

Health Hints, Quick Tips & Fun Facts

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

September 2014

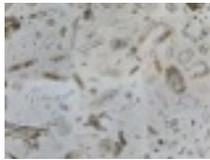
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Three Ways to Boost the Nutrient Power of Your Vegetables

Eating a variety of fresh vegetables is always desirable, but there are ways to boost their nutritional value even further.

1. Fermenting

Fermenting is one of the best ways to turn ordinary vegetables into superfoods. The culturing process produces beneficial microbes that are extremely important for your health as they help balance your intestinal flora, thereby boosting overall immunity. When fermenting vegetables, you can either use a starter culture or simply allow the natural enzymes, and good bacteria in and on the vegetables, to do all the work. This is called "wild fermentation."

2. Juicing

Juicing provides an easy way for you to consume more vegetables and a greater variety of them, as well as providing ALL of those important nutrients in an easily assimilated form. Virtually every health authority recommends that we get six to



eight servings of vegetables and fruits per day, but very few of us actually get that. Juicing is an easy way to reach your daily vegetable quota. Raw juice can be likened to a "living broth," as it is teeming with micronutrients and good bacteria that many people are lacking.

3. Sprouting

Sprouting is a perfect complement to juicing! Sprouts are a superfood that many people overlook, as they offer a concentrated source of nutrition that's different from eating the vegetable in its mature form. Sprouts provide some of the highest quality protein you can eat and can contain up to 30 times the nutrient content of home-grown organic vegetables. They're also easy to grow with very little space

and time. Some of the most common sprouts include alfalfa, mung bean, wheatgrass, peas, broccoli, and lentils—you can even sprout garlic!

Sprouts have the following beneficial attributes:

- Support for cell regeneration
- Powerful sources of antioxidants, minerals, vitamins, and enzymes that protect against free radical damage
- Alkalinizing effect on your body, which is thought to protect against disease, including cancer (as many tumors are acidic)
- Abundantly rich in oxygen, which can also help protect against abnormal cell growth, viruses, and bacteria that cannot survive in an oxygen-rich environment

Photo: <https://www.flickr.com/photos/grafixer/5189263412/>

Source: <http://articles.mercola.com/sites/articles/archive/2014/09/08/vegetable-health-benefits.aspx>

DID YOU KNOW?

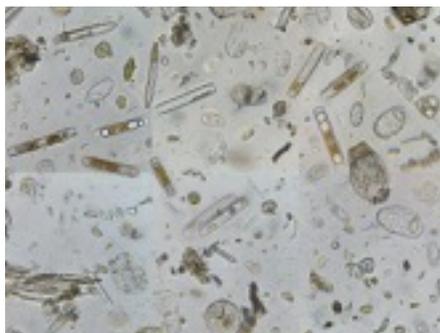
- When your face blushes, the lining of your stomach turns red, too.
- According to the U.S. Census Bureau, there aren't any homes in North Dakota worth more than \$1 million.
- Contrary to popular belief, the Eskimos do not have more words for snow than do speakers of English.
- 41% of the moon is not visible from earth at any time.



Photo Credit: <https://www.flickr.com/photos/jingleslenobel/4940423735/>

Certain Gut Bacteria Protect Against Food Allergies

Your gut microbiome activity influences your immune responses, nervous system functioning, and plays a role in the development of any number of diseases, including food allergies.



Recent research shows that a common gut bacteria called Clostridia helps prevent sensitization to food allergens.

A gut-dwelling virus infects and kills beneficial bacteria called Bacteroides. This virus may play a role in obesity by upsetting the ratios of bacteria, allowing obesity-promoting bacteria to thrive.

The best way to optimize your gut flora is through your diet. A gut-healthy diet is free of processed sugars and one rich in whole, unprocessed, unsweetened foods, along with traditionally fermented or cultured foods.

source: mercola.com

Photo Credit: <https://www.flickr.com/photos/rbbaird/4727455366/>

Silly Quotes

"I've always thought that underpopulated countries in Africa are vastly underpolluted."

