

Achieving Wellness

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Hilariously Healthy

Fun, laughter, and playfulness are all characteristics associated with being a child. These are characteristics lacking in many peoples lives; however, having fun is a big part of being healthy as is chiropractic care. Here are two jokes that I hope bring a smile to your face:

A man and a friend are playing golf one day at their local golf course. One of the guys is about to chip onto the green when he sees a long funeral procession on the road next to the course. He stops in mid-swing, takes off his golf cap, closes his eyes, and bows down in prayer. His friend says: "Wow, that is the

most thoughtful and touching thing I have ever seen. You truly are a kind man." The man then replies: "Yeah, well we were married 35 years."

When NASA first started sending up astronauts, they quickly discovered that ballpoint pens would not work in zero gravity. To combat the problem, NASA scientists spent a decade and \$12 billion to develop a pen that writes in zero gravity, upside down, underwater, on almost any surface including glass, and at temperatures ranging from below freezing to 300 C. The Russians used a pencil.

Beautiful Bacteria

Your intestines contain trillions of bacteria (gut flora), approximately three pounds worth! There are so many bacteria that line your intestine that they outnumber the cells in your body by a factor of ten to one. Beneficial intestinal bacteria provide many positive functions including boosting your immunity, decreasing a variety of intestinal ailments, increasing food absorption, vitamin production and more.

I recommend taking a course of probiotics (a drink loaded with good bacteria) yearly and especially following a course of antibiotics. Please consult staff at your local health food store (Planet Organic, Lifestyles) for assistance.

A new study showed that employees who take probiotics on a daily basis miss less work time from common illnesses such as colds or

gastroenteritis (stomach flu).

Scientists assessed the value of taking a probiotic on more than 175 factory workers, including 53 who did shift work. Once a day for 80 days, workers received either a dose of the probiotic bacteria *Lactobacillus reuteri* or a placebo.

Those given the probiotic were 2.5 times less likely to take sick leave. Only 10 out of 94 factory workers given the probiotic took any sick time off during the study, compared to 23 in the placebo group. What's more, none of the 26 shift workers using a probiotic lost any time due to illness, compared to nine out of 27 shift workers in the placebo group.

A complete electronic version of this article can be found at:

<http://www.ehjournal.net/content/4/1/25>

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. Change someone's life; have them get their spines examined today!