

This Issue:

Lower your cholesterol by eating these snacks

Maintaining Health

Smart Tech to help monitor your health



8 snacks that taste good and can lower your cholesterol:

Here are 8 snacks that taste good and can lower your cholesterol:

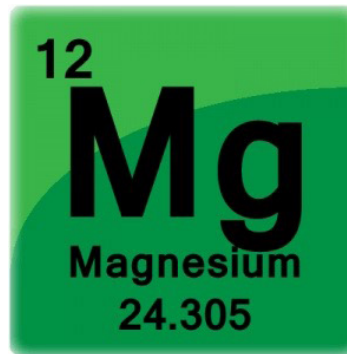
1. Edamame beans
2. Smoothies made with berries, mango, pineapple and protein powder.
3. Popcorn.
4. Nuts.
5. Carrots, cucumbers or celery.
6. Fiber rich Oatmeal.
7. Whole fruit.
8. Beans of all types.

EDUCATING ON MAINTAINING A GOOD HEALTH

Dear Patients and Friends,

On behalf of the Doctors and Staff of Geo Chiropractic, I would like to wish you a Happy and Healthy New Year. Your health and wellness is always our primary concern and the purpose of this newsletter is to educate you on being and staying healthy using the latest cutting edge research.

As I was researching the material for this newsletter, I came upon 4 startling new facts. For the first time in 100 years, the health of our country has gotten; worse, not better. We have the best doctors, the best hospitals and yet this year the World Health Organization has decreased our rating from 37th to 50th in the health of the



industrialized nations. Secondly, our life span has decreased as well for the first time in the last 2 centuries from 78.8 to 78.6years! Thirdly, there are 7 billion people on the planet, 340 million people in the U.S. and we use 2/3 of the world's prescription drugs! Fourth, this year the President of the United States has declared a national health emergency due to the opiate epidemic killing

more people than homicides or overdoses from heroin.

Something must change and the primary cause is that our healthcare system operates in a paradigm of sickness and disease instead of health and wellness. Today more than ever the public must be educated in how to take care of themselves from a wellness and prevention perspective. Our goal at Geo is to do just that; to help you attain and maintain good health for a lifetime through education and prevention as our primary thrust!

New research released by Chauncey Crandall, MD, a cardiologist at Florida's Palm Beach Cardiovascular Clinic indicates that 62% of older Americans are magnesium



10 MAGNESIUM-RICH FOODS TO ADD TO YOUR DIET



GEO CHIROPRACTIC CLINIC

A HEALTH AND WELLNESS NEWSLETTER

News



deficient. This important essential mineral can affect your heart rhythms, blood pressure, blood sugar control, energy production, bone development as well as nerve and muscle function. You should get at least 400mgs per day.

According to a Rush University Medical Center Study, people who participate in mentally challenging activities such as reading enjoy a slower rate of mental decline compared to those who do not. Other activities that slow mental decline include playing computer games such as Solitaire, Soduko and watching TV game shows such as Jeopardy and Wheel of Fortune which act as mental exercise.

New research in the Journal of the American Medical Association (JAMA) ties statin medications to low energy and memory loss. Past studies linked statins to muscle pain, joint stiffness; toxic liver and increased blood sugar. Statins also lower your natural levels of CoQ 10 a vitamin that is essential for heart health. If you take a statin it is imperative you supplement with CoQ 10.

Getting a good night sleep will lower the size of your waist. Researchers at the University of Leeds in the U.K. found that



Magnesium Rich Foods Live Superfoods



people who slept 6 hours per night had waistlines of at least an inch larger than those who slept 8-9 hours. Get those ZZZ's!

A frequent question I am regularly asked is if a massage is an adequate replacement for a chiropractic adjustment? The answer is no. A massage has minimal effect on alignment of the spine. The reason is it does not align the spine; it does not restore the function to locked vertebrae that puts pressure on nerves and does not affect the pathokinesiology . (Abnormal joint function) It also does not slow the degenerative process as does a chiropractic adjustment. It does affect the muscular

component and reduces stress, and does work well along with chiropractic adjustments.

This is the cold and flu season and patients ask me if I had my flu shot. My answer is a surprise when I say no. I never have flu shots because I have a healthy immune system. I only recommend them for people with low immunity or those with heart or lung disorders. This year's flu shot is only 10% effective for that matter.

Until next time; remember the person responsible for your health is you! Let's begin taking some action steps that will move you closer to good health and away from sickness and disease.



TRY SOMETHING NEW TO HELP MONITOR YOUR HEALTH

Another new fad is the FitBit, a monitor you wear on the wrist as a timepiece but instead of telling you the time; it measures your steps per day, heart rate, miles walked and sleep trends. Watching your statistics is another good way of being aware of your overall health and monitoring your movement throughout the day.

