

This Issue!

Natural Health and Wellness

Stomach Health and Probiotics

Get "Back" to Health!

Dear patients and friends,

Happy New Year from all of us at Geo Chiropractic! Our goal is to make 2016 your healthiest year yet! In this edition I would like to begin with some facts about your back and why spinal hygiene is so important for the general public. According to the latest Global Burden of Disease (GBD) study, "musculo skeletal disability is much larger than previously appreciated, with back pain still the #1 culprit." Back pain is the largest with neck pain a close second as a major contributor of years lived with disability.

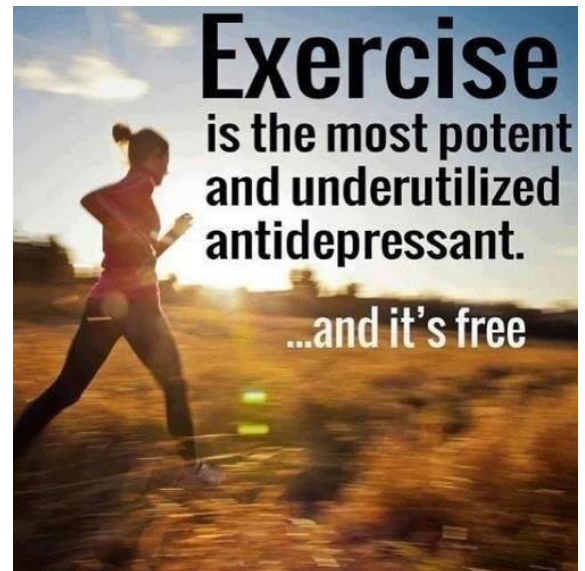
BACK FACTS:

95% of newborn babies are born with signs of cervical strain with their autonomic nervous system is out of balance. (Crying, irritability, difficulty sleeping, colic)

95% of the public will have at least 1 episode of acute low back pain which will render them incapacitated.

39% of Elementary students suffer from back pain.

50% of all adults over 35 suffer from chronic back pain



80% of adults over 60 years of age suffer from Degenerative joint disease.

20% of adults will suffer from severe Spinal Stenosis which will require a nursing home facility and render them incapacitated with loss of bowel or bladder function and the ability to walk. Have those spines checked periodically!

A new study of senior citizens under chiropractic care for at least 7 years indicates that their overall health is superior to any other type of care. The study reveals 60% less hospital admissions, 59% less days in the hospital, 62% less outpatient surgeries, and 85% less pharmaceutical costs! As you see preventative chiropractic care doesn't cost, it pays!

Harvard Professor Rifat Atun, M.D., PhD, recommends, "Don't wait for illness; invest in the maintenance of health. There needs to be an emphasis on maintaining good health, preventing disease and slowing the progression of disease when it does happen".

Probiotics are receiving more and more attention in the realm of health and wellness in that they are essential for a healthy gut. Probiotics are beneficial bacteria that colonize the intestinal tract and promote healthy structure and function.



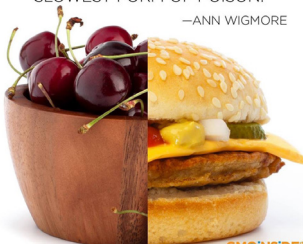
HEADACHE REMEDY



Eat 10-12 almonds, the equivalent of two aspirins, for a migraine headache.

THE FOOD YOU EAT CAN BE EITHER THE SAFEST & MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON.

—ANN WIGMORE

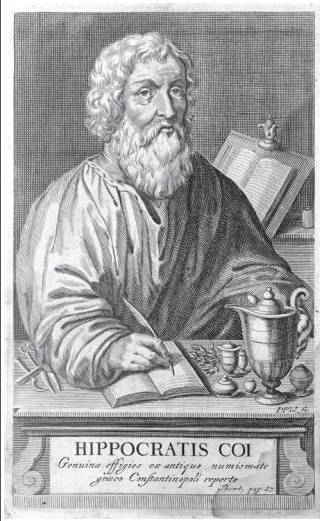


FitLifeTV

NATURE'S 11 MOST POWERFUL ANTIBIOTICS

Your first line of defense against any illness or infection is your own immune system! These foods will super-boost your body's ability to fight any nasty bugs that come your way and will help keep you on top of your game all year long.

