

# Achieving Wellness

Victoria Family Chiropractic

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## Spring Cleaning

If you were born 100 years ago it was a virtual guarantee you would have false teeth at some point. People didn't go to the dentist for routine check-ups; they went when they could no longer stand the pain. Dentistry got smart. They decided to start educating their patients about dental hygiene and routine preventative check-ups. What a change 100 years makes! Now most people have their teeth until they die.

Unfortunately, the majority of medical doctors and chiropractors are stuck in the erroneous belief that you simply need treatment when in pain. Your teeth are important and your spine even more so! Get routine chiropractic check-ups and live a healthy lifestyle and you too can avoid spinal decay.

A patient recently said to me "Chiropractic is addictive." It was phrased as a question and a statement. The answer to the question is no, it is not addictive. However, feeling good after you leave the office is what you should feel like all the time if your nervous system is working at 100%. The ultimate goal here is for you to hold your adjustments for about a month, allowing you to maintain that same feeling you had leaving this office that whole time. Achieving this takes repetition and lifestyle work on your part.

If you have not yet attended "Achieving Wellness" our one-hour wellness seminar Wednesday evenings at 5:30 then make sure you sign up.

## Wellness Tidbits

In the June 2004 issue of *Journal of Agriculture and Food Chemistry* more than 100 different kinds of fruits, vegetables, nuts and spices were analyzed for their antioxidant capacity and below are the top 15 results:

1. Small dried red beans (Mexican red beans)
2. Wild blueberries
3. Red kidney beans
4. Pinto beans
5. Cultivated blueberries
6. Cranberries
7. Artichokes
8. Blackberries
9. Prunes
10. Raspberries
11. Strawberries
12. Red Delicious apples
13. Granny Smith apples
14. Pecans

### 15. Cherries

Beans, berries and nuts should all make up part of your diet (preferably raw and organic).

Health Canada boosts the warnings on ADHD drugs. The use of drugs such as Ritalin, Adderall and Concerta are stimulants which can increase blood pressure and heart rate. In 2005 alone prescriptions for these drugs totaled two million in Canada and the usage of these drugs is increasing. The increased warnings come after regulators received 25 reports of sudden death in American children. Some ADHD experts feel the benefits outweigh the risk.

Food for thought.

HEALTH  
IS NOT A  
CHANCE,  
IT'S A  
CHOICE



**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!**