



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Kenneth Winer's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

Education is one of the most important topics of conversation these days. Formal education has had a significant impact on our lives. I can still remember the name of my first grade teacher. Can you? When we think back to our own school days, we remember homework and tests and maybe even getting sent to the principal's office a few times. No doubt this was quite an experience. However, where were we getting our education for living? Much of our education for living has come from our own experiences as well as the experiences of others, such as our parents, friends and even what we see on television and the internet. As we become adults, it might be important to take a close look at what we have learned about living. Some of our beliefs about life may need to be changed because they are causing us problems or simply are no longer serving us.

For example, learning to earn a living is one important aspect of living life successfully. The example in your family may have been a good one and you learned the lesson well. But what if you had a poor model of responsibility in this area and you are repeating the same poor patterns day after day?

Over time, you may have recognized that this behavior was no longer serving you and you searched for new ways of living to be financially responsible.

The most important element of living a great life is health. There is nothing else in life as important as being in great health. Stop for a moment and reflect about what you were taught by your family about health. Were you taught to brush your teeth daily? Did your parents have health problems and did they take lots of pills? Did they give you pills every time you had a runny nose or a cough? What are your current views about ways to handle illness?

Each of us has very different views about living and yet we have many things in common. We are all searching for a happy and fulfilling life. In order to accomplish this we must first recognize our own responsibility and personal power to make our decisions and our dreams become reality.

No matter what ignites your passion for living, good health can help you to make the most out of every day. Optimal health does not come from pain pills or surgery. Optimal health does not come from working at it only when we have a health crisis. Healthy living must become an essential part of our daily lives. Health is a very natural asset and we must look to natural solutions to achieve health and maintain it. Chiropractic care is based on the body's ability to heal itself.

The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

What You Assumed About Weight Loss and Exercise May Be Wrong



Source: *New York Times*; September 12, 2006

A *Duke University Medical Center* report on the various factors that affect weight loss points to vigorous sustained exercise as a key factor.

Estimates for the benefits of milder forms of exercise, such as a one-mile walk burning 100 calories, are imprecise at best, and often do not take into account factors that reduce their actual effectiveness.

Machines such as treadmills, for example, overestimate the calories burned by 10-15 percent.

However, weight-bearing, gravity-fighting exercises like dancing, skating, running, and stair-climbing burn more calories, in the same period of time, than gentler water-based exercises or cycling, although some make up for this by cycling for long periods.

How skillfully you perform your personal exercise regimen affects calorie burn, too. Poor technique may make you work harder and expend more calories, but you'll quit faster and may hurt yourself along the way.

Vigorous, sustained exercise does more good, not only for kids, but adults as well. And considering all the good exercise can do -- beating diabetes and Alzheimer's for starters -- you'll want to get it right the first time. There is even compelling evidence that suggests exercise makes you smarter.

There are three important variables to consider when you exercise:

- Length of time
- Frequency
- Intensity



Most people don't exercise at the appropriate intensity and as a result aren't able to obtain the benefits. When you use the right dose you will receive absolutely amazing results, but if you under or overdose you will either not achieve the results you seek or suffer from unnecessary side effects.

The bottom line is that one of the best investments you could ever make in your health is your commitment to a regular exercise program that you can do the rest of your life. This is because exercise is not like money. You simply cannot bank it. Even if you were a world-class athlete, in about two weeks of non-exercise you would start to experience serious de-conditioning.

...so get out there and begin an exercise regime. You'll feel better for it.

KW

Fascinating Facts to Think About

Did You Know?

- ❖ **Exercise is a winner for health.** Research indicates that regular physical activity significantly reduces the risk for Alzheimer's disease by increasing blood flow to the brain. Mental activity such as puzzle solving can be productive as well, because such activities help build dendrites, important brain connectors.
- ❖ **Women who took a daily multivitamin prior to pregnancy** had half the risk of delivering a preterm baby than those who didn't, reports a study in the American Journal of Epidemiology. Source: *Self Magazine*, March 2005
- ❖ **A weight loss plan that actually sounds like fun:** Laughing for 15 minutes each day may burn 40 calories, which can translate to 4 pounds each year, according to researchers from Vanderbilt University. Source: *Self Magazine*, March 2005
- ❖ **Chiropractic care may help fight oxidative stress in healthy people.** Swedish researchers at the University of Lund compared people undergoing chiropractic care for general wellness to patients with conditions like diabetes, cancer and heart disease. They found that blood levels of thiol, an antioxidant promoting DNA repair, were three times higher in those undergoing chiropractic care for overall health than in patients with active diseases. Long-term care showed the greatest results. Source: Rachel Dowd; *Natural Health Magazine*, July/August 2005
- ❖ **A daily dose of chocolate may reduce the risk of hypertension and diabetes.** A study published in the American Journal of Clinical Nutrition found that eating 3.5 ounces of antioxidant rich dark chocolate daily for 15 days reduced insulin resistance and lowered systolic blood pressure significantly in healthy patients. White chocolate offered no benefit and milk chocolate wasn't tested. All chocolate is high in calories, so opt for dark in a limited amount. Source: *Natural Health Magazine*, July/August 2005

