

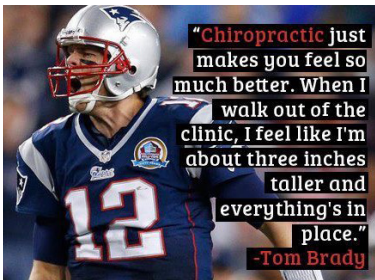
## This Issue:

Health Facts and Tips for 2017

Most Common Pain Areas

Risks of wearing High Heels

Remedies for Cough and Colds



# HEALTH AND WELLNESS TIPS FOR THE NEW YEAR

Dear Patients and Friends,  
All of us here at Geo Chiropractic would like to wish you a happy, successful and healthy New Year. Many of you have probably made some New Years Resolutions, not only to improve the many areas of life but also your health. You probably also know that most New Years Resolutions are short lived and fizzle out after the first month. Therefore, before I get to new information that I think will be important to you about natural health, I would like to share with you

7 simple action steps that you can implement immediately to positively affect your health for 2017.

### Here's whats new:

The feet are 99% normal at birth, 8% develop problems by age 1, 41% at age 5, 80% by age 20. By age 40, nearly everyone has a foot condition of some sort. Since the feet are the foundation of the body, breakdown of the pedal foundation can lead to problems farther up the kinetic chain such as in the knees, hips and spine. Ask your doctor about a complementary 3-D foot scan to evaluate your foot posture today.

Prostate problems will affect about 75% of males as they age. Benign prostatic hypertrophy or BPH for short can begin as early as age 40. Prostate problems

## HIGH-HEEL HAZARDS

From Manolo Blahniks to Nine West, high heels are a popular fashion trend, prompting some women to seek surgery to fit into the shoes. But with the trend comes certain health risks.



### HEALTHY TIPS FOR 2017:

- Walk 30 minutes every day.
- Drink 6 glasses of water daily.
- Read something positive or spiritual every day.
- Get 1 extra hour sleep every day.
- Take a Vitamin /mineral supplement daily.
- Count your blessings every night before bedtime.
- Get your spine checked on a periodic basis to insure proper function of your spine and nervous system.

are more predominant in men who sit all day which may have an effect on circulation to the gland. Low testosterone can also lead to prostate problems in that high stress causes a decrease in testosterone production and an increase in production of estrogen by the adrenal glands. The breakdown product of estrogen is dihydrotestosterone, which is known to cause BPH and predispose the male to prostate cancer. Lifestyle changes such as decrease your're sitting time, increase walking and lower sugars, sweets and refined flour products from your diet which will epigenetically lower your risk of prostate problems. Taking supplements such as saw palmetto, sanguine and zinc may not only be palliative but shrink the size of the prostate gland. If you are getting up more than one time per night to urinate, it would be smart to see your family physician for a prostate screening exam.

# GEO CHIROPRACTIC CLINIC

A HEALTH AND WELLNESS NEWSLETTER

# News

## HOW HIGH HEELS AFFECT YOUR BODY

The perfect, pointy pair of 4-inch heels can make any outfit, but with this style comes much suffering. High heels have the stigma of being bad for health and comfort, but this barely stops women from wearing them occasionally and often daily. Women often make sacrifices for foot fashion, but at what price? Studies have shown that these towering shoes can be costly in more ways than one, taking their toll on your spine, hips, knees, ankles and feet, while altering your posture and gait. We've done our research to help educate and convince women to take it down a notch, for their own good!

FOR MORE INFO VIEW DIAGRAM ON REVERSE SIDE

## Lets get back to healthy!

One of the major questions our doctors have been asked this winter is, "Should I get a flu shot?" My answer is, that if you are relatively young and healthy you do not need a flu shot. If you are elderly, and not in good health, or if you have pulmonary or heart disease; it would probably be beneficial as a prophylactic measure. Let me also give you some facts. Flu vaccines are only 7 to 9% effective and shingles vaccines are only 1% effective. They also contain mercury (thimerosal) and formaldehyde. Both are neurotoxins. Immunogenetisist, Hugh Fudenberg, MD, PhD, found that people 55 and older who got a flu vaccine five years in a row increased their risk of Alzheimer's disease significantly.

New research out of Australia performed by world renowned international researcher Janet Sluggett, MD, concluded that common cough and cold remedies do not work. The new research is based

## Choose Chiropractic

Think differently about staying healthy!

A 7-year study showed that patients whose primary physician was a Chiropractor experienced the following results:

- 60%** Less hospital admissions
- 59%** Less days in hospital
- 62%** Less outpatient surgeries
- 85%** Less in pharmaceutical costs

Source: Journal of Manipulative and Physiological Therapeutics; May 2007; 30(4): 263-269; Richard L. Sarrett, M.D., James Winterstein D.C., Jerrilyn A. Cambron D.C., PhD

on observation of 5000 people treated with OTC (Over the Counter) cold remedies. The results found no good evidence for or against the effectiveness of OTC medications. 19 other studies, reported adverse effects such as nausea, vomiting, headaches and drowsiness in people taking such products.

The best remedies for cough and cold were health supplements such as Vitamin C, Echinacea, zinc, goldenseal, ginger and cinnamon, as well as elderberries. Immuplex has been one of the best supplements for strengthening the immune system. Home remedies such as hot honey and lemon drinks, chicken soup, garlic, green tea and menthol rubs were considered very effective.

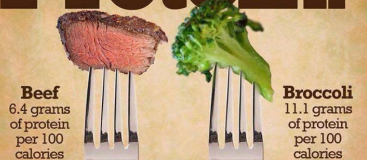
Until next time,  
Stay Healthy!

### Did you know?



One **bell pepper** is an excellent source of vitamin C (117 milligrams per cup). That's more than twice the amount of vitamin C found in a **typical orange!**

## Do you really need meat to get Protein?



**Beef**  
6.4 grams of protein per 100 calories

**Broccoli**  
11.1 grams of protein per 100 calories

Plants have all the protein you need with none of the violence.

VeganStreet.com

## Most common pain areas:

**SHOULDER 38%**  
**LOW BACK 63%**

**NECK 53%**

**WRIST 33%**

