

Health Hints, Quick Tips & Fun Facts

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

February 2014

Volume 4 Issue 2

Did You Know?



Page 2

Benefits of Beets
Page 2



Deadly Laxatives

Page 3

Silly Quotes



Page 2

Helpful Hints

Check out this months helpful hints

Page 3

Back Page Facts



Page 4

8 Ways to Stay Healthy

Sick and tired of getting sick and tired? Want to improve your well-being, have more energy and maybe even live longer? Start working some of these fun immune boosters into your regular schedule, and you may be able to ward off illness better in the future.

1. Singing

Research shows that singing is an effective immunity booster – even if you're off-key.

2. Laughing

According to a variety of studies, laughter activates protective T-cells and increases antibody production.

3. Probiotics

The health of the GI tract plays a big role in bolstering the immune system.

4. Human touch



Getting a massage, hugging, holding hands — all lower the body's immunity-weakening cortisol levels.

5. Omega-3s – DHA & EPA

Our brain is made with ~40% of the essential fatty acid DHA.

6. Solid shut-eye

Studies have found that sleep deprivation lowers your T-cell count, thereby reducing your body's ability to fight off disease-causing pathogens.

7. Moderate exercise

Exercise doesn't just help your body fight infection: Research shows that it also decreases your risk of getting diseases such as osteoporosis and cancer.

8. Staying Subluxation Free

Your nervous system controls and coordinates all of the functions of your body, including your nervous system. Call the office today to get checked for spinal misalignments and get them corrected!

Source:
<http://blogs.naturalnews.com/the-7-easiest-way-to-stay-healthy/>

photo source:
<http://www.flickr.com/photos/lindaaslund/2384113340/>

DID YOU KNOW?

- Before 1941, fingerprints were not accepted as evidence in court.
- Until 1893, lynching was legal in the United States.
- Oak trees are struck by lightning more than any other tree.
- A marine catfish can taste with any part of its body.



Photo Credit:
<http://www.flickr.com/photos/wildsingapore/9089059937/>

Benefits of Beets

Beet roots contain valuable nutrients that may help lower your blood pressure, fight cancer and inflammation, boost your stamina, and support detoxification.



Beet greens are equally, if not more, nutritious with nutrients that may strengthen your immune system, support brain and bone health, and more.

Beet roots have the highest sugar content of all vegetables, so they should be eaten in moderation.

Try adding beet roots raw to salads or as part of your vegetable juice; beet greens can be sautéed with spinach or Swiss chard.

Sources:

source: mercola.com

Photo Credit:
<http://www.flickr.com/photos/calliope/9859182715/>

Silly Quotes

"We talked five times. I called him twice, and he called me twice."

Larry Bowa, California Angels coach

"I've always thought that underpopulated countries in Africa are vastly underpolluted."

Lawrence Summers, chief economist of the World Bank, explaining why we should export toxic wastes to Third World countries.

"If you or any member of your family has been killed..."

Lawyer TV commercial, Orlando, Florida

"We've got to pause and ask ourselves: How much clean air do we need?"

Lee Iacocca, former Chrysler Chairman



Photo Credit:
<http://www.flickr.com/photos/ronhogan/2082374769/>

THIS MONTHS NEW PATIENTS

Carrie G. from Huntington Beach referred by Casey C.
 Beth M. from San Pedro referred by www.RogerSmithDC.Com
 Al O. from Placentia referred by Sumer P.
 David O. from Portland referred by Caitlin V.
 Elen I. from Cypress referred by Carol E.

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.

Some Laxatives Prove Deadly

The FDA issued a warning about the use of saline laxatives after 13 deaths, and 54 reports of adverse events, were reported following their use.

Saline laxatives that contain the active ingredient sodium phosphate may lead to dehydration, abnormal

levels of electrolytes, kidney and heart problems, and death.

Most overdoses occurred by taking a single dose that was higher than recommended or taking more than one dose in one day.

Stimulant laxatives may decrease your colon's ability to contract, leading to dependence over time.

Constipation can usually be treated and prevented naturally by increasing fiber from vegetables in your diet and making other lifestyle changes.

Source: mercola.com

Helpful Hints

- A small amount of baking soda added to gravy will eliminate excess grease.
- Food splatters all over the inside of your microwave and cooks itself on after time. To easily remove this mess, place a sponge soaked in water or just a dish filled with 1/2 cup water in the microwave. Cook on high heat for 2 minutes. The filth is now ready to be wiped right off - no scrubbing!
- To find out if oil is the proper temperature for frying foods: For deep-fat frying, drop a cube of white bread into the hot oil. If it browns evenly in 60 seconds the oil is 350-365 degrees, in 40 seconds, 365-382 degree, 20 seconds, 382-390 degrees. For shallow frying, the oil is hot enough if it is shimmering and rippling along the bottom of the pan. The most reliable way to gauge the temperature is to use a deep-fat thermometer.

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

- ♣ 8 Ways to Stay Healthy
- ♣ Helpful Hints
- ♣ Deadly Laxatives
- ♣ What's Really Causing That Wrist Pain?

February 2014

Volume 4 Issue 2

Back Page Facts

What's Really Causing That Wrist Pain?

Carpal tunnel syndrome (CTS) is a condition in which the bones of the wrist irritate the nerves that supply the hand.

But did you know that some estimates state that a diagnosis of CTS is actually incorrect in up to 90% of all CTS cases?

What is really going on is what is called "Double Crush Syndrome" (DCS).

DCS is a condition where the nerves that supply the hand and wrist are first irritated by the misalignment of the

A CTS diagnosis can be incorrect 90% of the time

bones of the neck, and then irritated by the muscles of the forearm causing symptoms very similar to those associated with CTS.

The point is, if you are suffering from carpal tunnel syndrome, before you try drugs, therapies or surgery, you should be checked for misalignments of the bones of your neck, particularly the atlas bone.

Every nerve in your body passes through the level of the atlas, including the nerves that supply your hand and wrist.

If you or someone you has Carpal Tunnel Syndrome, call the office today to see if the atlas is the problem.