

Your Healthy Tidbits

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TIDBIT #1 Positive Thinking Activities: ~Watch a good **funny movie**. You could rent it out & make yourself comfortable at home with all the paraphernalia: popcorn, drinks, food.

Have a good laugh! ~Do some **exercise** (1/2 hour of good, focused exercise, is ideal, though 10 minutes will also make you feel good). This will clear your lungs & help you breath better, filling you with energy. ~If you enjoy **cooking**, choose a new dish to make & have a glass of wine while you make it. Enjoy the experience by focusing on the sensual side: how the ingredients smell, feel, taste... *More activities to come! the-benefits-of-positive-thinking.com*



TIDBIT #2 Mainstream medicine has been calling for more & more people to be placed on "miracle" drugs known as statins that lower cholesterol. There have even been suggestions that statins should be sold over the counter or given out free when people buy junk, fat-loaded fast food. After all, the rationale goes, by lowering cholesterol, arteries won't clog & heart attacks & strokes can be prevented. However, there have long been 2 **obvious** flaws in that theory: 1) High cholesterol (along with most other cardiovascular risk factors) can be lowered in most people *naturally* by lifestyle changes such as exercise, a healthy diet & keeping weight under control. 2) Statin drugs come with a host of dangerous & even **deadly** side effects, including liver damage, impaired brain function, & sometimes irreversible muscle damage & eye disorders. *NaturalNews.com*



TIDBIT #3 Avoiding Those Holiday Pounds:

Part 1-Eat Regularly. We all get extra busy over the holiday season, which can cause a major disruption in our diets. We may go for hours without eating, only to overeat later in the day. We also sometimes *deliberately* skip meals before holiday parties, hoping to offset any extra calories. The problem with skipping meals is that it only *encourages* you to eat unhealthy foods. After all, when you're starving, are you really going to choose the salad over the double cheeseburger?



Make it easier on yourself & your body by eating *regularly*. Keep snacks handy: Nutrition bars, oatmeal, cereal, string cheese, fruit...anything that's easy to prepare & eat on the go. *Exercise.about.com*

TIDBIT #4 Jerry Rice Speaks Out About His Success with Chiropractic: One of the greatest wide receivers in National Football League history is now talking about how he managed to withstand all those truly "vicious" hits he took. "Chiropractic care was key to keeping me in the game," says Rice, who helped the San Francisco 49ers win 3 Super Bowl Championships between 1985 & 2000. This leads us to his 2nd career on the hit TV show "Dancing with the Stars," which was every bit as exhausting & challenging (though not nearly as brutal) as football." "It required many hours of practice. I had aches & pains that I never had before. Again, chiropractic care made the difference, & kept me dancing and in the competition." *YourSpine.com*



TIDBIT #5 Yams are a good source of vitamin B6. Vitamin B6 is needed by the body to break down a substance called *homocysteine*, which can directly damage blood vessel walls. Individuals who suffer a heart attack **despite** having normal or even *low* cholesterol levels are often found to have high levels of homocysteine. Since high homocysteine levels are *significantly* associated with increased risk of heart attack & stroke, having a good supply of vitamin B6 on hand makes a great deal of sense. High intakes of vitamin B6 have also been shown to reduce the risk of heart disease. *Whfoods.com*



QUOTE: Choose a job you love, and you will never have to work a day in your life. *Confucius*
HUMOR: *Ponder These* *Why is it that no plastic garbage bag will open from the end you first try?*How do those dead bugs get into those closed light fixtures?*Is it true that the only difference between a yard sale & a trash pickup is how close to the road the stuff is placed?

