

HEALTH

News & Views

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Expect A Miracle



Teagan was a little girl who I adjusted along with her entire family. I was at the home one day and Teagan was not doing very well from a health standpoint. She was an extremely sick little girl. She had a lot of congestion in her chest and in her lungs and her heart rate was 165-170 beats per minute, she had bilateral lobar pneumonia.

We called a medical doctor to come over to the house and he said that this little girl needed to be in a hospital, she should be in ICU, she should be on steroids, and she needed oxygen.

I said to the doctor, "Can we just wait and talk about this for a moment. Isn't it important that her vital signs are stable?" He said "Well yeah", I said "Her vital signs are stable on the monitor and she is not acting so much like a sick little girl" and he agreed that she was not listless. I pointed out that this little girl has an innate intelligence inside of her and if that innate intelligence can express itself, it has the ability to heal any disease known to man - including what is going on with her now. So what I was going to do was work to keep her connected into her innate intelligence and let her body heal itself from the inside out.

He said "You're an idiot, you're killing this child and I don't want any part of it" and he left. That doctor was my brother.

So what I chose to do was to check the little girl to see if she was connected to her innate intelligence every hour on the hour for 25 hours and of those 25 hours, I adjusted her 22 times. She was subluxated, her innate intelligence was not connecting through her inner system to her body and she was not able to heal. But adjusting her constantly for 25 hours, the little girl with bilateral lobar pneumonia, 70 respirations per minute, 160-170 heart beats per minute, looked up at me and said "Daddy", (because that little girl was my daughter) "Daddy, can I go back to school now".

And I can tell you, that experience changed my life and it changed hers too. And as a chiropractor, I couldn't go back to my office on Monday and talk about back pain at all. I had to tell people a true chiropractic story about what is possible inside of them, if they can stay connected to the infinite intelligence that runs through their beings they can change their health for the better

Teagan is now 15 years old and she is full of mischief as most 15 year olds are. She taught me a great lesson of the possibility of what exists in a human being if they keep what's inside of them connected and allow it to express itself in all of its purity.

Dr. Tom Preston
North Bay, Ontario, Canada
Article courtesy of www.expectamiracle.com



You Can Help!

With the world at an all time high in natural and man-made disasters, there are mass amounts of people globally that need your help. Although their gratitude and appreciation for your efforts is generally endless *there is also something in it for you personally.*

There are 6 aspects of personal well being that are enhanced by getting out and helping those in need: Happiness, Life satisfaction, Self esteem, Sense of control over life, Physical health and Depression. Although there are some disturbances emotionally from witnessing first hand the fall out of a disaster, the destruction of communities as a whole and how it effects individuals etc., it can be a very profound and empowering experience to help those in need. Finding solutions to their predicament and taking steps to help them rebuild their lives can take place on a small or large scale, the decision is up to you... **How Much Can You Give?**

Expand Your Viewpoint

There is always something new to learn about, whether you are young or old or somewhere in between.

Let us help you know your stuff!

www.gorgeouslygreen.com

Our Website of the Month
(we think its worth checking out)

Whole Foods vs. Processed Foods

There are many advantages of eating whole or real foods, which are foods consumed in their natural state, without processing or adding artificial ingredients. Since they are unprocessed, they still contain all of the nutrients required by the body for optimum health. Processing foods strips them of many of their nutrients.

Fresh, unprocessed fruits and vegetables provide far more nutritional value than their canned or otherwise processed counterparts. Additionally, processed fruits and vegetables often contain high amounts of salt, sugar, and preservatives.

Eggs from free-range chickens contain less cholesterol and saturated fat, and higher amounts of omega-3-fatty acids, vitamins A and E, and beta-carotene than eggs from commercially bred, confined hens.

For those who eat meat, the healthiest type is grass-fed beef, which is lower in fat and higher in omega-3-fatty acids and conjugated linoleic acid (CLA). Conventionally raised cattle are routinely given steroid hormones. Processed meat such as hot dogs, and some lunch meats, contain large quantities of salt and chemical preservatives.

Another big advantage of eating whole foods is that they taste better. There are few things more delicious than a vine-ripened tomato, a fresh peach, or a slice of flavorful whole grain bread.

Health Risks of Processed Foods

In addition to retaining the beneficial nutrients, whole foods do not contain additives that can pose a health risk. Many of these food additives can cause allergies, asthma, digestive disturbances, behavioral problems, and more serious diseases including diabetes and cancer. Preservatives, nitrites, MSG, sugar, salt, high fructose corn syrup, antibiotics and hormones are just some of the additives found in processed foods.

How to Include More Whole Foods in the Diet

An excellent way to include whole foods in the diet is to start a vegetable garden. Growing your own fruits, vegetables and herbs is enjoyable and economical.

