

Live the

ADVANCED LIFE #8

Your health & wellness newsletter

HAPPY
EASTER!

April 2015

Testimonial Of The Month

My name is Lori Strasser, and I'm a local teacher. As you can imagine there are a lot of stresses that come with the job. I was very blessed to find Advanced Healthcare at a Teacher Appreciation event. The staff here are very community oriented and involved. Advanced Healthcare's motto is "that it's not how you feel, it's how you function", and since I've been receiving chiropractic care in addition to correcting a problem with my spine, I feel that my function has increased, my stamina is up, flexibility is returning, and I am getting better sleep. Everyone here is concerned about your health and wellness, it's not just about your specific pain, it's overall health.

There are seminars and activities always going on to keep you motivated. The doctors and staff even took some of the members to go grocery shopping once to show them how to shop healthily and organically. The office staff treats you like family, and it's a great place to be if you're looking to really get healthy and slow down the aging process.



Lori with her son, Spencer, and daughter Alison (who helps us at the office).

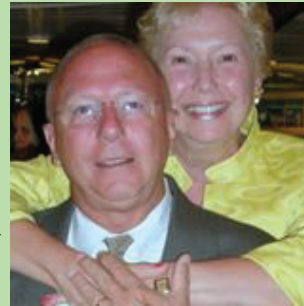
Do you have a story of wellness to share? Please send your testimonials about our office to: Advancedlife10@AOL.com
You could be featured in an upcoming issue!

ADVANCED HEALTHCARE
& PHYSICAL MEDICINE

What do YOU love about April?

"My favorite things about April are the crocus' and daffodils."

- Voni Raucher

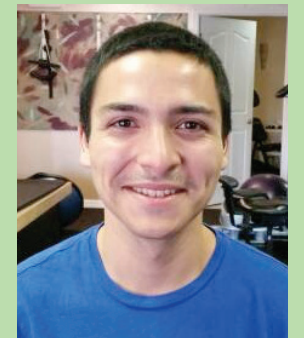


"Well, she was my first girlfriend...."

- Dr. Steve Chamberlain

What I like about April is that Easter always comes, and with it new things. Our family friends would visit from Florida, and we would always find wild baby bunnies getting into the asparagus and we'd try to nurse them. I grew up on a farm, so I would get to see produce be harvested, and new plants going in. Everything new comes in April, so just how Easter brings new beginnings I would get to experience them on the farm.

- Sandy Aker



"I love April because of the perfect weather to take the my puppies to the dog park."

- Gregorio Silva



Easter is important because it's celebrating the birth of Christ. The most important way to celebrate is with friends and family enjoying each other's company and telling stories. Eat drink and be merry!

- Randy Miller

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WORDS WITH TAH

By Dr. Tah Manisvigangkul

In the previous issue, I mentioned a few things about how I don't particularly consume grains as staples but rather condiments. This week, let's discuss why that is. The main culprit of consuming grain is gluten. Celiac disease is a digestive condition that can become quite disabling to some, it is triggered by gluten found in certain grains. The most notorious grain is, of course, wheat. There are others such as couscous, spelt, kamut, rye, and barley. On the other hand, there are also grains that are non-gluten, such as quinoa, oats, rice, wild rice, millet, and corn. These I do eat on occasion, just be sure to look for a non-GMO label.

I'm sure you all may be convinced that since you're not suffering from celiac disease, the consumption of these glutenous grains are acceptable. That is simply not true. Gluten can promote anything ranging from schizophrenia to more common conditions such as headaches. Gluten affects each of us differently. For some, it can cause neurological disease. According to a research, the most common symptoms include headache and nervous system symptoms such as numbness, tingling, and weakness.

