

HEALTH

News & Views

June 2011



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Expect A Miracle

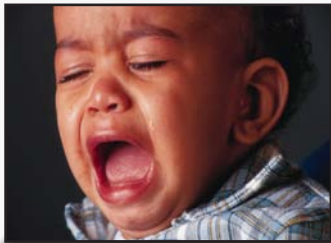


Have you ever noticed that some of your best ideas have popped into your head while you have been sitting in a boat fishing, playing a round of golf or sitting on the beach watching the waves roll in? Sometimes they even hit you right in the middle of the night!

Below the conscious mind is the subconscious mind. It is the store house of all our impressions. It is the mental fireless cooker where our ideas simmer and develop while we are relaxing. Newton, for example, was relaxing under an apple tree when he watched an apple fall and realized the concept of gravity.

With that being said, it would be safe to say that vacations are valuable to our mental health and creativity. Even small vacations prove to be beneficial - like taking 30 minutes during your day and going for a walk or staring at a picture that was taken during your trip to the beach last summer. Anything that removes your mind from the given moment could technically be considered a vacation. Many times we get *more and better* ideas while we are relaxing than we do in a full 8 hour work day.

Now here comes the connection with Chiropractic....regular adjustments can give your nervous system a much needed 'vacation' from the constant stresses in every day life!



In our society it is common to feel bogged down by the stress of our busy lives...work, fast food, school, soda pop, holidays, meetings, reports, kids - and the list goes on and on. Studies have shown that by removing those interferences from our nervous system, it helps to create a more relaxed and stable environment within ourselves. Feeling more calm and confident in our ability to deal with whatever life brings... now thats a vacation you can't afford to miss. **And just think, if you got an adjustment *and* went to the beach - who knows... you could become the next Albert Einstein!**

Did You Know?

With three out of four children having had an ear infection by the age of 3, it is no wonder that they count for the majority of Dr. visits for kids in this age group.

More and more parents have opted to get to the root of the cause with ear infections rather than treat the symptoms with repeated antibiotics, by introducing chiropractic. By removing interference from the nervous system, Chiropractic helps to restore our natural function - allowing the body to do what it does best... heal itself without the use of drugs or surgery!

Regular check-ups with a Chiropractor can keep our children well balanced through the rough and tumbles of daily life... lets help them be all that they can be!

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!*

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

www.sustainabletable.org

Follow the Introduction on the
left side of the page

Supporting Your Community - One Bite at a Time

We've all heard that buying organic food is the ideal way to eat, but what if there was something better? It seems as though buying **locally** has tipped the scales as being the best alternative to healthy eating! Not only do you get the nutritional benefits of freshly harvested food, it is said to have a better taste and texture too. *And* by buying local you are supporting your bottom line because the money spent on farms in your area eventually gets filtered back into *your* community!

The studies show that factory farms can be seriously detrimental to rural communities, if they are supported we will lose all of our family farms - leaving a handful of industrial facilities that will dictate what we eat. If this happens, there is no guessing what will end up in our food... pesticides, animal waste and cloned meat, yuck.



What You Can Do.....

- Plan ahead and shop from your local farmers market throughout the summer.
- Go online to www.eatwellguide.org and discover sustainably raised meat, egg and dairy farms from the US to Canada. Find the one closest to you and go check them out.
- If you have allergies or just plain like honey, search out a local Beekeeper.. you'll be surprised at how much they help in the natural cycle of things.
- **Remember - If there is more demand for fresh local food then more fresh local food will be produced... where you spend your money sends a message to businesses across the nation.**
- Spread the word about buying locally and supporting sustainable farming!



Strawberry Almond Salad

1 cup cottage cheese
1/2 cup nonfat or light sour cream
1/4 cup honey
1/2 teaspoon almond extract
1 pint (2 cups) fresh strawberries
1/2 pint (1 cup) fresh raspberries
1/2 pint (1 cup) fresh blueberries
1/2 cup sliced almonds, dry roasted

Instructions:

In a food processor, process cottage cheese until smooth. Transfer to an airtight container; refrigerate for 8 hours or until firm.

Put cottage cheese in a bowl; gently fold in sour cream, honey, almond extract.

At serving time, slice strawberries and gently combine with other berries in a bowl. Spoon about 1/3 cup berries into individual dessert dishes. Top each serving with 2 tablespoons of the cream mixture. Sprinkle with sliced almonds.

Spring Into Family Fun...

There is no better time to take advantage of the weather than in the Spring, it's promise of new beginnings promotes an inner feeling of activity. The flowers are arriving and the landscape is turning into a colorful array of endless beauty painted by mother nature herself.

Now is the time to start planning weekends with your friends and family - with outside adventures, days at the pool and vacations to both new and familiar places. Yes, Spring is upon us and the sunshine is headed our way.

Be prepared this year to take advantage of your time in the warm months to come, with the help of these ideas it could turn out to be your best one yet!

- Pack up dinner and go outdoors - pick a different spot each weekend and eat with your family among nature.
- Make it a habit to visit your local farmers market every week...buy local - eat fresh! (fyi - trying new fruits and vegetables is good for your attitude)
- Organize a weekly game of football, baseball basketball or soccer. If your feeling really adventurous a game of "hide and go seek" at dusk is fun with older kids....
- Take advantage of those windy days and go fly a kite!
- Hiking, biking and camping are always good throughout the summer. Explore...
- Find somebody who needs help planting their garden... giving the gift of flowers and vegetables is priceless.
- Make time to schedule you and your family for a Wellness Check-up with your Chiropractor. With a balanced nervous system, you can play harder, go farther and enjoy your experiences so much more!



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.

Date - Thursday July 8th

Time - 8am - 5pm

Cost - \$40

Place - Vitality Health Center

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!

(303) 691-0022

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Pet Health

Summer is a great time to give back to those animals in your life that have kept you company throughout those dreary winter days.

Just as *your* health is important, so is theirs. Exercise and a good diet can not only give your pet a longer life, but also a much better quality one. As a responsible pet owner you owe it to your companion to give them the very best!

- **Get them out of the house... not only is exercise important for their weight - it is also proven to strengthen their mental health.**
- **Check out the food you are giving them... make certain that it is full of real substance instead of fillers and preservatives.**
- **Be certain to keep up on their hygiene. Bathing, brushing and dental care all plays a part in their overall health!**