Farmers markets provide fresh, in-season fruits and vegetables straight from the fields. Community Supported Agriculture (CSA) programs offer opportunities to receive assortments of locally grown, seasonal produce. When produce is out of season, the best choice is to purchase frozen, which has not undergone processing.

A good selection of whole foods are available in most major supermarkets and natural food stores. Grains, rice, beans, dried legumes, and whole grain pasta are a few types of whole foods that are readily available in bulk. Buying bulk also saves money and eliminates unnecessary packaging.



Sausage Jalapeno Poppers

- 1 12oz. pkg. of ground sausage (preferably from a local farm source)
- 1 8oz. pkg of cream cheese
- 15 Jalapeno peppers
- 1/2 pound sliced bacon, cut in half (again from your local farmer)

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place ground sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
3. Drain sausage and place in a medium bowl. Mix with the cream cheese.
4. Cut jalapenos in half lengthwise. Remove the seeds. Stuff each jalapeno half with equal portions of the sausage and cream cheese mixture. Wrap with half slices of bacon. Secure bacon with toothpicks.
5. Arrange wrapped jalapenos in a large, shallow baking dish. Bake in the preheated oven 20 minutes, or until the bacon is evenly brown.

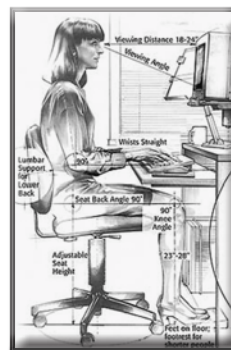
Serves 10

Computers - Are You Postured Correctly?

Millions of people work with computers every day. This article explains simple, inexpensive principles that will help you create a safe and comfortable computer workstation. There is no single "correct" posture or arrangements of components that will fit everyone. However, there are basic design goals to consider when setting up a computer workstation or performing computer related tasks.

To understand the best way to set up a computer workstation, it's helpful to understand the concept of neutral body positioning. This is a comfortable working posture in which your joints are naturally aligned. Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder (MSD). The following are important considerations when attempting to maintain neutral body postures while working at the computer workstation.

- Hands, wrists and forearms are straight, in-line and roughly parallel to the floor.
- Head is level or bent slightly forward, forward facing and balanced. Generally it is in line with the torso.
- Shoulders are relaxed and upper arms hang normally at the side of the body.
- Elbows stay in close to the body and are bent between 90 and 120 degrees.
- Feet are fully supported by the floor or a foot rest may be used if the height is not adjustable.
- Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.
- Thighs and hips are supported by a well padded seat and generally parallel to the floor.
- Knees are about the same height as the hips with the feet slightly forward.



Regardless of how good your working posture is, working in the same position or sitting still for prolonged periods is not healthy. You should change your working position frequently throughout the day by: 1) making small adjustments to your chair or backrest; 2) stretching your fingers, hands, arms and torso; and 3) standing and walking around for a few minutes periodically.

SOURCE - The United States Department of Labor. Photo from Integrated Safety Management, Berkeley Lab

What are YOU doing to PROTECT you and your family?

The Bad News - Did you know that Cardiovascular Disease (CVD) is the nations #1 killer and that it exceeds the next 4 causes of death combined? Did you know that 1 in 3 or 81 million people in the U.S. suffer from CVD?

The Good News - For a limited time, we are offering breakthrough Cardiovascular/Autonomic nervous system screening using Max Pulse™ technology. The Max Pulse screening will give you important information regarding your arterial health, Heart Rate Variability (HRV), stress levels, Wave Type and other indices. **At the screening event we will also be offering** supplementation, based on Nobel Prize winning research and the effects of Nitric Oxide as a signaling molecule in the cardiovascular system.

Dr. Josh Johnston and his staff invite you to participate in a life changing event for you and your immediate family. Space is limited so please call and make your appointments today!

Date - Friday, August 12th
Time - 8am - 4:40pm
Cost - \$40
Place - Vitality Health Center

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What's Bugging You?



Its summer time and that means being outdoors! How much more enjoyable could it be without the pesky bugs? Unfortunately most commercial sprays come with some inherent risk of usage. DEET is the most common ingredient found in mosquito repellent. In various studies, the negative health effects of DEET have proven to be very alarming. When used as intended, topically, on a prolonged basis, brain cell death was found in rats in a study performed at Duke University. The resulting report suggested that the public should be cautioned about the risks and DEET insect repellents should be used sparingly for children.

There is an alternative however and thankfully so. It's proven that certain natural essential oils can be just as effective as our drug store brands. Go to:

<http://chemistry.about.com/od/healthbeautyprojects/a/naturalinsectrepellent.htm>

At the end of the day, enjoying the great outdoors comes with some risks. Your insect repellent should not be one of them!

