

HEALTH

News & Views

September 2011

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Expect A Miracle



It would be about 11 years ago, I had a woman walk into my practice who was 83 years old and had come in with neck pain. It just so happened that she was totally blind for several years with a problem called Macular Degeneration. Her description of her eyesight was that it was totally black with a little tiny ring of light around the outside.

I put her through an examination, took x-rays, performed a nerve scan; and in my report of findings, I told her that we had found subluxations, spinal degeneration, spinal decay, and I explained to her that if we corrected these subluxations, it would help the nerves to her neck pain.

I can remember, to this day, from eleven years ago, she said "Doctor Wren, is there any way this could help my vision?" I said "Absolutely, it will help your vision. I just don't know if it will help your vision 10% or if it will help your vision 90%." Well, to make a long story short, we started working to correct and rehabilitate her subluxations and her spinal decay, and about six months later, she was sitting on my adjusting table. To this day, I even know the time (and I'll tell you why in a moment), smiling at me as she always did. As I walked up to her, she said "Dr Wren, I didn't know you had a beard". Surprised, I said "Are you saying?", and she leaned over and looked past me, there was a Dallas Cowboys clock on the wall six feet behind me, and said "Is it 3:35?" I turned to look and she was right. "It is exactly 3:35, how long have you been seeing?" She replied "Oh, a couple of weeks." "A couple of weeks? How come you didn't let me know?" I asked. "I don't know", she answered.

Well, I got to thinking about it a little bit later and I thought, if you've been blind for several years with people doing all your business, when you start seeing again, you might just want to check them out to see what they have really been doing and make sure they have been telling you the truth.



When I tell this story to my patients, they get a big laugh out of it. This woman still comes in and it's 11 years later. She is 94 years old now, and she still sees. Her vision never improved to the point that she could read a book, but she comments on the color of my clothes, and I can tell you this: she is so thrilled that we crossed paths, and I am so thrilled that I am involved in chiropractic to see these miracles!

Article courtesy of www.expectamiracle.com

Back To School - Time To Think Green

'Back to school' shopping is here again and the choices seem endless as to what to send your kids to school wearing, studying with, and carrying all the goods in. Before you head out the door, make a list of all the things they'll need and then set out to find the most earth friendly products available.

Buy recycled paper, folders, post-it notes, binders, pencils made from recycled newspaper, eco-friendly back packs and school lunch boxes. If your kids do a lot of sports, you may want to consider a water bottle with an built-in filter. That way they can fill up their bottle from the school faucet or fountain, eliminate all the contaminants, and minimize plastic waste.

In some cases you may pay a tiny bit more, but remember each time you open your wallet, you are casting a vote for the kind of world you want to live in.

Oh ya - and don't forget to recycle that endless stream of papers that comes home on a daily basis. That adds up to a lot of paper that can be reduced, recycled and re-used for next year!

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 it's worth checking out)

www.NaturalNews.com

Here you'll find 'behind the scene' politics on what's going on in the natural world

The Buzz on Bee's

Forget about honey, pollen, royal jelly, candy, beeswax, and candles...Just think of a world without more than 100 of our food crops, which will only set fruit if their flowers are cross-pollinated between two different varieties. Pollen is the key to life on the planet - without it the world would starve. Indeed, many believe that without bees, and the role they play in the pollination process, the world would face significant shortages of food.



Like tiny farmworkers, honeybees carry the pollen from one tree or plant to another as they forage. Corn, wheat, rice and other grains rely on wind to spread their pollen, but honeybees pollinate much of the other stuff that adds color to our plate and vitamins and antioxidants to our diet. They give us blueberries, apples, berries, cherries, melons, grapefruit, avocados, squash, broccoli, carrots, onions, and more. If it lowers cholesterol, improves eyesight or turbocharges the immune system, it was probably fertilized by a bee. A surprising amount of our well-being rests on those tiny striped backs—and also on the beekeepers who haul 2 million hives from crop to crop every year, renting them out for pollination.

No human activity or ingenuity could ever replace the work of bees, and yet, it is largely taken for granted. It is often not realized just how easy it is to help or hinder their effectiveness as crop pollinators, or how much is lost by their loss from hazards like pesticides, climate changes and (some believe) the use of cell phones.