- APPLE CIDER VINEGAR
- GARLIC
- GINGER
- HORSERADISH ROOT
- ONION
- HABANERO PEPPERS
- OREGANO OIL
- TURMERIC
- ECHINACEA (HERB)
- RAW HONEY
- COLLOIDAL SILVER



“Let food be thy medicine and medicine be thy food.”
–Hippocrates

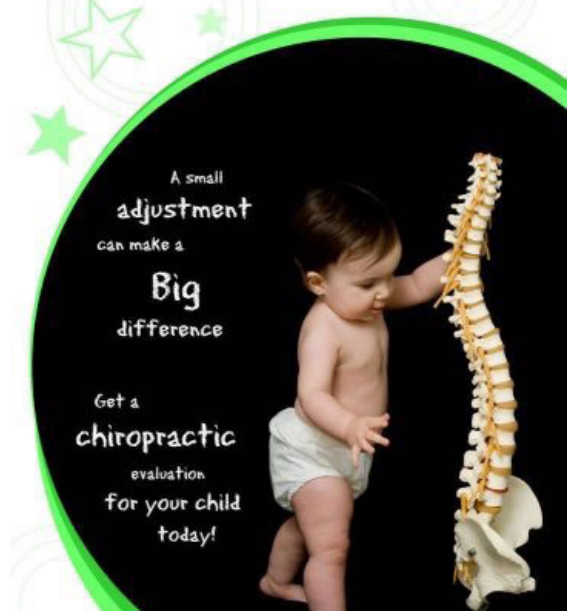
Most health experts indicate that 80% of your immunity comes from the gut. Healthy bacteria aid in digestion and manufacture of important nutrients that raise immunity and your chances of staying well. They also fight pathogenic bacteria and keep them under control. If you have recently been on antibiotics for an infection, get on a probiotic because these drugs do not discern between bad bacteria and healthy bacteria. Remember it this way; Anti (biotic) is death, pro (biotic) is life.

The biggest detriment to your overall health is stress. According to health and wellness experts stressors can be physical, mental or biochemical which affect the allostatic load (the cumulative stressors) that is placed on the body. Higher allostatic load is the major contributor to cancer, heart disease, stroke, high blood pressure and high cholesterol. The best ways to lower stressors is by practicing the dynamic keys to natural health. They include a proper functioning spine and nervous system, good nutrition, regular exercise, optimum rest, a positive mental attitude, managing stress and regular wellness visits to your chiropractor, medical doctor and dentist. Wellness does not cost, it pays!

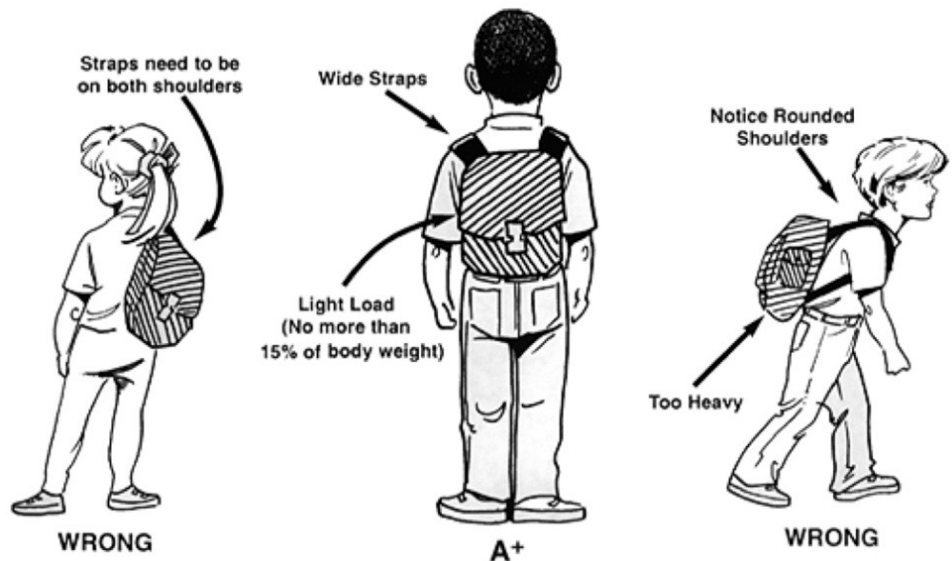
Women, wearing high heels can be detrimental to your health. According to the Journal of Foot and Ankle Surgery, the amount of injuries from wearing high heels have doubled in the past 10 years with over 123,00 visits to U.S. emergency

rooms. High heels changes the dynamics of normal foot posture putting tremendous strain on ankles, knees, hips and low backs. Heels that are above 3.75 inches put 90% more stress on the knees than a ½ inch heel and can lead to Degenerative Arthritis. They are also a major contributor of bunions, hammertoes and arthritis of the ankles.

It's never too early...



Is Your Child's Backpack Making The Grade?



Spinal Care Class
EVERY
MONDAY NIGHT
6:30-7:00 p.m.