

# Health Hints, Quick Tips & Fun Facts

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

March 2014

Volume 4 Issue 3

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## 8 Top Health Benefits of Cauliflower

Because of its beneficial effects on numerous aspects of health, cauliflower can easily be described as a superfood. Eight of its most impressive benefits follow:

### 1. Fight Cancer

Cauliflower contains sulforaphane, a sulfur compound that has also been shown to kill cancer stem cells, thereby slowing tumor growth.

### 2. Boost Heart Health

Sulforaphane in cauliflower and other cruciferous vegetables has been found to significantly improve blood pressure and kidney function.

### 3. It's Anti-Inflammatory

You need some level of inflammation in your body to stay healthy. However, it's also possible, and increasingly common, for the inflammatory



response to get out of hand. Cauliflower contains a wealth of anti-inflammatory nutrients to help keep inflammation in check.

### 4. It's Rich in Vitamins and Minerals

Most Americans are seriously lacking in nutrients their body needs to function. Eating cauliflower regularly is a simple way to get these much-needed nutrients into your body.

### 5. Boost Your Brain Health

Cauliflower is a good source of choline, a B vitamin known for its role in brain development.

### 6. Detoxification Support

Cauliflower helps your body's ability to detoxify in multiple ways. It contains antioxidants that support Phase 1 detoxification along with sulfur-containing nutrients important for Phase 2 detox activities.

### 7. Digestive Benefits

Cauliflower is an important source of dietary fiber for digestive health.

### 8. Antioxidants and Phytonutrients Galore

Eating cauliflower is like winning the antioxidant and phytonutrient lottery. It's packed with vitamin C, beta-carotene, kaempferol, quercetin, rutin, cinnamic acid, and much more.

Source: <http://mercola.com>

photo source:

<http://www.flickr.com/photos/calliope/54833239/>

## DID YOU KNOW?

- The average American consumes 9 pounds of food additives every year.
- One in three snake bite victims is drunk. One in five is tattooed.
- 68 percent of a Hostess Twinkie is air!
- If you shake a can of mixed nuts, the larger ones will rise to the top.



Photo Credit:  
<http://www.flickr.com/photos/rhockens/2772781746/>

## Confirmed: Mammograms Offer No Benefit

One of the largest and longest studies of mammography to date, involving 90,000 women followed for 25 years, found that mammograms have absolutely NO impact on breast cancer mortality.



Over the course of the study, the death rate from breast cancer was virtually identical between those who received an annual mammogram, and those who did not.

22 percent of screen detected invasive breast cancers were also over-diagnosed, leading to unnecessary treatment.

Beware of the “new and improved” type of mammogram called 3D tomosynthesis, as it exposes you to even HIGHER doses of radiation than a standard mammogram.

Sources:

*source: mercola.com*

Photo Credit:  
<http://www.flickr.com/photos/happydog/4666881667/>

## Silly Quotes

"Good looking people turn me off. Myself included."

*Patrick Swayze, Actor*

"If people get a kick out of running down pedestrians, you have to let them do it."

*Paul Jacobs, marketing director for a video game company*

"Hey cabbie, could you turn that thing down a hundred disciples?"

*Paul Owen, Baseball player complaining about the radio being too loud*

"Guys aren't able to get \$15 or \$20 million anymore, so you have to play for the love of the game."

*Penny Hardaway, NBA Basketball Player*

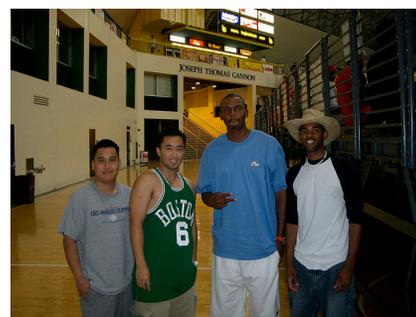


Photo Credit:  
<http://www.flickr.com/photos/quinn3411/3619810184/>

## THIS MONTHS NEW PATIENTS

Steve W. from Huntington Beach referred by [www.RogerSmithDC.com](http://www.RogerSmithDC.com)

Aaron A. from Anaheim referred by Joseph B.

Marc H. from Fullerton referred by Corrine H.

Windi W. from Huntington Beach referred by Carrie G.

Tricia G. from Costa Mesa referred by [www.RogerSmithDC.com](http://www.RogerSmithDC.com)

Elena H. from Westminster referred by Eduardo H.

Marilyn D. from Fullerton referred by Krista D.

Christine M. from Stanton referred by Judy T.

Sonia M. from Monrovia referred by Brian B.

Jordan E. from Canyon L. referred by Howard S.

Stefani R. from Huntington Beach referred by Luanne B.

*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.*

## How Your Body Generates Electricity

Your body's production of electricity allows your cells to communicate and perform basic biological functions necessary for your survival.

Your cells generate electrical charges via electrolytes like sodium and potassium using a mechanism

known as the "sodium-potassium gate".

You can harness the electrical charge of the Earth to positively influence your health in numerous ways via grounding, also known as earthing.

Grounding has been shown to relieve pain, reduce inflammation, improve sleep, enhance well-being, and much more.

The easiest way to stay grounded is to walk barefoot outdoors on a natural surface such as grass, sand, or soil.

*Source: mercola.com*

## Helpful Hints

- To bring back the fluffiness in bed pillows, put them in the clothes dryer. The warm air does wonders in just a few minutes.
- If an electric plug fits too tight and is difficult to pull out, rub its prongs with a soft lead pencil.
- To clean a candle stand especially a glass one, place it in the deep freezer for one hour. The wax will chip off more easily.
- Use bread to pick up fragments of broken glass.
- If you have an aquarium, save the water each time you change it and water your house plants with it. You'll be amazed at the results.

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### Has Cabin Fever Set In?

Have you had enough of winter?

Are you wondering why you're yawning all the time, and at the end of the day you hardly have the energy to talk on the phone, much less spend any time with your family.

Much of this is caused this time of year by the shorter days.

The shorter the day, the less sunlight you get, and the less sunlight you get, the more tired and run-down you feel.

But did you know that many people feel a real energy boost when they get their atlas corrected?

**Many people feel a real energy boost with an atlas adjustment...**

When the atlas is out of alignment, it will affect your entire well being, not only your physical health and wellness, but your mental well being as well.

The nervous system is the master controller of your entire body, coordinating and controlling every single function. It communicates with your body via the nerves, and every single nerve in your body passes through the atlas.

If you've been feeling cabin fever lately, you might just need to call the office and make an appointment to make sure your atlas is in its proper alignment.