Furthermore, in one study, researchers randomly selected 200 disease-free individuals for the purpose of assessing anti-gluten antibody levels, which is a way to measure gluten sensitivity. Health complaints of the 15% of subjects with the highest antibody levels were compared with the 15% of subjects with the lowest levels. Interestingly, those with the highest antibody levels suffered from headaches, chronic fatigue, regular digestive complaints, subtle anemic changes,

and NO signs of celiac disease, while those with the lowest levels were symptom-free. In another report, cases of gluten sensitivity were discussed. All patients were women in their mid 40's and each suffered from digestive bloating, gas, abdominal pain, and fatigue. Symptoms resolved after going on gluten-free diet.

As one can see from these notable studies, gluten is a culprit not just for Celiac sufferers but also for humans in general. This is why my food pyramid doesn't coincide with the traditional one, I like to keep my gluten consumption to a minimum. I will continue to elaborate in the upcoming issue.

TO BE CONTINUED....

MY FOOD PYRAMID



References: Seaman DR. "The diet-induced pro-inflammatory state: a cause of chronic pain and other degenerative diseases?" J Manipulative Physiol Ther. 2002; 25(3): 168-79

IF YOU FEED IT, IT WILL GROW

By Susan Davidson

While sitting in the dentists' chair the other day, I had the pleasure of meeting a dental assistant who had a mile-long list of medical conditions. She went on and on about each one of her ailments from COPD to Cancer to Lupus to Rheumatoid Arthritis, along with the negative affects her health has on her life.

Had I been able to talk, I would have told her it sounds like she's toxic. I would have suggested a detox cleanse along with chiropractic care, followed by some major diet and lifestyle changes. As she droned on, I was shocked to find out she's only 40 years old! I could tell she doesn't take very good care of herself, but what in the world could have caused so many ailments in this relatively young person?

By now, I'm well into the dental procedure and although she was still complaining, I was deep in thought. I recalled the phrase "If you feed it, IT WILL GROW". That's exactly what this girl was doing...Feeding It! She's probably been feeding her illnesses for years, bringing more and more discord to her body. Whether it's a positive thought or a negative one, whatever you focus your attention on will grow.

Here's a classic example of "If you feed it, IT WILL GROW"

that most of us can relate to...Your kid is late coming home and you immediately think the worst. Your thoughts spiral out of control until you become physically ill, subluxated and frantic. When they finally walk in the door, you're ready to blast them with all of the negativity you created for no reason at all. Here are some more examples:

👎 "This damp rainy weather makes my arthritis flare up" – "If you feed it, IT WILL GROW" (You're focusing on giving energy to your illness)

👍 "My flowers are going to love this rain" – "If you feed it, IT WILL GROW" (Now you're focusing on something positive and creative)

👎 "My life is so boring" – "If you feed it, IT WILL GROW" (You'll naturally dwell on being bored)

👍 "It's nice that I have so much spare time to do whatever I'd like to do" – "If you feed it, IT WILL GROW" (You'll think about what you can do for fun)

So, next time you find yourself dwelling on negative things, try reminding yourself "If you feed it, IT WILL GROW". Decide what thoughts you want to GROW and FEED them!

BABYBOOMERS (and OLDER) SAVE THOSE BONES!

THEY'RE THE ONLY ONES YOU HAVE!

By Dr. Michael J. O'Connor

Anyone who claims to be an "Anti Aging" doctor or specialist is full of Balony Sandwiches (B.S.)! For real, nobody is going to STOP aging. Use your common sense! Now, Advanced Health Care is a Functional Medicine/ Delayed Aging clinic that is dedicated to giving you FACTS, education and services that will absolutely equip your body and inner vitality to perform at much higher levels and....yes, SLOW DOWN that darn biological clock!

Having said that, the previous month of March is dedicated to strengthening the bones and preventing those two silent and life ruining diseases, OSTEOPENIA AND OSTEOPOROSIS. You Baby Boomers are predicted to have massive troubles with these bone weakening conditions and many of you clients have already come in to us with signs and symptoms.

