

Health Hints, Quick Tips & Fun Facts

Upper Cervical Health News From Your Doctor (With Some Fun Stuff Mixed In)

February 2015

Volume 5 Issue 2

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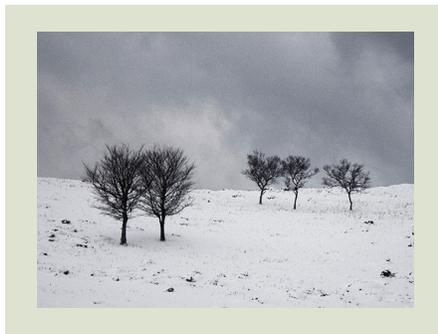
Simple Ways to Beat Seasonal Affective Disorder (SAD)

It's been estimated that as many as 20 percent of Americans are affected by Seasonal Affective Disorder (SAD) each winter, suffering from the blues, fatigue, and in some cases, more serious depression as sunlight grows scarce.

Light is a major factor in overcoming SAD, but you can also help boost your mood naturally during the dark, cold winter by:

Exercising: Regular physical activity has been found to work better than antidepressant drugs. In fact, it's one of the most powerful strategies available to prevent and treat depression and boost your mood. According to the World Health Organization (WHO), there is no discernible difference in tooth decay between developed countries that fluoridate their water and those that do not.

Going to sleep early, and/or addressing insomnia. You were designed to go to sleep when the sun sets and wake up



when the sun rises. If you stray too far from this biological pattern you will disrupt delicate hormonal cycles in your body, which can affect both your mood and your health. The link between depression and lack of sleep is well established. Of the approximately 18 million Americans with depression, more than half of them struggle with insomnia. In one study, 87 percent of depression patients who resolved their insomnia had major improvements to their depression, with symptoms disappearing after eight weeks.

Avoiding processed foods. A factor that cannot be overlooked is your diet. Foods have an immense impact on your mood and ability to cope, and eating a diet of fresh, whole foods as described in my nutrition plan will best support your men-

tal health. Refined sugar and processed fructose are known to have a very detrimental impact on your brain function and mental health in general.

Optimizing your gut health. Fermented foods such as fermented vegetables are also important for optimal mental health, as they are key for optimizing your gut health. Many fail to realize that your gut is literally your second brain, and can significantly influence your mind, mood, and behavior. Your gut actually produces more mood-regulating serotonin than your brain does.

Increasing high-quality, animal-based omega-3 fats. Your brain consists of about 60 percent fat, DHA specifically, so you need a constant input of essential omega-3 fats for your brain to work properly.

Photo: <https://www.flickr.com/photos/ma1974/357503988/>

Source: <http://articles.mercola.com/>

DID YOU KNOW?

- The Muppet Show was banned from Saudi Arabian TV because one of its stars was a pig.
- A shrimp's heart is in its head.
- In 1976 an LA secretary named Jannene Swift officially married a 50 pound rock in a ceremony witnessed by more than 20 people.
- An olive tree can live up to 1,500 years!



Photo Credit: <http://www.flickr.com/photos/9084427@N07/4751543341>

Antibiotic Resistance Will Kill 300 Million People by 2050

Three problems with the US food supply are the way food is raised; the way it's processed; and the routine use of hazardous drugs and chemicals.



A report commissioned by UK Prime Minister estimates that by 2050 antibiotic resistance will have killed 300 million people; the annual global death toll reaching 10 million.

Agriculture accounts for 80 percent of all antibiotics used in the US, and it's the continuous use of low dose antibiotics that permits bacteria to survive and become increasingly hardy and drug resistant.

source: mercola.com

Photo Credit: <http://www.flickr.com/photos/97534175@N00/2955240349>

Silly Quotes

"You'd better learn secretarial work or else get married."

Emmeline Snively, Director of the Blue Book Modeling Agency, giving advice to Marilyn Monroe in 1944

"If you let that sort of thing go on, your bread and butter will be cut right out from under your feet."

