



Health & Happiness News

October 2009

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From the Desk of Dr. Steve

Autumn is here!

You are important to us and we value the fact that you trust us with your health. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!



Knock Knock...

Knock-Knock
Who's there?
Stew
Stew, who?
Stew early to go to bed!

Knock-Knock
Who's there?
Sharon
Sharon, who?
Sharon share alike!

Knock-Knock
Who's there?
Orange
Orange, who?
Orange you thirsty?

Knock-Knock
Who's there?
Dana
Dana, who?
Dana talk with your mouth full!

Keeping Your Joints Healthy

Joints can become less flexible with age, which can lead to falls, a major cause of disability for older people. Flexibility and balance training should be integral parts of a daily fitness routine, as they can help address physical discomfort such as aches and pains from chronic muscle tension and stiff joints. More importantly, they can protect from falls by helping the body's capacity to compensate quickly for sudden twists, bumps, or skids. Consider practicing yoga or T'ai chi to help improve balance and flexibility. In addition, make it a point to incorporate gentle stretching into your daily fitness routine, which can help maintain a full range of motion.

By: Dr. Weil.com

Waiting Before Helping Yourself to Seconds

A study by the University of Florida's College of Medicine found that it takes 10 minutes for the human brain to signal that the stomach is full. "This study determined there was a connection between the changes that occur in the human brain after eating and the traditional biochemical indicators in the body, which are increases in the levels of glucose and insulin in the blood," says Dr. Hijun Liu. These findings help scientists further understand how the brain responds to food. For dieters, it suggests waiting 10 minutes before reaching for seconds or dessert. Perhaps after such a wait, you'll find you're no longer hungry, making it easier to avoid the extra calories.

Tea Time! It's Good For You

Drinking three cups of tea a day can have important health benefits, according to doctors and researchers. Among its potential advantages, tea may help in these areas:

- **Cancer.** Tea, especially the green variety, has been shown in some studies to be linked to a decreased risk of breast cancer, as well as prostate and other cancers. It seems to stimulate the production of certain enzymes that detoxify carcinogens and reduce inflammation.
- **Obesity.** Some studies with animals have suggested that green tea and oolong tea may contribute to better weight management. The caffeine in tea might boost the body's metabolism and help the body burn off calories from fat.
- **Brain activity.** Green tea (again!) may help prevent cognitive impairment among older people, as suggested by some epidemiological studies.
- **Heart disease.** Antioxidants in tea can help the body better regulate its insulin production, which can aid in preventing diabetes and heart disease. In addition, tea can reduce risk factors such as high blood pressure and high cholesterol.



Green Lake Chiropractic and
Nutritional Healing

9750 3rd Ave NE
Suite 103
Seattle WA 98103

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Foods to Warm You Up

Nutritionist Nancy Clark says it's natural for people to feel hungrier during the winter month due to a drop in body temperature which stimulates the appetite.

Thirty to 60 minutes after you eat, your body generates 10 percent more heat than it would on an empty stomach. Clark advises cold weather athletes and winter campers to carry a supply of dried fruit, chocolate, or cookies. For those coming in from the cold, she recommends these "warmup" foods and beverages: oatmeal, chilli, lasagne, soup, hot cocoa, mulled cider.

From the desk of Dr. Steve



Fall is definitely coming; the days are getting shorter and colder, AND I just scheduled my yearly November trip with my Dad. He loves to visit the Midwest in the winter so we both freeze!

Theresa's foot is healing well following her fall down a couple of stairs.

It looked like she had cracked a bone so she has been on a bone building nutritional program, using the laser to speed the healing and of course, getting adjusted.

She is now able to walk pretty well without the boot; which she's really happy to get rid of.

I have decided to start juicing my own vegetables. I have picked out a juicer and am now waiting for UPS to deliver it.

If you have any great recipes, please share them with us. We would love to start a new section on our website for everyone to use.

Have a great day and see you soon.

Dr. Steve

Visit us on the web!

<http://www.glchiro.com>

Juice it

Juicing vegetables is one of the keys to good health as it is an important source of raw food. Here are 3 reasons why you will want to consider juicing your vegetables for optimal health:

1. It helps you absorb all the nutrients from the vegetables.
2. It allows you to consume an optimal amount of vegetables in an efficient manner.
3. You can add a wider variety of vegetables in your diet.

We recommend you start out with vegetable which are easiest to digest such as celery, fennel and cucumbers. Once you get used to them, start adding more nutritionally valuable vegetables into your juice.

Hot Tamale

3 or 4 radishes
Handful of radish sprouts
1/4 beetroot
1/4 red or green pepper
1 parsnip
1/2 cucumber

Cell a lot

3 or 4 celery stalks
1/2 cucumber

Pepper Shaker

1/4 to 1/2 red or green sweet pepper
2 celery stalks
1/2 cucumber

Recipes from
JuicingBook.com