Lawrence Summers, chief economist of the World Bank, explaining why we should export toxic wastes to Third World countries.

"If you or any member of your family has been killed..."

Lawyer commercial on TV, Orlando, Florida

"We've got to pause and ask ourselves: How much clean air do we need?"

Lee Iacocca, former Chrysler Chairman

"I don't diet. I just don't eat as much as I'd like to."

Linda Evangelista, Supermodel



Photo Credit: <https://www.flickr.com/photos/synaes/7185571270/>

THIS MONTHS NEW PATIENTS

Adreanna R. from Anaheim referred by Rosa R.
 Carla F. from Lakewood referred by The Fischer Family
 Dounia B. from Willemstad referred by RogerSmithDC.Com
 Cherrill M. from Huntington Beach referred by Dr. Hall
 Joanna R. from Dana Point referred by Dale M.
 Alexander R. from Willemstad referred by Dounia B.
 Michelle M. from Costa Mesa referred by Pam H.
 Helaine F. from Laguna Beach referred by Dr. Hall
 Kim Y. from Rossmoor referred by Shar H.
 Joseph D. from Irvine referred by Judith C.
 Gabrielle B. from Long Beach referred by Jules B.
 Aurora P. from Palm Desert referred by Dr. Ibarra
 Deidra L. from Seal Beach referred by Tina C.

John K. from Costa Mesa
 Natalie D. from San Clemente referred by The Tanamachi Family
 Joan S. from Garden Grove referred by Carol F.
 Michael S. from Los Alamitos referred by Kelley F.
 Ted T. from Cypress referred by RogerSmithDC.Com
 Thomas S. from Garden Grove referred by Joan S.
 Seth S. from Mission Viejo referred by RogerSmithDC.Com
 Rachel S. from Fullerton referred by Deidra L.
 Kristina K. from Costa Mesa referred by John K.
 Ross V. from Irvine
 Peter T. from Long Beach referred by Friend
 Barbie H. from Buena Park referred by Kim Y.

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.

Weight Lifting Beneficial for Weight Loss

In addition to high intensity interval training, weight lifting is an excellent way to get rid of that stubborn excess body fat.

Working your muscles is the key to firing up your metabolism; muscle contraction is the “engine” that drives fat loss.

Unlike traditional cardio, strength training causes you to continue burning more calories for up to 72 hours after the exercise is over through a phenomenon called after-burn.

Mechanical work with your muscles is also key for properly accessing your cardiovascular system.

You can increase the effectiveness and intensity of strength training

with the super-slow technique, which shortens your sessions to 12 to 15 minutes just a couple days a week.

Source: mercola.com

Helpful Hints

- To make the carpet stand back up after moving a piece of furniture, place an ice cube on the spot. As it melts, the piles will go back up.
- To prevent grease and grime from sticking to your stove top, making it easy to clean, rub it down with car wax on occasion.
- Save money on trash bags by reusing plastic grocery bags. Use them in all your trash cans. To keep them from slipping down, affix a plastic, self-adhesive hook to both sides of the inside of the trash can. Hang the shopping bag from the hooks.
- If you’re going through old photos and some of them are stuck together, use a hair dryer to melt them apart.

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The Root Cause of Migraines

The root of migraines may reside in a brain stem malfunction. Debate still swirls about the precise cause of migraine, but new discoveries are already permitting the development of new treatments.

At the moment, only a few drugs can prevent migraines, all of them developed for other diseases such as hypertension, depression and epilepsy. But they work in only 50 percent of patients, and even then, only 50 percent of the time, and

can also induce a range of potentially serious side effects.

The root of migraines may reside in a brain stem malfunction...

New techniques are now being tested, such as drugs that work by preventing gap junctions, (a form

of ion channel), from opening, thereby halting the flow of calcium between brain cells.

Source: <http://tinyurl.com/59yn3y>

The Atlas bone, the first bone in the spine surrounds and protects the brain stem. Everyone who suffers from migraines must have their atlas alignment checked. Call the clinic today & make an appointment to check & see if your atlas is in alignment, and tell everyone you know who suffers from migraines about this latest research. (see source)