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Achieving Wellness

Victoria Family Chiropractic

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Coconut Crazy

Contrary to popular belief, coconut oil may be the healthiest oil to cook with. The assumption that all saturated fats are bad is a misinformed idea. Although coconut oil is the most saturated vegetable oil, it has health benefits that cannot be overlooked.

First of all, coconut oil is composed mainly of medium chain fatty acids (MCFA) that are more readily used for energy and therefore less likely to be stored as fat, compared to long chain fatty acids (LCFA). Oils such as canola, corn and soy have been touted for their health benefits, but these oils lack the stability of coconut oil under

heat, are made up primarily of LCFA's which are more easily stored. These oils also disrupt the balance of omega-3 to omega-6 fatty acids.

Lauric acid is found in human breast milk and coconut oil. Lauric acid is known to be antiviral, antibacterial and antifungal. Coconut oil contributes to decreasing heart disease, weight loss, increasing immunity, decreasing cancer and degenerative diseases, increasing metabolism, increased skin health, supporting thyroid function and lowering cholesterol. www.mercola.com

Chiropractic 101

Ever wondered how your body does what it does? Imagine a mother making breast milk superior to any formula for her child. Think of how your body heals cut, bruises, fractures etc. How about eating food and absorbing, storing and transporting minerals and nutrient while separated the waste for excretion. It is truly mind-boggling. Yesterday my friend had the hic-ups. I asked if I could look at his spine and he looked at me in disbelief. I asked him what controlled his body, and after thinking for a moment, he replied "my brain."

"Precisely" I replied.

Although it may seem obvious, it never helps to remind people that your spine and skull are simply protection for our most vital possession, our nervous system. The spine

is the conduit for the signals sent and received to our trillions of cells by the brain. Spinal misalignments (subluxations) interfere with this transmission on a level frequently below our conscious perception. Our high-stress lifestyles are the cause of vertebral subluxations.

Chiropractic adjustments are the removal of nervous system interference, and as such, are vital to achieving wellness. My job as your chiropractor is to educate, motivate, coach and inspire you to adopt a lifestyle conducive to wellness - one where you nourish yourself with thought, diet, exercise and regular chiropractic care. The goal is the ultimate of all goals, WELLNESS.

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!