



Bulletin Board

OPEN

Presidents' Day

Monday, February 20

- **Increase Your Energy 300%**

~ Tues., Feb. 7

7:00 p.m. ~ Roudenbush Community Center, Westford

- **Wellness Orientation Workshop**

~ Thursday, Feb. 9, 6:30 & Tuesday, Feb. 21. 6:15

In the Education Center ~ Let us WOW you with health & wellness tips.

- **Sleep Like a Baby**

~ Tues., Mar. 20

7:00 p.m. ~ Roudenbush Community Center, Westford



~ Our Mission ~

To help people
get well & teach them how
to stay well through
natural chiropractic care!

A Big Fat Mistake

by Jack Challem, Experience Life magazine

Does saturated fat cause heart disease? The research is saying no, and instead points the finger at refined carbs. In the 1950s, the late Ancel Keys, PhD, first linked saturated fat and cholesterol with the risk of cardiovascular disease (CVD). So the recommendations were to get rid of the saturated fats in favor of more carbs and low-fat everything. But if you cut down on fat, you have to replace it with something, right? And Americans chose carbs, lots of them.

Saturated fats and cholesterol were replaced by refined carbs, sugars and trans fats. All of these contribute to body-wide inflammation as well as sharp increases in blood sugar and insulin levels, which set the stage for weight problems and diabetes in addition to CVD.

Your body needs saturated fat! These fats are necessary for the proper functioning of our nervous system and brains. Stearic acid (a kind of saturated fat) lowers cholesterol levels. Lauric acid increases HDL or "good" cholesterol.

Cholesterol forms the basic building blocks of vitamin D and our steroid and sex hormones. We also need cholesterol to make bile which emulsifies fats during digestion. By choosing a low-fat and high-carb diet, your body would be missing some pretty important stuff!

We always stress that the best way to eat is Paleo, or how our ancestors ate –plenty of fresh fruits and vegetables,

lots of lean proteins and nuts and seeds. It is important that we eat saturated fat from animals that are humanely raised, grass-fed and given no hormones or antibiotics. That way, you can be certain you're eating the very best fat. And of course, limit sugars and refined carbs, such as white bread, pasta or rice. Your body needs a steady supply of protein and good fats to be healthy. Some good sources in addition to meat, chicken and fish are coconut, avocados and eggs.

Be Wary of Statin Drugs

Cholesterol lowering medication is big business. \$13 billion in 2005, for Lipitor and Zocor combined!

Statin drugs work by inhibiting an enzyme needed to make cholesterol in your liver. However, they also deplete the supply of the coenzyme CoQ10, which leads to fatigue, muscle weakness, soreness, and heart failure. Other side effects include dizziness, memory loss, liver problems and depression.

For most people, the medication isn't necessary. You can lower your cholesterol naturally by making the following lifestyle changes:

- Make dietary changes (see above).
- Take a high-quality fish oil.
- Exercise daily.
- Address your emotional challenges.
- Avoid smoking or drinking alcohol excessively.
- Get plenty of good, restorative sleep.

The Incredible, Edible Egg

For years, eggs have gotten a bad rap, but they really are a super-food! Concerned about the cholesterol in egg yolks? Worried about protecting your heart health? Egg yolks have long been maligned because of their cholesterol content, but cholesterol itself does not cause heart disease. In fact, while LDL, a major carrier of cholesterol in the blood, does have a role in heart disease, it is when poor metabolism, deficient diets, and toxins *destroy* the LDL particle that heart disease develops. Research done at the Harvard School of Public Health following 117,000 nurses over a 14 year period showed that there was no difference in heart disease risk in those who consumed eggs versus those who didn't. Another study showed that 2 eggs per day for 6 weeks did not affect cholesterol levels or brachial artery endothelial function. Studies have shown that eggs may help *lower* the risk for heart attacks because of their amazing nutrient content.

While egg yolks may be full of cholesterol, they are jam-packed full of important nutrients. In contrast, egg whites contain far fewer nutrients. Eggs are packed with B vitamins, iron, folic acid (helps form red blood cells), lutein (prevents age-related macular degeneration and cataracts), zeaxanthin and choline (which is important for healthy brain function and to reduce inflammation). Eggs also contain a lot of protein, are low in calories and make you feel fuller for longer.

It is important to buy eggs from pasture-raised, free-grazing hens because they produce a superior quality egg and are less prone to

salmonella contamination. Compared to conventionally raised hens (sometimes thousands in one cage), free-grazing hens lay eggs with 3 times more vitamin E, 7 times more beta-carotene, 1/3 less cholesterol, 1/4 less saturated fat, 2/3 more vitamin A and 2 times more Omega 3s! It is best to buy eggs from your local farmer, but if you have to buy eggs at the store, opt for free-range organic eggs. Avoid Omega 3 eggs because they are fed poor quality sources of Omega 3s.

According to Dr. Mercola, M.D., heating eggs distorts the protein, which actually leads to allergies. Therefore, raw is best! Try them Rocky-style or in a smoothie. If you can't stomach that, soft-boiled is your next best option. Scrambling is the worst way to cook them because it actually oxidizes the cholesterol in the egg yolk. Our family eats eggs almost every day and we think they're *eggcellent* and *eggceptional!*

Healthy Recipe

Easy Veggie Frittata

Ingredients

Butter or coconut oil
Chopped veggies (use whatever you have on hand... mushrooms, peppers, onions, broccoli, spinach, kale, etc.)
Sausage or bacon (optional)
Sea salt
Fresh thyme
Fresh parmesan cheese
Eggs, whisked (6-10 depending on how many people are eating)

Directions

In a cast-iron skillet, sauté veggies (in butter or coconut oil) until soft, but not overcooked. Add a pinch of sea salt.

