

# Health Hints, Quick Tips & Fun Facts

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

October 2014

Volume 4 Issue 10

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## 5 Superfoods

Seasonal changes come with abundant health benefits, including a bounty of wonderfully tasty superfoods. Eating more fresh vegetables is one of the simplest steps you can take to improve your overall health.

A vegetable-rich diet can help protect you from arthritis, heart disease, stroke, dementia, cancer, and even slow down your body's aging process. There are so many vegetables to choose from, but below are listed 5 of the top superfoods.

### 1. Tomatoes

Tomatoes are an excellent source of lutein, zeaxanthin, and vitamin C (which is most concentrated in the jelly-like substance that surrounds the seeds), as well as vitamins A, E, and the B vitamins, potassium, manganese, and phosphorus.

### 2. Avocados

Avocados are nutritional gems, including being rich sources of monounsaturated fat that your body can easily burn for energy. Because they are so rich in healthy fats,



avocados help your body absorb fat-soluble nutrients from other foods.<sup>3</sup> Sprouting

### 3. Berries

Berries contain concentrated amounts of the disease-fighting phytochemicals found to boost your immunity, prevent cancer, protect your heart, and prevent seasonal allergies. Berries are lower in sugar than many fruits, so they are less likely to destabilize your insulin levels.

### 4. Cucumbers

In spite of their mild favor and high water content (95 percent), cucumbers contain a number of necessary vitamins and minerals, as well as exerting anti-inflammatory

properties. They are rich in vitamin B5 (pantothenic acid), fisetin, vitamin C, vitamin K, potassium, magnesium, manganese, silica, and fiber, and can help your body eliminate toxins. Recent studies show that cucumbers also contain powerful lignans that bind with estrogen-related bacteria in the digestive tract to potentially reduce your risk of several cancers, including breast, uterine, ovarian, and prostate.

### 5. Greens

Greens like spinach and kale are loaded with cancer-fighting antioxidants including beta-carotene, vitamin C, and sulforaphane. Spinach provides folate, which research shows can dramatically improve your short-term memory.

Photo: <https://www.flickr.com/photos/nancy-dregan/5023325968/>

Source: <http://articles.mercola.com/sites/articles/archive/2014/10/20/summer-superfoods.aspx>

## DID YOU KNOW?

- 315 entries in Webster's 1996 dictionary were misspelled.
- Blueberry Jelly Bellies were created especially for Ronald Reagan.
- It is now possible to print human skin with an inkjet printer!
- Tomatoes were originally thought to be poisonous.



Photo Credit: <https://www.flickr.com/photos/araswami/1068420494/>

## Walk More, Sit Less For a Longer Life

Prolonged sitting significantly impacts your cardiovascular and metabolic function. Studies show that these risk correlations hold true no matter how much you exercise.



In one recent study, six hours of uninterrupted sitting was found to counteract the positive health benefits of one hour of exercise.

As a general guideline, if you've been sitting for an hour, you've sat too long. At minimum, you should not sit for more than 50 minutes out of every hour.

Better yet, try to keep your sitting to a minimum; the less the better. Strive for less than an hour a day of sitting.

source: [mercola.com](http://mercola.com)

Photo Credit: <https://www.flickr.com/photos/rbbaird/4727455366/>

## Silly Quotes

"Well, that was a cliff-dweller."

*Wes Westrum, Baseball coach, about a close game*

"During the scrimmage, Tarkanian paced the sideline with his hands in his pockets while biting his nails."

*AP report describing Fresno State basketball coach Jerry Tarkanian*

"This is no longer a slum neighborhood. I haven't heard of a Cubs fan being shot in a long time."

*Anonymous Wrigley Field Neighbor, Chicago, IL*

"Traffic is very heavy at the moment, so if you are thinking of leaving now, you'd better set off a few minutes earlier."

*Anonymous Traffic Report*



Photo Credit: <https://www.flickr.com/photos/so8/8161891893/>

## THIS MONTHS NEW PATIENTS

Martini T. from Irvine referred by Isaac S.

Ben V. from Long Beach referred by Mario P.

Pamela V. from Long Beach referred by Dr. Grant

Phyllis I. from Seal Beach referred by Barbara H.

Jack M. from Torrance referred by Bud & Dottie S.

Patti S. from Lake Arrowhead referred by Bonnie A. & Ginette W.

Thuy R. from Mission Viejo referred by Seth S.

Darlene S. from Westminster referred by Kim Y.

Gail Y. from Huntington Beach referred by WWW.RogerSmithDC.Com

Andrew W. from Costa Mesa referred by Sharon T.

**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.**

## Things You Didn't Know About Honey

Honey is a blend of sugar, trace enzymes, minerals, vitamins, and amino acids that has antibacterial, anti-fungal, and antioxidant properties.

Honey works as well as dextromethorphan, a common ingredient in over-the-counter cough med-

ications, to soothe cough and related sleeping difficulties.

Unprocessed honey can help treat skin infections, helps wounds heal, and improves dandruff and itchy scalp.

It takes about 60,000 bees, collectively traveling up to 55,000 miles and visiting more than 2 million flowers, to gather enough nectar to make one pound of honey.

Choose raw, unfiltered honey for medicinal properties; most honey on the market is highly processed and may even contain additives like corn syrup.

*Source: mercola.com*

## Helpful Hints

- Most casseroles can be made up to 24 hours in advance and refrigerated. Be sure and add 15 or 20 minutes to the cooking time to compensate.
- To chill foods quickly put them in your freezer for 20 to 30 minutes rather than longer in the refrigerator.
- A small amount of baking soda added to gravy will eliminate excess grease.
- 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.

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### Your Best Defense Against Illness

Since its inception, chiropractic has asserted that viruses and microbes don't threaten us all equally and that a healthy immune system easily repels most invaders. The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. Our immune system, like every other system in the body, is coordinated and controlled by the nervous system.

"During an immune response, the brain and the immune system 'talk

**"During an immune response, the brain and the immune system 'talk to each other'..."**

to each other' and this process is essential for maintaining homeostasis or balance in the body,"

says Dr. Christopher Kent, co-founder of the Chiropractic Leadership Alliance.

Source: <http://www.worldchiropracticalliance.org>

*The brain and the immune system can't "talk to each other" very well if there is interference occurring because of a misalignment at the level of the atlas, which is the first bone in your spine, and the bone through which every nerve in your body passes through. Call the clinic today & make an appointment to check & see if your atlas is in alignment.*