Ernest Bevin, Former British foreign minister

"A billion here, a billion there, sooner or later it adds up to real money."

Everett Dirksen, Congressman

"I was in a no-win situation, so I'm glad that I won rather than lost."

Frank Bruno, Boxer

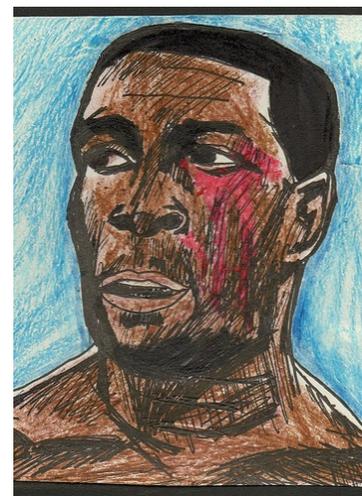


Photo Credit: <http://www.flickr.com/photos/35002236@N06/3329320564/>

THIS MONTHS NEW PATIENTS

Sanjay L. from Santa Fe Springs referred by Betty R.S
 Tom B. from Long Beach referred by Jules B.
 Alice Y. from Yorba Linda referred by Roger L.
 Rob F. from Lakewood referred by Carla F.
 Nicole B. from Anaheim referred by Stacey H.
 Hanna L. from Huntington Beach referred by www.RogerSmithDC.com
 Sabrina R. from Huntington Beach referred by www.RogerSmithDC.com
 Bill G. from Huntington Beach referred by Sandra R.
 Jacob L. from Anaheim referred by Nicole B.
 Susan P. from Long Beach referred by Vivienne W.
 Joe K. from Huntington Beach referred by OC Trigeminal Group

We love recognizing our new patients and those that referred them in. There is no greater compliment than when one of our patients trusts us enough to refer their friends and family.

Eating Organic Exposes You to Fewer Pesticides

The largest study of its kind found that people who “often or always” ate organic food had about 65 percent lower levels of pesticide residues compared to

those who ate the least amount of organic produce.

More than 75 percent of the US population has detectable levels of organophosphate pesticides in their urine, and unless you’re a farmer, your diet is one of the most likely routes of exposure.

In one previous study, organic produce had, on average, a 180 times lower pesticide content than conventional products.

Source: mercola.com

Helpful Hints

- Permanent Marker on Carpet? Dab a washcloth soaked in rubbing alcohol onto the marker stain. Do not rub it - just blot it - rotating the cloth to a clean spot every time.
- To combat smelly shoes, simply fill a tube sock with kitty litter, baking soda, or tea leaves; tie the end closed; and place the filled socks in the shoes when you're not wearing them. These sachets can be used over and over in any kind of shoe.
- To remove stains in clear plastic containers, use a baking soda paste (baking soda and water) and rub into the stain. You can then rinse with vinegar (optional) and wash normally. Another method is to place container outside on a nice sunny day and the sun actually bleaches the stain out. To avoid stains in the first place, spray container with cooking spray before putting things in it that stain i.e. spaghetti sauce.

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Has Cabin Fever Set In?

Have you had enough of winter?

Are you wondering why you're yawning all the time, and at the end of the day you hardly have the energy to talk on the phone, much less spend any time with your family.

Much of this is caused this time of year by the shorter days.

The shorter the day, the less sunlight you get, and the less sunlight you get, the more tired and run-down you feel.

But did you know that many people feel a real energy boost when they get

Many people feel a real energy boost with an atlas adjustment...

their atlas corrected?

When the atlas is out of alignment, it will affect your entire well being, not only your physical health and wellness, but your mental well being as well.

The nervous system is the master controller of your entire body, coordinating and controlling every single function. It communicates with your body via the nerves, and every single nerve in your body passes through the atlas.

If you've been feeling cabin fever lately, you might just need to call the office and make an appointment to make sure your atlas is in its proper alignment.