So next time you want to swat away that bee in your garden, realize that they are no longer annoying insects to be feared for their stingers (most stinging is done by yellow jackets anyways). They are our ancient partners in the practice of growing good food. Encourage them to your backyard by planting a range of plants that will offer a succession of flowers, and thus pollen and nectar, through the whole growing season. It's up to all of us to ensure that these tiny soldiers have the right environment to get their job done!



Lemongrass Beef Skewers

- * 3 lemongrass stalks, bottom 4 inches only, minced
- * 3 tablespoons plus 1 1/2 teaspoons fish sauce
- * 2 tablespoons plus 1 teaspoon packed light-brown sugar
- * 1 garlic clove, minced
- * 1 tablespoon vegetable oil
- * 1 pound boneless sirloin, trimmed of excess fat
- * 1/4 cup roasted salted peanuts (about 1 ounce), crushed
- * 1/2 English cucumber, thinly sliced on the diagonal (optional)
- * Fresh mint and basil sprigs, for serving
- * Bibb or Boston lettuce leaves, for serving
- * Lime wedges, for squeezing

1. Soak 8 bamboo skewers in cold water for 30 minutes.
2. Whisk together lemongrass, fish sauce, sugar, garlic, and oil. Slice beef very thinly against the grain. Add to marinade, and toss. Let stand at room temperature for 20 minutes.
3. Preheat a grill pan over medium-high heat. Thread beef onto skewers. Grill until browned, about 1 minute per side. Transfer to a platter, tent with foil, and let rest 5 minutes. Sprinkle with peanuts. Serve with the remaining ingredients on the side.

Serves 4

Support Systems: Mattresses, Chairs, And More

It's all in the details. Pillows and shoes may not seem like a big deal—but they can make a major difference in the way your body feels and functions.

Mattress

If you're like most people, you spend about a third of the day sleeping. The quality of your mattress impacts the quality of your sleep and the health of your spine. Your mattress should be firm enough to provide adequate support, yet offer enough "give" to conform to your spine's natural curve. When sleeping on your side, the mattress should support your waist, but sink slightly where your shoulder and hips rest.

Pillow

The pillow you use should maintain the alignment of your spine. Avoid pillows that position your head and neck unnaturally—it should remain level with your spine. If you sleep on your side, it also can be beneficial to sleep with a pillow between your legs.

Computer/desk chair

Do you spend more time sitting at your desk than in bed? If so, it's important for you to have a chair that provides proper support. Special ergonomic chairs are excellent but can be costly. If you're selecting a regular desk chair, select one that allows you to adjust the height. You should be able to rest comfortably, with both feet flat on the floor and thighs parallel to the floor. Adjustable armrests should enable you to rest your arms without pushing your shoulders up. Remember to stand up every hour or so to stretch your legs.

Computer Screen

The computer monitor should be directly behind the keyboard so you can look straight at the screen without turning your neck. Set the screen so your line of vision is about three-quarters of the way up the screen when you look straight at the monitor. The keyboard should be low enough that your shoulders are relaxed and your arms are comfortably near your body.

Shoes

Painful feet or feet that aren't being supported properly put stress on the joints in your ankles, knees, hips and lower spine. Chiropractic adjustment of your feet can help alleviate the pain. Your DC also may recommend specific shoes or shoe inserts to provide better support. When selecting shoes, choose models that have index finger's width between your toe and the tip of the shoe. Your heel should fit comfortably against the back of the shoe and not slide when you're walking. Toss old shoes—their worn structure won't provide adequate support.

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: Friday, Sept. 23rd
Time: 8am - 1pm
Place: Vitality Health Center
Cost: \$40

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!

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Learn Your Lunch!

A school meal accounts for one-third of a child's daily nutritional intake. And, unfortunately for many kids up and down the country, a school meal is the only proper food they get during the day. Many come home to either ready meals, take-out or, in the worst cases, nothing at all. So, I think you'll agree that creating and encouraging children to make better food choices at school is absolutely vital.

We know from loads of recent research that a hot, nutritious meal at lunchtime will improve a child's behavior and concentration in the classroom. Children who have been fed better, do better. It's a fact. This has got to make school meals matter to everyone—the Government, teachers, parents and, of course, our children.

Obviously, in order for kids to make good choices at the school lunch counter, there needs to be a healthy variety of foods for them to choose from.

So what can you do? Get involved in your local school system, volunteer in the kitchen, help change the menu to be more health driven vs. cheap and convenient and let's all work together to make lunch time a healthy part of their day!

