humans is linked to food, and research has shown that nearly half of all meats sold in the US harbor drug-resistant bacteria.

These drug-resistant bacteria can easily spread during food preparation, via cutting boards, kitchen counters, and plastic gloves used during food preparation.

To avoid cross-contamination with other foods and spread of poten-

tially harmful bacteria, use a designated cutting board for raw meat and poultry, and never use this board for other food preparation.

Triclosan, a potent antibacterial agent found in many soaps and detergents, is also spurring the proliferation of antibiotic-resistant bacteria, and is therefore best avoided.

Source: mercola.com

Helpful Hints

- Stuck-On Food in Pots, Pans, and Crockpots, fill the pan with water and place a fabric softener sheet in the water. Allow the pan to soak overnight. The food will wipe right out!
- To prevent spattering and burns while sautéing, tilt the pan away from you to pool the oil every time you add more food, then lay the pan flat again. You can also add a few sprinkles of salt to the pan to prevent spattering.
- Keep a cup of baking soda in the microwave between uses to keep potatoes from smelling like bacon or other unusual combinations.
- A small amount of baking soda added to gravy will eliminate excess grease.

Dr. Roger Smith
 Smith UC Chiropractic Health Care
 16052 Beach Blvd., Suite 130
 Huntington Beach, CA 92647
www.RogerSmithDC.com
 714-848-8122

Place Stamp
 Here

Address Correction Requested

Inside This Months Issue

- ♣ 7 Invisible Benefits of Exercise
- ♣ Helpful Hints
- ♣ Prevent Bacteria in the Kitchen
- ♣ Take advantage of this months offer.

May 2014

Volume 4 Issue 5

Back Page Facts

FREE Consultation & Evaluation For New Patients

Call the office now at 714-848-8122 to schedule your free new patient consultation and evaluation.

Good For One

FREE New Patient Consultation and Evaluation

This coupon entitles you to:

- A consultation with the doctor.
- A comprehensive evaluation.
- A Computerized Thermographic Examination.

This is a \$400 value!

Good Until May 31, 2014

Additional charges may be incurred for related services which may be required in individual cases. This offer excludes Medicare patients and insurance patients.