Let's not turn this into a long expose' on the disease. Suffice to say that losing the bone mass in ones skeleton so radically that stepping off a curb could fracture a femur head or leg bone, lets us all know that we must raise our awareness and do some disciplined steps to build healthier bones! Big PHARMA and the mainstream medical institution, spearheaded by the AMA Gestapo have seen the dollar signs in treating this condition with various laboratory chemicals and concoctions that cause a plethora of side effects including hot flashes, nausea, joint pain, headaches and dizziness (some of the "milder" ones) and more deadly STROKES, HEART ATTACKS AND BLOOD CLOTS! Fosamax is a very popular drug for osteoporosis that even had created more fractures...just the thing it was created to stop! What a fun time, huh? To sell even more of their losing snake oil treatments, they have begun marketing to 20, 30 and 40 year olds with a "prevention" slant! If you'd like to read more about the scam of these medications, look into this on your home computer when you have a chance: <http://www.sciencebasedmedicine.org/osteoporosis-drugs-good-medicine-or-big-pharma-scam/>.

Very intelligent people still hang on the antiquated belief that osteopenia and osteoporosis is caused by a lack of calcium. These intelligent people are OFTEN medical doctors and ortho-pods who are awesome at lifesaving procedures but have received cursory training in real nutrition.

Let's begin understanding with the fact that bone is not by any means all calcium! Although calcium is the most concentrated mineral in the human body, it is a conglomerate of 12-14 minerals that will decrease in volume and density (osteopenia) if we exclusively focus on calcium supplementation. So, yes, you can get THINNER BONES from popping calcium tabs! Add on top of that people who take calcium fortified juices, cows milk, cereals and antacids like Tums and it's no wonder that 1 in 3 women and 1 in 5 men will have osteoporosis this year.

Let's now get to the nitty gritty and discuss some definite strategies to help you build stronger bones and connective tissue. I would highly recommend reading a very insightful book called, THE CALCIUM LIE by Dr. Robert Thompson, M.D. This book is worth the time and energy as it will give you a much more complete understanding of how to save those bones of yours from disintegrating over the years. These steps that I'm including here will not only save your bones, but help



your immune system and core "inner function" to regulate so much better and healthier.

#1: Get a gluten intolerance test. Many of our osteoporotic patients have an intolerance for glutes (breads, pasta, crackers, rice, cookies, cakes, etc.) Gluten is a protein found in most flours. Many people do not have outward signs and symptoms but internally, under the radar, destruction of tissue and bio-chemical imbalances are wreaking havoc (see Dr. Tah's article). Those people who are sensitive or intolerant to glutes usually do not absorb nutrients in the foods eaten - no matter how "healthy" that food might be. Without proper absorption of the nutrients, they do not get to tissues. Tissues include bone and the result is weakness in the bone and inferior connective tissue. This is often a classic sign of skin problems and joint issues as well. A simple blood test for this can confirm if you are able to digest glutes, and even if you are able, it is advisable to minimize intake and select only high quality glutes in small, controlled amounts. It is a simple test and can be done right in our office with the ALCAT protocol or alone. See our receptionist or one of the doctors about scheduling yours.

#2: STOP EATING OUT! Especially, fast foods. Most restaurants, even good ones, don't use organic ingredients and healthy oils. Processed foods are devoid of nutrients and even worse, are doctored up with preservatives and chemicals that are foreign and downright dangerous to human body chemistry. Watch the video, FOOD INC. or FAT, SICK AND NEARLY DEAD. These highly entertaining and informative videos can be found on Netflix and even YouTube. You must begin educating yourself to deserve good health. Without education and awareness, your chances of changing and becoming healthier are slim to none. You must clean up your diet and start putting bone building quality NUTRIMENT into your body.

#3: Pay attention to getting enough essential nutrients in your diet that contain silica (very difficult to get in our modern diet but bananas and green beans are a great source), magnesium, boron, vitamin D and Vitamin K. I highly recommend using pure Himalayan and/or Celtic salt which are rich in these trace minerals. In addition, a good bone/ joint compound vitamin complex is needed. We use Standard Process in house because of the organic purity, live whole food biochemistry and stellar reputation of the company. As you all know, I also recommend a breakfast health shake because you can start the day with a...

