



Healthy Choices from Dr. Charlton

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Special points of interest:

- Take note of your ergonomics when doing spring activities!
- Visit your chiropractor to put that spring in your step!
- Chiropractic care can reduce your anger level.
- Thank you to all who have referred your loved ones into the office.
- Referrals are always welcome!

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Quality Health and Wellness Care for the Whole Family

Atlas Orthogonal chiropractic is a gentle, very effective way to improve your health and well-being.

Spring into health!

It's spring!

Now that the days are longer and the nights are shorter, it's time to look into spring cleaning... both in our homes and in our bodies.

Spring is when we have the opportunity to once again think about our health and what we can do to utilize the daylight for more exercising and outdoor activities.

Gardening. Bike-riding. Horseback riding. Surfing. Jogging. Baseball. Hiking. Swimming.

What is it that you like to do? Make sure that you're healthy

and ready to take on the spring. When doing gardening or other activities, be sure to protect your neck by tucking your chin down or pulling your chin back (the opposite of jutting it out) to avoid injury.

When lifting, bend with your knees—never bend forward and twist or turn your body at the same time. Be careful when pulling things out of the clothes dryer or car.

Be conscious of your posture when you watch television.

Never fall asleep and let your head drop in front of you. Also, make sure if you're reclining,, support your head with a pillow.

Never hold the phone between your shoulder and your ear.

In addition to all of this, make sure you see your chiropractor if you are experiencing any discomfort, as pain is

often a symptom of other issues which can be even more important. The worst thing you can say is "Maybe it will go away."



Chiropractic care can improve your game!

Vitamin E could save your life

Vitamin E, a combination of many nutrients, is essential for life. It is a valuable antioxidant and helps protect against prostate or breast cancer and heart disease, improving circulation and brain health. Vitamin E may even help with menstrual cramps and hot flashes.

Vitamin E should be taken daily with meals at a level of 400 IU for adult females and 600 IU for adult males . Vitamin E should not be taken with inorganic iron (you must wait 8-9 hours between them), but there is nothing wrong with taking vitamin E along with spinach or other

sources of organic iron. The best sources of Vitamin E are the mixed tocopherols and tocotrienols. Synthetic vitamin E will block natural vitamin E from doing it's job, so be sure to take only natural forms of vitamin E.

<http://www.mercola.com/forms/vitamine.htm>

Healthy Choices

Splenda is not splendid

Although Splenda is marketing very vigorously, it's advertising is not telling the real story.

Yes, it comes from the sugar molecule. However, added to it is chlorine, which is a poison in the body. Sucralose (Splenda) is stated to be passively excreted from the body, but there is some absorption (15-40%) of the sucralose. When absorbed, it is not metabolized as sugar, but rather, is allowed to build up in the body. There are no studies to show the long term effects of Splenda.

There are, however, many common side-effects of Splenda consumption. Some of them are fever, fainting, rashes, itching, mind dullness, feeling panicky, swelling, welts, nausea, diarrhea, abdominal pain, dry heaves, forgetfulness, moodiness, emotional or mental breakdown, difficulty focusing, unexplained crying, vomiting, bloating, depression, seizures, and dulled senses.

Instead of eating Splenda, you may want to try Stevia. Stevia is a natural, healthy alternative to sugar.



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www.mercola.com/2004/apr/14/splenda_reactions.htm

People who are under chiropractic care are better able to focus and concentrate, and have better attitudes.

Anger makes you sick!

Do you ever get angry? Are you often angry? The Mayo Clinic has linked anger with coronary artery disease.

Not only is hostility linked to coronary artery disease in young people under 50, it is also linked to a higher risk of heart attack. Research shows that the long-term prognosis of younger patients with coronary artery disease is considerably

worse than older patients.

What can we do about anger? Laugh. Exercise. Learn anger management. Definitely remember that chiropractic care can and does improve our mental perspective. People who are under chiropractic care are better able to focus and concentrate and have better attitudes. Even amid your family stresses, you will be

better able to cope. Don't you want that for your family?

Besides, it's too beautiful outside to be angry!

<http://abcnews.go.com/Health/Healthology/story?id=591481>

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Coconut is not a loco-nut

Coconut oil is a fantastic replacement for other oils. It is saturated, so when heated, it does not turn into a trans-fat. Other oils become trans-fats when heated. Olive oil has only one bond which can become a trans-fat, so it is the next best choice for oils. Canola oil is the worst choice, regardless of whether it is heated or eaten at room temperature.

Coconut oil has a pleasant taste and is shelf-stable. It can be used for cooking or mas-



Coconuts are God's "miracle" fruit!

sage. Coconut oil, although containing fat, actually causes your body to burn fat—so you lose fat when eating coconut milk or coconut oil. It also increases your metabolism and is a wonderful source of protein. It may also decrease your cholesterol levels. It is very good for your skin, even reducing wrinkles!

http://www.mercola.com/2001/mar/24/coconut_oil.htm