Add eggs and veggies to large Pyrex or casserole dish.

Sprinkle with fresh thyme and ½ cup grated parmesan cheese on top.

Bake in oven at 375°F for 45 mins.



Compliments of: _____

Offer expires: February 29th, 2012

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- Posture Analysis
- Evaluation for Undetected Nerve Damage
- Full Spinal X-ray
- Personalized Doctor's Report



New patient openings limited.

Call today to set up your health exam ☎ 978-692-2900

Thank you!

FOR YOUR REFERRALS

The ultimate compliment is when our patients tell their friends and families about chiropractic. Thank you for helping us help others:

Natalie Jennifer June
Kim Molly



New Patients

Nancy of Littleton
Elinor of Chelmsford
Jessica of Manchester
Linnette of Tyngsboro
Elizabeth of Chelmsford

Happy Anniversary

The following patients have signed up for Wellness Chiropractic Care. They realize the benefits of getting regular adjustments to keep their nervous system in tip-top shape.

Paul Mary Trish
Drayton Angela Nicholas
Trish Heather Susan
Patty Nick Karen
Al Rosalie Joan

Practice Member of the Month

February's Practice Member of the Month is **Amy**. Amy is following her recommended care plan and has achieved great results. She is making great efforts at improving her overall health and we applaud her for that. Congratulations Amy!

Studies Confirm Chiropractic Prevents Heart Attacks & Lowers Blood Pressure

Research indicates that regular chiropractic adjustments may prevent heart attacks, lower blood pressure, reduce heart rate, relieve chest pain and support the cardiovascular system, according to the Palmer College of Chiropractic.

Studies at the College investigated the effects of chiropractic treatment on the sympathetic and parasympathetic nervous systems in reference to an analysis of heart rate variability. Findings indicated that chiropractic adjustments do reduce pain and lower participant's mean heart rate.

Source: www.naturalnews.com

Chiropractic treatment also has a significant effect on blood pressure and anxiety levels, according to a study reported in the *Journal of Manipulative and Physiological Therapeutics*. The study examined systolic and diastolic blood pressure levels and patients' anxiety levels before and after an adjustment. In all cases, those subjects who received active treatment experienced a distinct drop in blood pressure and a decrease of their anxiety levels. Results of this study provide evidence that chiropractic treatment offers support to the cardiovascular system.



Important News | Housekeeping

Free Exams for Infants

All children under the age of 1 receive a complimentary spinal evaluation. It is important for newborns and infants to be free of subluxations to ensure that their nerves are free from interference and they develop properly.



Address & Email Update

Please let us know if your mailing address, phone number or email has changed in the last year.



Lending Library Books

Please have a look around your house and return any of our books you might have (no fines, we promise!). The following books are missing from our lending library:

- Paleo Diet for Acne
- Primal Blueprint
- Omnivore's Dilemma (young reader's edition)
- The Green Book
- The On-Purpose Person

*** Non-Adjusting Hours ***

We have special hours set aside for new patients, progress exams, x-rays and wellness reviews. Please note that we cannot do regular adjustments during these times.

Monday, Wednesday, Thursday
9:00-10:00 a.m. & 4:00-5:00 p.m.





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~ **Open** ~
Monday, February 20

~ SAVE THE DATES ~

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Roudenbush Community Center

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No cost to attend
Guests Welcome!

2012 Challenge

A new challenge every month.
Be healthier in 2012

We were so excited this month to launch our 2012 Challenge! January's challenge was to drink half your body weight in ounces in water every day. We received a great response from so many of you...keep up the great work! So many of us make New Year's resolutions, but few of us stick to them. We came up with the 2012 Challenge to help us all take a few steps to being healthier. Whether you track your progress in the privacy of your home or on the chart in the office,

we hope you'll join us in all (or most) of the challenges. Each challenge will focus on eating, moving or thinking well. Wouldn't it be great if you could make 12 changes in your life and make 12 new healthy habits!!

February's Sodium Challenge

Consume no more than 2,300 mg of sodium a day.

It's "Have a Heart" month! We will be focusing not only on how much we LOVE chiropractic, but how to keep your heart healthy. On average, Americans consume over 4,000 mg of sodium a day. That's almost twice as much as the recommended limit of 2,300 a day. February's challenge requires you to pay close attention to what you're eating, especially packaged or prepared foods. For suggestions on how to decrease your daily sodium intake, visit the challenge on our website or pick up the monthly challenge sheet in the office. So in addition to continuing to drink your water, you now have to keep your sodium intake below 2,300 mg. Are you up for it??



ValenSPINE's Day!

We all know Valentine's Day is Tuesday February 14th, but at Corrective Care Chiropractic, we will be celebrating ValenSPINE's month instead!

What Do You Love About Chiropractic?

The week before Valenspine's Day (Feb 6-10th), we hope you will share with us (and others) what it is that you love about chiropractic. Write it on a heart and we'll hang it in the office.



Open Your Heart

If you haven't already referred your loved ones in for a spinal check-up, now is the time. Know someone who is a little grumpy? Perhaps they are suffering from subluxations. Offer them a coupon for a spinal check-up. It could change their life (and yours).

\$14 New Patient coupon
inside, online or at the front desk.