

## Health Problems?



**"Self healing comes from within, not from a pill!"**

November 2014

# Health Solutions

**"It's great to see your back!"**

### Patient Appreciation Day

Sat, 11/15 8:30 am-1:00 pm

- \$25 Cash Adjustments
- \$49 One Hour Massages (gift certificates available)
- 15% Off All Supplements
- \$29 New Patient Exams

**AND OMELETS COOKED TO ORDER, YUM!**  
**We appreciate all of you!**

### Pumpkin Almond Butter Recipe

- 2 cups unsalted, roasted almonds
- 2/3 cups canned pumpkin
- 1 Tbsp chia seeds
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 1 tsp maple syrup
- 1/4 tsp sea salt
- 10 drops liquid stevia or vanilla



Place almonds in a large food processor and process until they turn into almond butter, turning off the machine and scraping the sides as needed. This will take 12-15 minutes.

Add remaining ingredients and process until smooth, another 5 minutes or so. If you would like your almond butter to be smoother, add a small amount of coconut oil.

Place pumpkin almond butter in a storage container and store in the fridge for up to one week.

### UPCOMING HOLIDAY HOURS



### Happy Thanksgiving!

Please see below for our holiday hours:

*\*Massage hours are different\**

Mon 11/24	CLOSED
Tues 11/25	10 am -6:30 pm
Wed 11/26	9 am - 6:30 pm
Thur 11/27	CLOSED
Fri 11/28	CLOSED
Sat 11/29	CLOSED

We will resume normal business hours on **Tuesday 12/2!**

## INFLAMMATION— the Smoke Before the Fire! (Part 1)

If you smell smoke, it's only a matter of time until you discover a burning flame. Same holds true with the human body. If there is chronic (prolonged) inflammation in the body, the inevitable may be lurking just around the corner.

According to Dr. Perlmutter, M.D., "researchers have known for some time now that the cornerstone of all degenerative conditions...is **inflammation.**" If inflammation is at the root of all chronic conditions that face our society, such as pain, heart disease, cancer, diabetes, high cholesterol, dementia and Alzheimer's wouldn't we want to know what the **first missteps** are that lead to this potentially life altering reaction?

Indeed, inflammation is the body's response to repetitive stress. However, the sources of chronic stress vary greatly. Improper diet and/or hydration, poor physical condition, unmanageable emotional stress, lack of quality sleep and environmental toxins all vie for the pool position as inflammatory triggers. Rising to the top spot, as well, is excessive use of certain medications.

Unfortunately, all of the above stressors expose our cells to long term, low-level inflammation that weakens our body's natural, healthy balance. Left unchecked, chronic,

systemic inflammation can go on until one day finally you start to smell smoke. At first, you may find yourself saying, "I didn't do anything to cause this pain," "I just woke up with it," or "I guess I am just getting old."

No- aging does not explain why one feels poorly, pain, tired or sick **-it's chronic inflammation** and you can do something about it! But don't wait because where there is smoke, fire is right around the corner! Ongoing inflammation makes us more prone to chronic pain, accelerated aging and all forms of chronic disease!

### "Anti-Inflammatory Lifestyle" Guidelines:

#### Proper Nervous System function

Chiropractic helps reduce Nerve stress/irritation. This stimulates the parasympathetic nerve fibers which trigger the body's "Relaxation Response" and promotes self healing.

Proper Nutrition Say yes to more "Veggies," and no to "Sugar." Foods containing high sugar and gluten can wreak havoc on our minds and body whereas Greens supercharge the immune system and provide tons of antioxidants!

Proper Hydration Say yes to drinking more pure, mineral and anti-oxidant rich water, such as Kangen ionized water and no to diet or regular soda.

Get moving and exercise Make a goal to get moving at least 3 days a week. Go for a walk, a bike ride or start dancing but do it consistently for 30 minutes 3 times per week.

Take Vitamin D3 Vitamin D3 helps to improve immune function, as well as is a powerful, natural anti-inflammatory.

#### Reduce carbs & omega-6 oils, and eat more healthy fats

Healthy fats are beneficial for our body. Skip the low fat diet and start adding coconut oil to your diet in combination with lots of leafy alkaline rich vegetables. A diet rich in carbs and Omega 6's **promotes inflammation.**

Take your Omega 3's Omega 3's are found in Fish such as a Salmon, Sardines and Herring, also in Flax and Hemp seed. The anti-inflammatory effect of Omega 3's is more easily achieved with proper supplementation. We only recommend taking a fish oil that guarantees "no mercury."



### Omega 3 Testing Now available at Health Solutions!!

The "Omega-3 Test" is a quick, easy and accurate way to find out if your Omega 3's are at a healthy level. A simple finger prick is all that is needed and can be done right at home. Don't let an imbalance of Omega 6 and 3's promote inflammation and undermine your health!

Ask us for your Test Kit!!  
**ONLY \$119.00 till 12/31/14**  
(Normally \$149.00)

## Omega 3's vs Omega 6's - Good Health Begins with the *Essentials!*

Omega 3 and 6's and Omega 6's are both **essential** fatty acids. Essential means they are necessary for human health but the body can't make them so we **MUST** get them through food and supplementation. Omega 3's can be found in fish such as salmon, tuna, and halibut and in some plant sources, seeds and nut oils. Omega 6's are in vegetable oil containing foods, like pastries, breads, chips, crackers and fried foods.

Research shows that omega-3 fatty acids reduce inflammation and therefore may help lower risk of chronic diseases such as heart disease, cancer, arthritis, dementia and Alzheimer's, as well as can play a helpful role in high blood pressure, high cholesterol, depression, accelerated aging and chronic pain.

It is important to have the proper ratio of omega 3 and 6's in the diet. As stated, Omega-3's help **reduce inflammation**, and most omega-6's tend to **promote inflammation**. The **problem?** The typical American diet tends to contain 14 - 25 times more omega-6's than omega-3's, which many nutritionally oriented physicians consider to be way too high on the omega-6 side. The **key** is to have your Omega 3 and 6's in healthy balance.

**Great news!** Now available at Health Solutions is a simple test that measures your Omega 3 & 6 fatty acid levels.

### HOURS OF OPERATION:

Tues	2:00-6:00p	Fri	9:00a-12:00p & 3:00-6:00p
Wed	9:00a-12:00p & 3:00-6:30p	Sat	8:30a-12:00p

**770-565-5510**

[www.YourHealthSolutions.org](http://www.YourHealthSolutions.org)