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## The Best Medicine

When was the last time you had a good laugh? Here is some of the research on the benefits of laughter:

broadens our ability to think; greater resilience to depression, anxiety, aggression and stress; greater focus, productivity and satisfaction; relaxation and decreased muscle tension; decreased stress hormones; improved immune function; decreased blood pressure; increased lung function; improved quality and quantity of life; healthier breast milk ☺.

The stresses of living in today's world can be overwhelming and deadly. In Canada we have the capacity to live better than any other generation, **if** you live a balanced lifestyle. To express your full potential you need to give love, receive love, be grateful, have purpose, exercise effectively, have fun, be prosperous, eat real food, have a subluxation free spine, get adequate quantity and quality of sleep, have good physical hygiene, live by your values, forgive yourself and others, and not take life too seriously.

If you are anything like me then you tend to be way too hard on yourself. It isn't the destination of wellness but the process of striving, falling down, getting up, and learning that matters. Don't focus on what your life lacks but what small positive changes you can add. Try adding these magic ingredients to add spice your life:

Wake up in the morning, look in the mirror and say, "You're simply fantastic!" Give loved ones, strangers, and yourself a huge smile whenever possible. Hang out with upbeat, fun-loving people. Sing out loud in your car. Act like a monkey. Make goofy faces. Rent a funny movie. Wear a fake tattoo to work...

## The Real Fountain of Youth?

Mice lacking the insulin receptor substrate are more resistant to aging than normal mice, according to University College London researchers. The finding further confirms the link between insulin signaling pathways and aging (in lay terms, sugary foods and refined grains accelerate aging). In the study, mice were engineered to lack either insulin receptor substrate IRS-1 or IRS-2, which are activated by the hormone insulin, which regulates glucose and fat metabolism. Compared with normal mice, the mice lacking IRS-1 had:

- A 20% increase in their average lifespan (30% for female mice)
- Better health as they aged

In contrast, mice lacking IRS-2 had shorter lives than normal mice, and developed signs of obesity and Type II diabetes. *The FASEB Journal October 10, 2007*

Drinking black tea may be beneficial for people with diabetes, as it appears to stimulate an insulin response and reduce blood sugar levels, according to researchers from King's College London and the University of Central Lancashire. Sixteen participants drank sugar in either water, water plus caffeine, or water plus black tea. After two hours, plasma glucose concentrations were significantly reduced in those who consumed tea, compared to plain water and caffeine. Tea's protective benefits have been linked to polyphenols, including epigallocatechin gallate (EGCG). These compounds may offer blood sugar benefits by stimulating pancreatic B-cells to produce insulin in your body (This is what type 2 diabetes pills attempt to do). *Journal of the American College of Nutrition October 2007 Vol. 26, No. 5, 471-477*

**SMALL DAILY  
IMPROVEMENTS  
OVER A LIFETIME**

**=**

**MASSIVE  
CHANGE**



***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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