

Health Hints, Quick Tips & Fun Facts

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

June 2014

Volume 4 Issue 6

Did You Know?



Page 2

How Fasting Helps You Live Longer



Page 2

Exercise After 40

Page 3

Silly Quotes



Page 2

Helpful Hints

Check out this month's helpful hints

Page 3

Back Page Facts



Page 4

10 Healthiest Foods to Stock in Your Kitchen Year-Round

1. Sunflower and Other Sprouted Seeds

One of the easiest and most efficient ways to optimize your nutrition is to add sprouted seeds to your vegetable juice and/or salad.

2. Organic Pastured Eggs

Eggs are powerhouses of healthy nutrition, provided they're harvested from organically raised, free-range, pastured chickens.

3. Butter

Good old-fashioned butter, when made from grass-fed cows, is rich in a substance called conjugated linoleic acid (CLA). CLA is not only known to help fight cancer and diabetes, it may even help you to lose weight, which cannot be said for its trans-fat substitutes.

4. Fermented Vegetables

To maintain a healthy gut, fermented foods are a necessity. Just one quarter to one half cup of fermented food, eaten with one to three meals per day, can have a dramatically beneficial impact on your health.

5. Avocado

Avocados, which are actually classified as a fruit, are low in fructose and rich in healthy monounsaturated fat (which is easily burned for energy), and research has confirmed the avocado's ability to benefit vascular function and heart health.

6. Macadamia Nuts and Pecans

Mounting research suggests that nuts may actually help you live longer, and help you lose weight.

7. Organic Coconut Oil

Besides being excellent for your thyroid and your metabolism, coconut oil is rich in lauric acid, which converts in your body to monolaurin, a monoglyceride capable of destroying lipid-coated viruses such as HIV and herpes, influenza, measles, gram-negative bacteria, and protozoa such as Giardia lamblia.

8. Fresh Herbs

Herbs are not only great in meals for spice and added flavor but are key to the nutritional density in the foods you eat.

9. Raw Garlic

Raw garlic is a food that should be on your menu daily. It boosts your body's natural abilities to protect you from hypertension and osteoporosis, and research is mounting that it decreases your risk for various forms of cancer.

10. Homemade Broth

Homemade bone broth is excellent for speeding healing and recuperation from illness, as it helps "heal and seal" your gut, the importance of which was discussed earlier.

Source: Visit <http://articles.mercola.com/sites/articles/archive/2014/06/16/15-healthiest-foods.aspx> for more information on each food, and to learn of 5 more foods you should stock in your kitchen.

DID YOU KNOW?

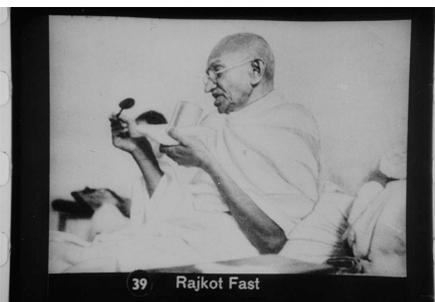
- Persia changed its name to Iran in 1935.
- Arnold Schwarzenegger's voice, in the movie 'Hercules', was dubbed.
- The Amazon rainforest produces more than 20% the world's oxygen supply.
- Kittens are born both blind and deaf.

Photo Credit: Kittens



How Fasting Helps You Live Longer

Fasting has a number of health benefits, including improved cardiovascular health, reduced cancer risk, gene repair, and increased longevity.



Research shows that you can get most if not all of the same benefits of severe calorie restriction through intermittent fasting, where you feast on some days and cut calories on others.

One of the primary mechanisms that makes intermittent fasting so beneficial for health is related to its impact on your insulin sensitivity.

Intermittent fasting helps reset your body to burn fat for fuel.

Mounting evidence shows that when your body becomes adapted to burning fat instead of sugar as your primary fuel you dramatically reduce your risk of chronic disease.

