

This Issue!*Healthy Circulation
and Brain Function**Useful Supplements**Stepping into Action***Benefits of
Supplements**

Using natural vitamins and supplements help enhance your body's mobility and circulation. Here are a few supplements you can take to improve your overall health and brain function.

Zinc: Regulates how neurons communicate with one another, affecting how memories are formed and how we learn. Zinc also helps with your immune system and improves in wound healing.

B-12: Adequate levels of this mineral reduces your risk of macular degeneration, improves your mood and symptoms of depression and benefits your brain by preventing the loss of neurons. B-12 also helps with osteoporosis, red blood cell formation and anemia prevention.

Copper: Taking this supplement helps protect cognitive function as it supports neurodevelopment and growth and is crucial for proper cognitive development.

*Continue on the back...***Springing Into Healthy
Circulation And Brain Function**

Spring is here and it is the time when nature comes alive. Plants and flowers are blooming, the weather is warm and sunny and, once again, the season is calling for us all to get outside and experience the wonders of spring. This quarter I want to share with you the latest cutting-edge information on health and wellness concerning the power of healthy circulation to the brain and how to help implement routines to keep you at optimum blood flow.

If you have been sedentary during the holidays and winter months it is time to get moving. Immobility is detrimental to your spine, muscles, blood flow and brain function. The season has changed, so take advantage of those sunny days and longer afternoons by going outdoors and

enjoy what nature has to offer.

D.D. Palmer said over 100 years ago, "Life is an expression of tone." That is tone in your spine, tone in your nervous system, tone in your heart, tone in your muscles and your cardiovascular system. To insure more "tone", become more active by going to the gym, playing tennis, riding your bike, joining a yoga class, taking a dance class or swimming in the pool. Just get yourself moving and you will add tone!

A periodic maintenance adjustment is another great way to tone your spine and slow the degenerative process. Do not wait until you are in pain, but have the movement of the spine checked periodically before the symptoms occur. If subluxations remain in the spine for as little as a few weeks, microscopic

degenerative begins to set in, therefore reducing the movement in your spine. Regular chiropractic care not only alleviates pain, but the added benefit is improved mobility and tone of the spine and nervous system.

New neurophysiologic research by Heidi Haavik, PhD, of New Zealand, indicates that stroke victims who use chiropractic care have increased muscular strength in the weakened extremity by an average of 68%. With chiropractic therapy, stroke victims benefit by improving cerebral spinal fluid and blood circulation from the spine to the brain.

Are you worried about dementia? Dementia is an umbrella term for a decline in mental ability bad enough that you cannot perform daily

GEO CHIROPRACTIC CLINIC

A HEALTH AND WELLNESS NEWSLETTER

News

Continued from the Front...

Also helps relieve arthritis pain, promotes immune function, works as an anti-aging agent, and increases your energy. Magnesium: Every single cell in your body consists of this mineral as is needed for hundreds of biochemical reactions to your body. Using this supplement boosts exercise performance, can lower blood pressure and has benefits in fighting type 2 diabetes. Small pic of vitamins, supplements.

Step into Nature

Our local mountain areas have blossomed. Step into nature's playground and visit our local nature trails and walks in the San Gabriel Valley. Local trails you can visit:
 Hermit Falls, Monrovia CA 91016
 Mount Wilson Trail Park, 189 E. Mira Monte Ave., Sierra Madre, CA 91024
 Peck Road Park, 5401 Peck Rd., Arcadia, CA 91006
 Eagle Rock Canyon Trail, 5499 Eagle Rock View Dr., Los Angeles CA 90041
 Pic of nature, poppy fields



DEMENTIA



functions. Exercising your brain is just as important as exercising your body. Here are the 5 pillars to keeping your brain healthy according to Staying Sharp: 1. Exercise regularly, 2. Constantly learn new things, 3. Get a good night sleep and manage stress, 4. Eat a brain healthy diet, and 5. Strengthen your social connections. Utilizing these five strategies will exercise your brain and give it the support to stay healthy.

One of the new health problems on the rise is iodine deficiency. Iodine levels have fallen 50% among normal, "healthy" adults over the past 40 years. Iodine is the mineral responsible for producing active thyroid hormones and is required by every cell in the body. It's a vasodilator, meaning it encourages normal blood flow and steadies the heart rate. According to David Brownstein, MD, iodine deficiency increases the risk for cancers in the breast, ovaries, thyroid and pancreas. It is also gaining notoriety as a cause of hearing loss. Consider taking an Iodine or Kelp supplement or adding seaweed to your weekly diet.

Many of the patients who come to our clinic take some form of statin drug, like Lipitor, Lescol, Mevacor, etc. New information released on statin drugs links them to dementia and early Alzheimer's disease. The brain uses cholesterol as food and has the highest concentrations in the entire body. Statins disable the enzymes that make cholesterol. This may lower your cholesterol but starve your brain of essential nutrients that cause brain degeneration and memory loss. To combat these symptoms, it's recommended to do cardio and stretch exercises, wear compression stockings,

take a magnesium supplement, and keep your self active.

In the area of nutrition there are ways to which you can help your brain feel more rejuvenated. Ketogenic diet is high in protein and fats and low in carbohydrates and sugar which fuel cancer cells. Studies also showed the diet improved the clearance of beta-amyloid protein in the brain, increasing detoxification pathways and your body's own antioxidant production. This helps prevent Alzheimer's, heart disease, diabetes and various cancers. And if you are active, this diet definitely enhances your metabolism.



The last subject I would like to address is fatigue. Remember fatigue is not a natural part of healthy aging and conventional medicine finds it difficult to treat. After disease processes, such as hypothyroidism, adrenal disorders or neoplasms are ruled out, it is beneficial to look at nutritional deficiencies such as B12, zinc and copper. All three are needed for the production of ATP, the body's energy storage molecule. I hope you all enjoy the "newness" of the spring and take some action steps to improve your expression of tone. Get outside and start new routines that will keep your blood flowing and your brain healthy.

I hope this information is valuable to you and will motivate you to take steps to improve your health.

Yours for better health,
 The Doctors of GEO Chiropractic

