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Dr. Cale Copeland BSN, DC

## Poisonous Peanuts

Peanuts are known to have many health benefits such as being high in protein and antioxidants. Actually, peanuts are not nuts, they are legumes.

Peanuts are commonly contaminated with a fungus-produced toxin called aflatoxin. Aflatoxin has been called one of the most potent carcinogens by PhD Professor Loren Cordain of Colorado State University.

Peanuts also contain large amounts of omega-6 fats which further the already distorted omega-3:6 ratio (1:1 is ideal) in North American diets. Furthermore, peanuts are one of the most pesticide-laden foods.

There are ways to minimize these risks while still enjoying the taste and benefits peanuts offer.

First, the worst and moldiest peanuts are used to make peanut butter.

Peanuts grown in drier climates have not been found to contain aflatoxin.

Typically, Valencia peanuts are grown in these climates. Furthermore, organic Valencia peanuts are pesticide-free.

Pouring off the oil that settles on the top and replacing it with olive oil or macadamia nut oil, both of which are very low in omega-6 fats, will improve the ideal 1:1 balance between omega-3 and -6 fats while preventing the peanut butter from being too dry.

The following are the high ranking antioxidant foods: cranberries, blueberries blackberries, beans, artichokes, russet potatoes, pecans, walnuts and hazelnuts.

## ***IMMUNE POWER!!!***

Can chiropractic boost immunity?

There have been over a hundred papers published on how chiropractic can affect the immune system. The simplified version I tell people is that our immune system is greatly affected by the sympathetic nervous system (a branch of the nervous system which controls blood vessels, glands, and organs) otherwise known as "the flight or fight response." Spinal problems (subluxations) affect this system profoundly. When vertebral subluxations (stuck and inflamed spinal segments) exist in the spine they alter signals both to and from the cortex and cerebellum. This alteration in vital information needed for homeostasis puts the sympathetic system on alert. Over

the short term this is OK, but chronically, the effects are devastating. Increases in inflammatory markers, increased blood sugar and fats, constriction of blood vessels to organs, and decreased immunity occur!

Nourish your body with proper thought, movement, diet, and chiropractic adjustments and let the miraculous healing power within you shine.

1. Haas HS, Schauenstein K: "Immunity, hormones, and the brain." *Allergy* 2001;56:470.
2. [Journal of Vertebral Subluxation Research](#) June 7, 2006, pp 1-11
3. [Journal of Manipulative Physiol. Ther.](#) 2006 (Jan); 29 (1): 14-21
4. [Journal of Vertebral Subluxation Research](#) October 18, 2004 pp 1-23

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