

This Issue:

Natural Health and the Benefits of Vitamin D3

Is Salt Consumption Dangerous

Natural Health



Dear Patients and Friends,

In this volume of Geo Health and Wellness, we will address several new developments in preventive health care.

Spinal Manipulative Therapy (SMT) seems to be the best treatment of choice for Nonspecific Chronic Low Back Pain. According to new research published in the medical journal, "Spine," spinal manipulative therapy is very effective in reducing long term pain and disability levels associated with chronic back conditions. The study showed that patients who had an active care treatment plan of 3 times per week for 30 days and a supportive care treatment plan for 9 months at the frequency of 2 times per month had the best outcomes.

There is a link between low melatonin, difficulty sleeping, prostate cancer and the cervical spine according to the American Association of Cancer Research. Studies suggest that deficiency in melatonin, a hormone which is responsible in the sleep-wake cycle, may play an important role in the development of prostate cancer. Low melatonin levels have been linked to sleep deprivation, and an increased risk of prostate (and breast) cancer. The link with the cervical spine is that if the superior cervical ganglion in the upper neck is severed or damaged the hypothalamus stops producing melatonin. Proper alignment of the cervical spine insures better melatonin production and better circadian rhythm which insures a better night's sleep and lowers your risk of these two devastating cancers .

This quarter has had some very significant positive research for natural health practitioners. As you know hip and knee replacement surgery are on the rise. The main attributable factor besides the aging process and cumulative trauma over a lifetime seems to be alignment of the pelvis and lumbar spine. Pelvic unleveling and a leg length equality of greater than 10mm causes abnormal weight bearing which in turn wears knee and hip cartilage excessively. Have your leg length and spinal alignment checked. It takes just minutes to evaluate and will save you a lot of misery later.

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Alcohol intake is one of the primary risk factors for many human cancers and is strongly associated with cancers of the oral cavity, pharynx, larynx, esophagus, pancreas, liver, breast, and notably the colon and rectum. Alcohol abuse goes unrealized by a majority of the population who do not realize that over time, a couple of glasses of wine or a few cocktails per day will hurt them. For your health: moderation please!

Every month more literature reaches the press on the benefits of Vitamin D3 and its effect on the immune system. The next time you see your primary care provider for a yearly physical and blood work; ask them to do a serum Vitamin D3 test. New research indicates the public at large is at risk of deficiency of this important vitamin and you can significantly lower your risk of heart disease and cancer!




In Alignment Each Day... Keeps Sickness Away!!!

CHIROPRACTIC
Truly Preventive Health Care

DAILY WATER INTAKE

Weight	Water	Water Bottle 26.9 oz.
80 lbs	40 oz.	2
100 lbs	50 oz.	3
120 lbs	60 oz.	4
140 lbs	70 oz.	4
160 lbs	80 oz.	5
180 lbs	90 oz.	5
200 lbs	100 oz.	6
220 lbs	110 oz.	7
240 lbs	120 oz.	7
260 lbs	130 oz.	8
280 lbs	140 oz.	8
300 lbs	150 oz.	9
320 lbs	160 oz.	10


THE BRAIN BENEFITS OF EXERCISE

 INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR

 IMPROVES MEMORY

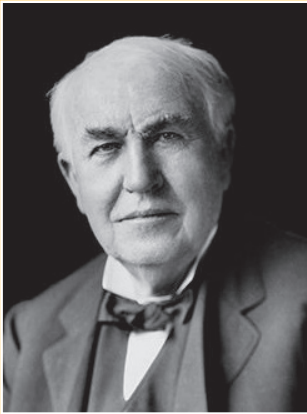
 LENGTHENS ATTENTION SPAN

 BOOSTS DECISION-MAKING SKILLS

 PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS

 IMPROVES MULTI-TASKING AND PLANNING





“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

—Thomas Edison

Be at your best with Chiropractic

Ask your chiropractor how you and your family can feel great and experience wellbeing naturally with the five pillars of health.



daily movement



quality sleep



healthy spine & nervous system



positive mental attitude



eating right

Q and A: A patient e-mailed this important question: “Is Salt dangerous for human consumption?” Salt is essential for life. In fact you cannot live without salt. The important consideration is to consume natural salt with all its natural elements preserved. In contrast, table salt is dangerous to your health. My recommendation is natural Himalayan salt. It contains 84 natural elements; it is easily metabolized by your body and used to promote homeostasis. Here are 13 benefits for using Himalayan salt.

1. Regulating water content in the body
2. Promotes a healthy pH balance in cells, especially brain cells
3. Promotes healthy blood sugar and reduces signs of aging
4. Helps generate hydroelectric energy inside cells
5. Aids in digestion and absorption
6. Supports respiratory health

7. Promotes sinus health
8. Prevents muscle cramps
9. Promotes bone strength
10. Regulates sleep
11. Supports your libido
12. Promotes vascular health
13. In conjunction with water, it is essential in the regulation of blood pressure

Table salt after being chemically cleaned, treated and heated to 1200 degrees becomes the sodium chloride you buy in the store. The body recognizes it as something completely foreign. This type of salt is used as a preservative in most processed foods. When you add additional processed salt to your food, your body receives an excessive amount which the body cannot dispose of and is unhealthy for your body. The result is excess fluid retention and stress on your body's elimination systems.

Until Next time, stay healthy!