

# Thanksgiving Newsletter

Belle Hall Chiropractic • 721 Long Point Rd • Mt Pleasant, SC • 843.284.2273 Volume 1, Issue 1

## Can Eating Help You Lose Weight?



Achieving healthy weight isn't so much a matter of eating **less** as eating **smarter**. True, the only way to lose weight is to burn more calories than you take in. But you don't have to starve yourself.

1. **FILL UP ON FIBER.** Fruits, vegetables, whole grain cereals and bran make you feel fuller faster on fewer calories. Plus, they also tend to be loaded with disease-fighting nutrients such as vitamins, minerals, and phytochemicals.
2. **LOAD UP ON CALCIUM.** Researchers believe this important nutrient may suppress hormones that help retain stored fat. In one new study, high-calcium, low-calorie diets helped obese mice lose weight at rates double those of mice given low levels of calcium. **Good sources:** lowfat dairy foods, calcium-fortified orange juice, leafy green vegetables, and tofu.

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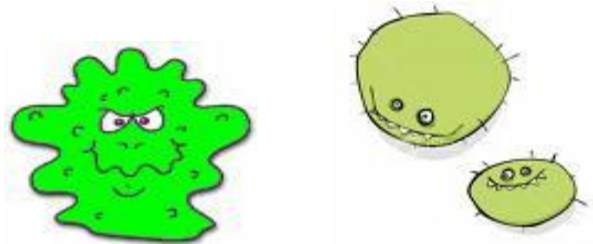
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*The Doctor and Staff of Belle Hall Chiropractic wish you a healthy and happy Thanksgiving!*

## Germs: Are they bad?

In a rare but welcome display of appreciation of wellness principles by the scientific community, Newsweek published an article last week entitled "Caution: Killing Germs May Be Hazardous To Your Health," a commentary on recent studies that demonstrate that microbes are not the ruthless villains they have been made out to be, but rather are useful and synergistic contributors to the wellbeing of the planet, including the host organism that acts as their home.



These are ideas that chiropractors, natural nutritionists and other wellness professionals have been espousing for decades – in fact, I heard noted wellness expert Dr. James Chestnut say that if he was forced to pick only two nutritional supplements to take and give to his kids daily, he would choose omega-3 fatty acids and a probiotic – in other words, a seeding of microorganisms that help to establish the optimal internal environment for maximized health expression.

The presence of these microscopic creatures is clear evidence that nature knows better than we do, as the roles they serve have subtly flown under our scientific radar since we started thinking we were in charge of health, and that the way to get there was to fight disease. No, nature has been leaving us clues and signs about the natural balance of life forever, but it is refreshing to see that mainstream scientists are finally picking up on this fundamental philosophy of natural living.

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3. **DON'T SKIP BREAKFAST.** You'll help prevent binge eating later in the day. Try starting out with high-fiber cereal, whole-grain bread, or fresh fruit.
4. **HANG OUT IN THE KITCHEN MORE.** Cooking at home is the most effective way to make sure your food is the healthiest — **you** control the portion size as well as fat and salt content.
5. **MAKE EATING ENJOYABLE.** French people consume more fat than Americans, yet have much lower rates of obesity. Recent studies on the “French paradox” reveal one possible reason: The French savor eating, while Americans are more likely to rush through meals. Why not try playing soothing music during the dinner tonight to slow down the pace?
6. **TREAT YOURSELF!** Cutting out favorite treats can backfire, dietitians say. Try simply eating less of what you love. **Examples:** Go out for ice cream now and then – but have one scoop, not two – or have one piece of fancy chocolate – not three or four. You won't be depriving yourself, and you'll still be working toward your goal of a healthy weight. ♦

## A BACKUP FOR BACK HEALTH

If you suffer from back pain, there are things you can do to prevent it from worsening. Some helpful tips:

- **Exercise.** Always the first mode of defense for a host of ailments, exercise is key to strengthening back and stomach muscles.
- **Keep your upper back flat when lying down.** Use a pillow under your knees. If you're lying on your side, put a pillow between your knees. If your back aches, don't lie on your stomach.
- **Support your lower back** when you have to sit for a long time. For example, put a small cushion or rolled towel between your lower back and chair.
- **Stand and sit straight.** Keep your feet flat on the floor when you sit.
- **Take breaks.** When you sit or stand or even drive for long periods of time, take a few minutes to walk or stretch.
- **Bend your knees** whenever you have to lift anything. Let your legs—not your back—do most of the work.

