

## This Issue:

Natural Health and the Benefits Over Pharmaceuticals

Natural Antibiotics

# Natural Health

Dear patients and friends,

This quarter has brought some very interesting developments in health and wellness. The first is new research out New Zealand by neurophysiologist, Heidi Haavik, PhD, who has confirmed the function of your spine can influence the way your brain perceives what is going on in your body. She has proven conclusively that care of the spine can change how the brain integrates sensory information and restores the health and function of your body thereby improving the communication between your brain, body and the environment .

When the spine is not moving properly it makes it harder for the brain to accurately perceive what is going on in your body. It can lead to clumsiness, falls, accidents, injuries and organic conditions.

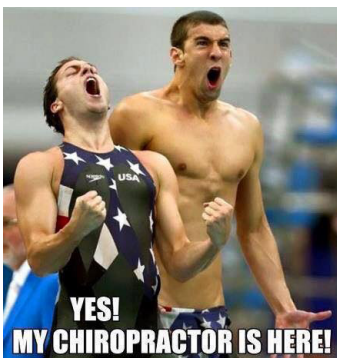
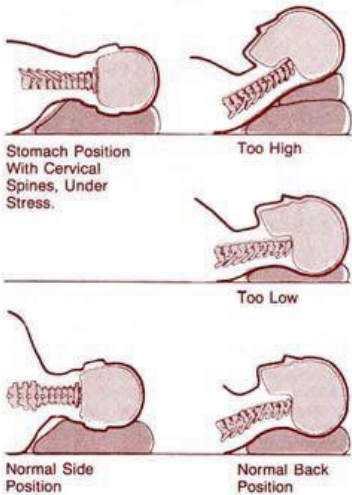
Abuse of Oxycontin class drugs has now replaced heroin as the leading cause of overdose drugs in the U.S. CNN had an interesting program on May 16, 2116 in which Dr. Sanjay Gupta stated that Hydrocodone, Percocet and Oxycontin are deadly and are seriously over prescribed. The U.S., although only 5% of the worlds population uses 75% of these narcotic drugs, leading to the most common cause of preventable death in this country! He went on to say although living pain-free is not always possible, alternatives are available like acupuncture, chiropractic, physical and occupational medicine and lifestyle changes can provide better treatment that are safe and effective.

Natural Anti-inflammatory herbs such as ginger and turmeric are now becoming the popular treatment of choice for inflammation and are very effective. They also do not have the side affects that the non-steroidal anti-inflammatory medications carry including perforation and hemorrhage of stomach tissues, heart and CVA risks. According to the UCLA Alzheimer's Research Center, Turmeric provides potent protection against brain disease by decreasing inflammation and plaque build-up in the brain.

Obesity is quickly becoming the most detrimental risk factor to your health. 66% of all American

adults are either overweight or obese and 31.4% are considered medically obese. The greatest factors for obesity are lack of exercise and the dietary fallacy that fats are the issue. If every adult would walk at least 30 minutes 5 days per week, they would lower their risk factor 50% for heart attack or stroke. Although the last 3 decades have seen a war on dietary fats, the real culprit is not fats but sugars. According to a new FDA report sugar is not only responsible for an increase of heart disease, cancer, diabetes and stroke, but new research may indicate a link to birth defects, ADHD, ADD, allergies and falling scholastic scores.

High Blood Pressure (HBP) is a condition that will affect all of us as we age because arteries naturally stiffen as we get older. Here is some of the latest research on treatment and prevention. According to Suzanne Oparil, M.D., of the University of Alabama, who has played a key role in hypertension guidelines, HBP is not inevitable. Diet, exercise, a low salt diet and a healthy lifestyle can work just as good as a pill. She also recommends avoiding drugs that you may not be aware of that raise BP including Caffeine, Non-steroidal anti-inflammatory drugs and many cold medications that contain pseudoephedrine.



### MORE REASONS TO EAT FRUIT!

- Cherries help calm your nervous system
- Grapes relax your blood vessels
- Peaches are rich in potassium, fluoride and iron
- Apples help your body develop resistance against infections
- Watermelon helps control your heart rate
- Oranges help maintain great skin and vision
- Strawberries can potentially fight against cancer and aging
- Bananas are great for athletes because they give you energy
- Pineapples help fight arthritis
- Blueberries protect your heart
- Kiwis increase bone mass
- Mangos protect against several kinds of cancer



"I've always been a proponent of chiropractic care.

The problem doesn't get fixed until I go to a Doctor of Chiropractic."

-Derek Parra, Olympic Gold Medalist

The New England Journal of Medicine reports that Vitamin E is more effective in the treatment of Alzheimer's disease than any pharmacological drug on the market. Additional research in the Journal of the American Gerontological Society found that insufficient dietary intake of anti oxidants including Vitamin E may increase the risk of cognitive decline, showing that vitamin E is helpful for both brain disease prevention and treatment

One of the primary goals in life for many is just to be happy, yet those who actively pursue happiness never get there. The reason is simple. Happiness is a byproduct of a well lived life. Money does not make you happy, accoutrements of success does not make you happy. The thing that gives most people long term happiness is giving and service to others. Donate your time and money to the service of others and the byproduct will be a happy fulfilled life.

Yours for better health,  
The GEO Doctors

## 10 REASONS WHY PARENTS TAKE THEIR KIDS TO THE CHIROPRACTOR

1. To encourage good neural plasticity (brain and nerve development).
2. To support their child's overall health and wellbeing.
3. To help strengthen their child's immunity and potentially reduce the incidence of colds, ear-aches and general illness.



4. To assist with colic and Irritable Baby Syndrome.
5. To help with asthma, breathing difficulties and allergies.
6. To encourage good spinal posture.
7. To help improve their child's ability to concentrate.
8. To assist with behavioural disorders.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

*"Well Adjusted Babies" Dr. Jen*

## 10 Natural Antibiotics Hiding In Your Kitchen

- 1 Garlic: Get rid of colds and eases inflammation
- 2 Honey: Treat wounds and prevent infections
- 3 Grapefruit Seed Extract (GSE) Kills fungus & parasites
- 4 Apple Cider Vinegar: Disinfectant and kills infections
- 5 Virgin Coconut Oil: Antiviral & antimicrobial
- 6 Echinacea: Increase white blood cell count
- 7 Fermented foods: Preserves gut flora (natural probiotic)
- 8 Colloidal Silver: Kills bacteria
- 9 Cabbage: Boost vitamin C levels
- 10 Oil of Oregano: Strong antiviral for colds, sore throat, and digestive upset