Sources:

source: mercola.com

Photo Credit: wikimedia commons

Silly Quotes

"I think you can't repeat the first time of something..."

Natalie Imbruglia, Singer, on her Grammy nomination

"That's just the tip of the ice cube."

Neil Hamilton, BBC2

"The government is not doing enough about cleaning up the environment. This is a good planet."

Mr. New Jersey contestant when asked what he would do with a million dollars.

"Danny, as you know, was hospitalized last week after complaining about chest and sideburns."

Ned Martin, Sportscaster



Photo Credit: wikimedia commons/

THIS MONTHS NEW PATIENTS

Lien T. from Westminster referred by Jaime N.
 Edyn G. from Costa Mesa referred by Tricia G.
 Dale M. from Newport Beach referred by Roger & Maryn L.
 Stewart T. from Irvine referred by Antonia B.
 Amy N. from Garden Grove referred by Jill & Kelli S.
 Elizabeth R. from Fountain Valley referred by Katie F.
 Jennie E. from Canyon Lake referred by Jordan E.
 Shelia B. from Irvine referred by Teri B.
 Sonnhild K. from Long Beach referred by Dr. Smith

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.

Exercise After 40

Men who begin intensive exercise after age 40 get similar benefits to those who started prior to age 30, including lower resting heart rate and higher maximum oxygen uptake.

Among those who start exercising at age 50 and continue for 10 years, the rate of premature death declines dramatically, similar to giving up

smoking and mirroring the level seen among people who have been working out their entire lives.

Once you hit the age of 30, you enter "somatopause," at which point your levels of human growth hormone (HGH) begin to drop off quite dramatically (this is part of what drives your aging process).

High-intensity interval training (HIIT) boosts your body's natural

production of HGH, which will help address the muscle loss and atrophy that typically occurs with aging.

Source: mercola.com

Helpful Hints

- Grind up a cup or so of rice in a coffee grinder to clean the grinder and sharpen its blades.
- Deodorize dishes, pans, cutting boards or utensils with pungent odors by adding 1/4 cup of lemon juice to your dishwasher.
- To clean mineral deposits from the inside of your dishwasher, pour in a container of Tang® Drink Mix and run the dishwasher (don't put dishes in the dishwasher for this load).
- 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 in the microwave. Cook on high heat for 2 minutes, then allow it to sit without opening the microwave door, for 5 minutes. The filth is now ready to be wiped right off - no scrubbing - and your sponge is right there!

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Inside This Months Issue

- ♣ 10 Healthiest Foods to Stock in Your Kitchen Year-Round
- ♣ Helpful Hints
- ♣ Exercise After 40
- ♣ What did the largest study on neck pain conclude?

June 2014

Volume 4 Issue 6

Back Page Facts

What did the largest study on neck pain conclude?

A study conducted by a branch of the World Health Organization (WHO), and reported in the journal *Spine*, (18 Jan. 2008) concluded that chiropractic care is more beneficial for common neck pain than all other treatments available.

The report involved persons from 19 areas of study and from 8 collaborating universities in 4 countries, and is widely considered as one of the most extensive reports on the subject of neck pain ever developed.

“...‘pain in the neck’ is a common saying for a good reason... (neck pain) is

a widespread, annoying, aggravating & disabling problem affecting up to 70% of the population annually,” says

...19 areas of study... 8 universities in 4 countries conclude chiropractic care is more beneficial for neck pain.

Dr. Gerard Clum speaking on behalf of the not-for-profit Foundation for Chiropractic Progress.

Upper cervical doctors are experts on the neck and misalignments of the neck, in particular, misalignments of the first bone in the neck, the atlas bone.

As an upper cervical doctor, I focus on misalignments of the neck. If you or someone you know is suffering from any type of neck pain, you should make an appointment to let us check to see if your atlas bone is misaligned. If it is, correcting it is a very gentle procedure. Correcting it will help with your neck pain, but it can also have a positive effect on the health of your entire body.