

Health Hints, Quick Tips & Fun Facts

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

April 2014

Volume 4 Issue 4

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Dangerous Cleaning Chemicals You Should Avoid

It's time for spring cleaning, but did you know that many of the household cleaners you use contain toxic chemicals? Here is a list of 12 chemicals to look out for:

Glycol ethers – Widespread use in paints, perfumes, soaps, cosmetics, and foods. Cause fatigue, lethargy, nausea, and possible liver and kidney damage

Phosphates – Manufacturers have reduced eliminated phosphates from laundry products, but no action has ever been taken on dishwasher detergents. Causes widespread environmental damage

Volatile organic compounds (VOCs), including 1,4-dichlorobenzene – Cause nose and throat irritation, dizziness, and asthma



Phthalates – Cause reproductive harm, endocrine disruption, cancer, and organ damage

Nonylphenol ethoxylates (NPEs) – a common ingredient in laundry detergents and all-purpose cleaners, is banned in Europe, and known to be a potent endocrine disrupter, causing male fish to transform into females

Petroleum solvents – in floor cleaners may damage mucous membranes

Perfumes – Cause headaches, sinus problems, and asthma

Formaldehyde – found in spray and wick deodorizers, is a suspected carcinogen

Butyl cellosolve – found in many all-purpose and window cleaners, may damage your kidneys, bone marrow, liver, and nervous system

Chlorine – irritating to your skin, eyes, and lungs

Ethanolamines – irritating to the skin, eyes, and lungs

Sodium lauryl sulfate – skin irritant, eye irritant, and potentially carcinogenic

Source: <http://mercola.com>

photo source:

<http://www.flickr.com/photos/beatkueng/3957433747/>

DID YOU KNOW?

- There are more nutrients in the cornflake package itself than there are in the actual cornflakes.
- Crocodiles swallow stones to help them dive deeper.
- There is a city called Rome on every continent.
- All species of beetles are edible.



Photo Credit:
<http://www.flickr.com/photos/chaoticmind75/5737116175/>

The Importance of Vitamin D for Normalizing Your Cholesterol Levels

The true cause of “cardiovascular disease” may be diametrically different from what conventional



medicine has been claiming. It may in fact be a cholesterol deficiency problem.

Recent research confirmed that postmenopausal women with higher vitamin D levels had higher HDL and lower LDL and triglyceride levels.

Recent research also suggests there’s an important relationship between your heart health and your brain function, and that this relationship starts much earlier in life than previously thought.

Sources:

source: mercola.com

Photo Credit:
<http://www.flickr.com/photos/detroitsunrise/3524151027/>

Silly Quotes

"A brain scan revealed Andrew Caddick is not suffering from a stress fracture of the shin."

Jo Sheldon

"I'd run over my own mother to win the Super Bowl."

Joe Jacoby, NFL Football player, of the Washington Redskins

"To win, I'd run over Joe's mom too."

Matt Millen, NFL Football player, of the Raiders

"My appetite is so good that I can eat the tablecloth right off the chair."

Joseph Moakley, Massachusetts representative



Photo Credit:
<http://www.flickr.com/photos/jakebouma/3463876846/>

THIS MONTHS NEW PATIENTS

Juan V. from Irvine referred by Salvador V.
 Teri B. from Placentia referred by www.RogerSmithDC.com
 Janet D. from Cypress referred by Teri B.
 Maxine C. from Long Beach referred by Ginette W.
 Jim T. from Long Beach referred by Teri B. Janet D.
 Ann T. from Long Beach referred by Teri B. Janet D.
 Ken E. from Long Beach referred by Jim C.
 Ann S. from Lakewood referred by Esther J.
 Gemma A. from Fullerton referred by Eduardo H.
 Donna W. from Brea referred by Dawn N.
 Julie W. from Rancho Santa Margarita referred by Howard 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.

Lower Your BMI with Light

People who had exposure to light in the morning were most likely to have a lower body fat percentage regardless of how many calories they consumed, how much activity levels they had, or how long they slept.

The benefit was most pronounced in early morning hours. BMI rose by 1.28 points for every hour that light exposure was delayed.

Past research has shown exposure to light may help reduce body weight, body fat, and appetite, while supporting optimal hormone levels, among obese and overweight individuals.

Exposing yourself to intense light (aka daylight) for at least half an hour or more each day, and avoiding exposure to light at night (especially in the blue wavelength) is important for optimal health and weight control.

Source: mercola.com

Helpful Hints

- Rinse bacon under cold water before frying. This reduces the amount the bacon shrinks by almost 50%.
- To quickly and easily make real "bacon bits", hold slices of raw bacon over a frying pan, cut off little pieces into the pan with kitchen shears, then brown, stirring often; drain off grease.
- When making many meatballs a fast and simple way is to shape the meat mixture into a log and cut off slices. The slices roll easily into balls. Another option is to pat the meat into a square and cut it into cubes which again easily roll into meatballs of uniform size.
- Meatloaf will cook faster if you make it in small rounded loaves or even in muffin cups. Muffin cups make reheating leftovers a breeze!

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- ♣ What if one of your legs is shorter than the other?

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What Do You Do If You Have One Leg Shorter Than The Other?

Have you been told by a health care professional, massage therapist, physical therapist, or maybe even your tailor that you have one leg shorter than the other?

Was a heel lift prescribed for you? Did you wear the heel lift and bigger problems started showing up with your hips and knees?

Or maybe you wore the heel lift for awhile, and haven't thought about it in many years.

Sometimes, people may have one leg shorter than the other as a result of something that happened to their bone structure... either they were born with it, they

had an illness, or an injury... this is known as an "anatomical short leg" and under these circumstances a heel lift or other such device may help out.

... many times, an imbalance in the hips is being caused by a misaligned atlas.

But many times a person may have an imbalance in their hips that is causing the leg to appear shorter, and if the imbalance

was corrected the legs would even up... this is known as a "functional short leg."

But what's interesting is many times the imbalance in the hips is actually coming from a misaligned bone in the neck called the atlas.

Lucky for you, we're experts at correcting atlas bone misalignments.

If you or someone you know has been told they have a "short leg," talk to us about it. It may be that an atlas correction is just the thing needed.