

Achieving Wellness

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What Heals You?

We have all been fortunate to have access to medications, whether it be a painkiller or antibiotic. If we experience an unwanted symptom something that masks it is within easy reach. But we need to ask ourselves why we have a symptom and what it means. We are all blessed to have a nervous system responsible for healing and regulating our bodies. Disease rates are soaring despite an ever-growing health care budget. How do we get well? The answer comes from our lifestyle and making sure our innate ability to heal and regulate is not compromised.

The US FDA is warning both health care professionals and parents of the risk of using cough and cold medications on infants younger than two. This follows the recent deaths of three infants ranging from one to six months. Two newsletters ago, I wrote about the deaths of three girls shortly after receiving Merck's

HPV vaccine. The vaccine has made headlines in Canada recently as provinces are considering offering it at school to girls. In a Sept. 14th *Globe and Mail* cover story concerning this vaccine, there was no mention of these deaths.

Health is all you have. It has a massive impact on your happiness and your prosperity. A recent Royal Bank survey found that retirees are more concerned with health than wealth. Interestingly, health problems pose the greatest risk to people's money, regardless of age. If you want happiness, try a balanced lifestyle (Eat, Move and Think Well™) and a flowing nervous system.

Health is an inside job. Thinking a lack of symptoms is equal to health is like spinning a roulette wheel. What change will move you closer to wellness?

Unknowns: Suicide & Superfoods

Did you know suicide claims the lives of more people a year than breast or prostate cancer? On average over 10 Canadians commit suicide daily. *Saanich News, August 17, 2007.*

The issue is close to home for me as three people in my direct and indirect family have taken their lives.

The most common way of dealing with mental health issues is medication, but what causes the problem? Certainly genetics may play a role, but genetics are only responsible for 1-2% of health problems. This only leaves one option: our lifestyles.

A brain in a state of growth and repair releases serotonin (the feel-good hormone) but a brain stuck in defense physiology (the stress response) does not. Chiropractic, exercise, adequate quality omega-3 fats, and healthy relationships are known to increase serotonin.

All real food (opposed to industrial products) is super and an essential part of homeostasis. Basic tips: minimize salt, dairy, sugar, alcohol, caffeine, and refined grains. Take an omega-3 fat (we have the best one here!), probiotic, and multivitamin daily and buy organic foods.

11 Unknown Superfoods

1. Pumpkin seeds – magnesium munchie
2. Cabbage - cancer fighting cruciferous
3. Beets - sweet and power-packed
4. Guava – the most lycopene of any plant
5. Swiss chard – healthy for eyes
6. Cinnamon – helps control blood sugar
7. Purslane – highest melatonin content
8. Pomegranate- popular middle-eastern fruit
9. Beans – fiber, antioxidant and protein rich
10. Plums – dried or fresh = bowel bliss
11. Artichokes – awesome antioxidant

**THE
POWER
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Our mission is to create wellness by educating and inspiring people to live well and by adjusting the spine to allow full innate expression.

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