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Many of you may have some fond memories of Easter, among them, the memory of dip dying hard boiled eggs. Spring was always exciting, just as the warmth was returning, and to see my parents take out all of our decorations- and among them the little egg dying kits. Each of us children were allowed to dye 2 eggs, and we couldn't wait to dip the eggs carefully into the dyes using the little wire scooper, and pulling them out excitedly awaiting to see how pretty each egg looked. Perhaps you participate in this tradition with some of your children or grandchildren? If so, how do you "recycle" your Easter eggs?

I have just the recipe to use if you're in need of a little inspiration. This recipe is also a perfect potluck dish, and will be sure to start up a conversation just by looks alone!

HOLY GUACAMOLE EGGS

INGREDIENTS

- 6 large boiled eggs
- 1 medium ripe avocado
- 1 tbsp fresh lime juice
- fresh ground pepper to taste
- 1/4 tsp onion powder
- 1 tsp pressed garlic
- 1/8 tsp sea salt or to taste
- 1 tbsp finely chopped cilantro
- smoked paprika to sprinkle on top



DIRECTIONS

1. Peel eggs and cut them in half lengthwise. Remove egg yolks and place 3 in a small bowl (eat the rest, or give them to your puppy or children as a snack)
2. Add ripe avocado, lime juice [keeps avocados from turning brown], and chopped cilantro to the bowl.
3. Add 1/4 tsp onion powder, and about 1/8 freshly ground pepper, and fresh pressed garlic to the bowl.
4. Mash all ingredients in the bowl with a potato masher or a fork. Add the 1/8 salt [or add to taste]
5. Add avocado/yolk mix to a frosting bag and use a large star tip to pipe the filling into the empty egg white halves. You can even simply use a small plastic sandwich bag and cut the tip of a corner off [or just spoon it into the egg halves, which is what I did!].
6. Sprinkle eggs with smoked paprika and finish with a cilantro leaf [optional step]



BABYBOOMERS CONT....

power packed, nutrient dense and tasty shake that ensures that you are ready to go into your day with awesome fuel.

#4: Get out in the sun! Sunlight does NOT give you cancer. Burning your skin by spending too much time, chemical laden sunscreens and lotions, a weak immune system, a subluxated spinal column and the choices you make every time that you eat are what nurture the cancer cells that are already in your body. Sunlight and a moderate amount of skin exposure is absolutely necessary to building a strong skeletal system. There is no vitamin D supplementation better than the one God created between the sun and our body!

#5: Weight bearing exercises using bending, lunging and squat motions will build not only stronger, leaner muscles, but dense bone and more supportive ligaments and connective tissue. Yes, you have to exert effort. Yes, you must get a bit out of breath. Yes, you should use weights as heavy as you can manage. And, yes, you will build more bone tissue and suffer much less in the long run. See the December 2014 issue of The Advanced Life on our website: www.ormondbeachchiro.com.

Dr. Michael O'Connor and Dr. Tah are practicing Chiropractic physicians with extensive experience in the fields of physical and functional medicine. The recommendations and materials in this newsletter represent our opinions based on our experiences in caring for our clientele and our own health. The information and material presented here is for educational purposes only and any recommendations are not intended to replace personal advice from a licensed physician. You are encouraged to seek advice from competent medical and chiropractic professionals regarding the applicability of any recommendations with regard to your symptoms or condition. It is vitally important that you do not reduce, change or discontinue any medicines or treatment without directly consulting your personal physician first. The personal stories and testimonials shared on this newsletter and on our website are personal to the clients themselves and will not necessarily be typical of the results you will have if you follow the advice provided in this newsletter. The information and recommendations provided on this newsletter have not been evaluated by the Food and Drug Administration and are provided for educational purposes only.

This makes me giggle...



HAPPY EASTER!!