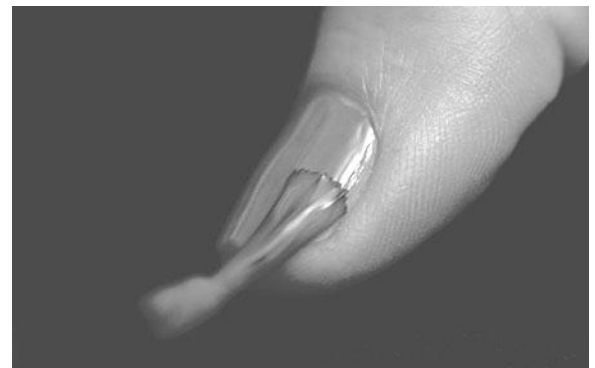
### • VISIT YOUR CHIROPRACTOR REGULARLY!

## Fascinating Facts About Fingernails

Your fingernails help you pick things up and support the tissues of your fingers. That you knew. But did you know all this?

1. Fingernails grow faster than toenails.
2. Nails grow faster in summer than in winter.
3. Fingernails on a person's dominant hand (right vs. left) grow faster than on the nondominant hand.
4. Men's nails generally grow more quickly than women's
5. Nail-polish removers containing acetone can dry nails. Better: Use removers containing acetate, and sparingly.
6. Filing fingernails to a point makes them weaker.
7. For maximum strength, nails should be cut straight across and rounded slightly at the tip.

Finally, your fingernails say a lot about your health – that's why many doctors examine them closely during physical exams. Common conditions and their effects on fingernails include:



<b>Liver diseases</b>	White nail
<b>Kidney diseases</b>	Half of nail is pink, half is white
<b>Heart conditions</b>	Nail bed is red
<b>Lung diseases</b>	Yellowing and thickening of the nail, slowed growth rate
<b>Anemia</b>	Pale nail beds
<b>Diabetes</b>	Yellowish nails, with a slight blush at the base

(Source: American Academy of Dermatology)



## SHARE THIS NEWSLETTER WITH A FRIEND

Each new day about 10,000 Americans try chiropractic care for the first time. Some have only minor complaints. Some suffer from the pain and misery of serious health problems, injuries, and maladies. Some turn to chiropractic as a last resort.

Still, despite this groundswell-demand for modern chiropractic, *many persons in need of chiropractic care more than anything else in the world*, put off trying this safe, painless, drugless health care method because they aren't sure what chiropractic is and how it works.

How regrettable! It's bad enough to be ill or in pain, but to also be unfamiliar with the very method that might help. . .well, that's tragic. . .especially when chiropractic is so close at hand.

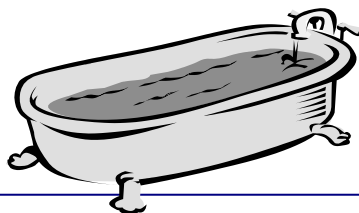
*Thank You*  
for referring your  
Friends to Chiropractic!

### Soothing winter skin

It's that time of year when the less humid air and cold temperatures dry and irritate the skin.

*Here are some tips to keep the winter itch at bay:*

- ⇒ Take shorter showers and baths, using lukewarm water.
- ⇒ Pat yourself dry instead of wiping off water.
- ⇒ Leave a little water on your skin and apply moisturizers to help trap the moisture on your skin.
- ⇒ Use a softer soap that includes a moisturizer.
- ⇒ Use soap only in the places you really need it, like your face, hands, armpits, groin, and feet.



It may seem counterintuitive to medical thinking, which has led us to believe that germs are bad, but actually these little bugs make vitamins in our intestines, help to regulate our immune systems, and even influence our serotonin levels, meaning that microbes may help us to be happy.

The article points out that our fear around bacteria has created an imbalance in our ecology that may well have serious detrimental effects. The onset of MRSA, methicillin-resistant staph aureus, is an extended reaction to the consequences of overusing penicillin – many staph infections were not responding to it, necessitating the use of a new anti-biotic – but true to form, you can't keep a species that reproduces every twenty minutes from finding mutational answers to those kinds of challenges, and thus we have risked creating and in some cases already created super-resistant strains of microorganisms. Making more and different anti-biotics is not the solution, but rather we need to ask a new question – what are these bugs here for, why do they live in our bodies, and instead of trying to kill them, how can we learn to peacefully co-exist with them, for the betterment of all?

It is uplifting to think that orthodox science is becoming more sensitive to this perspective. Germs have traditionally been looked at as invaders, and now the possibility is being considered that they are there for a reason – and this is cause for great hope and satisfaction on the part of those who have stood for the natural way from the start.

In no way does this signal that the war is won – but it does point out that the winds are changing, and from this small acorn, a mighty oak will grow, and with it, the dawn of a new age of awareness, based on things natural, and the integration of this concept into household thought will be inspiration enough to carry on our fight, until all humanity realizes its birthright, as a vital part of nature, not the ruler of it.