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W.O.W.

Way Of Wellness Newsletter

Kid's Sports Injuries 5 Ways to Avoid Them

Playing sports is a lot of fun; getting hurt is not. Follow these five steps to prevent injuries so your kids can stay in the game:

1. Your child should wear the right protective gear, such as helmets and protective pads.
2. Teach kids to warm up and cool down. It's not a good idea to just bolt on to the field and start playing. Your child shouldn't even start stretching until he or she is a little warmed up. So make sure they take a light jog to get ready to play.
3. Know the rules of the game. When players know the rules of the game— what's legal and what's not— fewer injuries happen. Your child and the other players know what to expect from each other!
4. Don't let your child play when they're injured. This can lead to an even worse injury, one that could sideline them for a long time!
5. Have your child's spine checked by a chiropractor regularly. Trips, falls, jolts and tackles can cause subluxations. While an injury is usually accompanied by pain, many subluxations are pain-free yet body function is altered just the same.

Naturally Chiropractic
Dr. Stephanie West
404 W. Superior St., Ste. 225
Duluth, MN 55802

Phone: 218-722-2004

www.naturallychiro.com



A Younger You... 20 Anti-Aging Herbs and Spices to Add to your Diet

The typical American diet that is high in simple carbohydrates--white flour, white salt, and processed food--is aging us. We are getting all the bulk without the nutrients, plus adding to our propensity for developing real food cravings. So whether you are a vegetarian or an omnivore, you can start to reverse aging by simply choosing to eat the right foods to keep you full of vim, vigor, and vitality.

One of the easiest way to make sure you are getting more nutrients into every meal is by incorporating herbs and spices. Every time you flavor your meals with herbs or spices you are literally "upgrading" your food without adding a single calorie. You are taking something ordinary and turning it into something extraordinary by adding color, flavor, vitamins, and often medicinal properties. Here's why:

Spices and herbs maximize nutrient density: Herbs and spices contain antioxidants, minerals and multivitamins. At the cocktail party, choose the Thai chicken satay stick over the tried and true fried chicken strip.

Spices and herbs create a more thermogenic diet: Because spices are nutrient dense, they are thermogenic, which means they naturally increase your metabolism.

Some spices and herbs increase your overall feeling of fullness and satiety, so you'll eat less: One study conducted at Maastricht University in the Netherlands showed that when one consumes an appetizer with half a teaspoon of red pepper flakes before each meal, it decreased their calorie intake by 10-16%.

Spices and herbs have real medicinal properties. Study after study shows the benefits of distinct herbs and spices. For example, one 2003 trial of 60 people with type 2 diabetes reported that consuming as little as two teaspoons of cinnamon daily for six weeks reduced blood-glucose levels significantly. It also improved blood cholesterol and triglyceride levels, perhaps because insulin plays a key role in regulating fats in your body.

Choose flavor over blandness every time, and try to incorporate these specific herbs and spices into your diet for the following health concerns:

- Rosemary and basil for their anti-inflammatory power.
- Cayenne and cinnamon for their obesity-fighting power.
- Coriander and cinnamon for their sugar regulating powers.
- Turmeric, basil, cinnamon, thyme, saffron, and ginger for immune-boosting.

Low carb, low fat; what constitutes a proper diet is vast and conflicting. When it comes to nutrition one thing is true—variety is the spice of life. Separate the facts from the fads and get the truth about the foods we eat.

Discovery Week Coming Soon!



Just as Christopher Columbus discovered a new world; you can discover your own new world of health and wellness through chiropractic.

Food for Thought

"Pain is normal, pain is natural, it proves you're alive. Age is a study in the acceptance of pain." Fred Barge, D.C.

"Symptoms then, can serve as a warning or a message that something needs to be explored or changed in one's life. And because, illness is a message, if we treat only its physical manifestations, it can linger on or recur until the message is heeded."

~Dennis Jaffe, Ph.D

Chiropractic Food for Thought: Over-the-counter drugs and medications, like NSAIDs are used for symptom relief. They do not cure or correct. Their purpose is to cover up symptoms so that the body is not aware that the symptoms are present. Chiropractic care is not a treatment for symptoms. The chiropractic spinal adjustment is not intended to cover-up a symptom or even "make you feel better." The purpose of chiropractic care is to correct the cause of the symptom by improving the function of the body, not to hide nature's response to injury, which is pain.



The Magical Powers of Your Body



During the week of October 24, 2009, all across the world magicians and those who love magic will be celebrating International Magic Week. We couldn't think of a better time to celebrate the human body and the magic that takes place every day within your very being...

The human body is a marvel of technology, it's a machine of flesh and blood governed by the mind. If we can properly learn to respect its power and understand its healing nature, we can save ourselves from a lot of trouble.

For example, whenever we have a sprain or strain, our immediate reaction is to take painkillers, massage with ointments, and wish for a fast revival. However, if we can just give the weak area a good amount of rest, bandage it and keeping it warm, the body takes control and it will eventually heal on its own, as if by magic!

To fight one of the commonest diseases of life-'obesity', medical researchers are no longer looking towards 'fat-reducing' or 'hunger-suppressant' drugs. Instead, they are focusing on the 'mind-drugs', which will make our minds believe that we are 'working-out'; automatically giving the body almost the same kind of effect as a rigorous exercise session will. This is a classic example of reconnecting to the healing power of our body.

So, what can we do to fully maximize this healing power within us? We have to focus on our basic attitudes towards our body. For example, if we are properly connected, then we will have certain beliefs:

1. We have respect and trust towards our body.
2. We trust in our 'inner-healing', and the ability to heal.
3. We realize the different states of emotion, and the means to control them, because we realize that the different emotional conditions are just not psychological but also have strong physical results.

Once we begin trusting our body, and listening to it, an eternal relationship gets established with complete trust.

"The power that made the body is the power that heals the body." B.J. Palmer