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Achieving Wellness

Victoria Family Chiropractic

Dr. Cale Copeland

592-5553

Memory Secrets

Poor memory is a common complaint among people. A number of studies are now linking a lack of sleep with an individual's inability to recall information. Have you noticed how cramming for a test or presentation works, but the information is quickly lost.

BBC News, June 23, 2003 reported a study out of Harvard University indicating that high quality or deep sleep improved memory.

A study reported in Current Biology July 11, 2006; (13): 1290-1294 found that when people were allowed to sleep between learning and testing they performed better.

As a wellness advocate I am a massive supporter of a healthy lifestyle. Getting adequate sleep is

not only a vital aspect of wellness but has many fortunate spin-offs, such as improved memory.

People commonly look to doctors to cure their problems. Doctors can assist you, but your health is your responsibility. Your health/wellness is the cornerstone of your happiness and productivity. As vital as lifestyle is in pursuit of wellness, it is vain if your central nervous system, which is protected by the spinal column, is not allowed to function at its peak. My job as your chiropractor is to optimize your nervous system with vertebral adjustments and to coach, motivate, inspire and educate you on living a wellness lifestyle.

More Benefits of Omega-3 Fish Oils

Recall Omega-3 fatty acids are essential fats the body cannot produce unless ingested. Muscle is made up of protein, bone is made of calcium and your brain (central nervous system) is composed of greater than 60% fat!

If you have not bought an Omega-3 fish oil buy one today. I am not a big supplement supporter, but with thousands of scientific studies touting the health benefits of essential fatty acids, it is crazy not to be taking one. It is estimated that the vast majority of North Americans are deficient in EPA and DHA found in Omega-3 oils.

I recommend liquid over capsules as it is typically fresher and easier to absorb. All health food stores carry fish oils (even Thrifty's). Prices range from \$10 to \$40+ depending on manufacturer and size. I like a brand called Nutra-Sea that costs \$17 and lasts my family a month. 2-3 grams daily is recommended.

A study published in the *American Journal of Clinical Nutrition* in July 2006 found that fish oils were more effective than the statin drug Lipitor, in increasing "good" HDL cholesterol in obese and insulin-resistant men.

A Purdue University study showed that kids low in essential Omega-3 fatty acids were more likely to be hyperactive, have behavioral problems and learning disorders. Also, Omega-3 deficiencies have been linked with: **dyslexia, depression, weight gain, heart disease, allergies, arthritis, violence, memory problems, cancer, eczema, inflammatory diseases and diabetes.**

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!