

Live the

ADVANCED LIFE #7

health & wellness newsletter

March
2015

How Does She Do It?!

By Natasha O'Connor

Most women that are Laura Boyle's age are complaining about their bodies aging and being 'too old' to do the things they love; However, when you're busy raising a 4 year old, like Laura, there's no time for complaining! Back in 2011, she was a woman who enjoyed spending her free time reading, crafting, and volunteering. Everything changed in the new year of 2012. Laura got into a car accident that left her with a neck that could barely turn anymore and a shoulder that compensated for the pain by being unevenly high and constantly sore and irritated across her shoulders. This led to unbearable pain and trips to the doctor for muscle relaxers and pain relievers.

A few months after the accident, Laura received custody of her year old great-granddaughter, Marcella. Yes, GREAT- granddaughter! Thinking she was long done with child-rearing, Laura now found herself a 'new' mom, again. She realized she couldn't take muscle relaxers any more, she had a baby that needed her full attention. Taking Marcella in and out of strollers and car seats was really taking its toll on her already aching body. She then realized that she needed to see someone about the literal 'pain-in-the-neck' she was experiencing. Laura recounts the day she met Dr. Mike, "My husband Michael, Marcella, and I went to the home show and I recall my neck was really hurting that day and I saw a Chiropractor giving out free massages. I said, 'Michael look, a chiropractor! A free massage!' but

Michael said, 'no'. Then I saw an acupuncturist and thought maybe he could help, but again my husband said 'no'. At this point I was getting a little aggravated with him and recall thinking 'well does he just not care that I am hurting?' When we were getting ready to leave the home show, my husband spotted Dr. Mike and Stephanie at their booth. He looked at me and said 'these are the people that are going to help you'." Laura received a free scan and mentions that her choice in Chiropractor was confirmed when she found out that all the money made from the home show was going to go towards missions. She regularly volunteers at the Jesus Clinic in Holly Hill, so that cause was important to her. "The Lord always gives you the tools to do what he wants you to do. He always chooses the right people. I've been coming to Advanced

Healthcare for 3 years now and I feel so good. It's like I have a new lease of life, I have so much more energy!"

Laura now spends all that energy and free time raising her great granddaughter, Marcella. Instead of reading novels – she reads Dr. Seuss. She even still crafts, but the medium is a little different – what used to be creating swags and wreaths and other floral arrangements turned into finger painting, coloring, and stickering. She is so thankful that she has the opportunity to take care of Marcella. "People always ask 'How do you do it at your age Laura?' I always say: The Grace of God, My Husband, and My Chiropractor!"



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WHATS IN YOUR CUPBOARD MOTHER HUBBARD?

By Dr. Michael J. O'Connor

Dr. Tah and I never understood what the heck Momma Hubbard was thinking putting a nasty old bone in her cupboard instead of the fridge! In reality, a moldy old bone was probably more nutritious than what most of us are holding in that cupboard! Corn chips, Ring Dings, Oreos and CocoaPuffs ! So, really, what does your kitchen cabinets hold that might be making you over weight, unable to control a ravenous rendezvous, or freely accessible to sugary seducers? If you want to get healthy and trim, you absolute MUST NOT have bad things in the house. We both are not ashamed to admit that if we came home from along day of caring for patients and the physical stresses that our adjusting takes on our own bodies, we would probably succumb to naughty nibbles if they were available. Here is an actual snapshot of our cupboard at home. Only wholesome stuff, I assure you. If we wish to have a cheat day, we will make or bake our own treats with natural, usually paleo ingredients. Dr. Tah definitely is the stricter of the two of us, but we are still a dedicated and disciplined family. So look..."What's in YOUR cabinet?"



Live action shot of the O'Connor household's pantry.

WORDS WITH TAH

By Dr. Tah Manisvigangkul

This will be my first newsletter article of 2015. Often times in the office, if you catch me during rush hour, time is not always there for us to chat with each other about whatever questions you all may have. This newsletter is one of the few effective ways for me to answer some of those questions. I recall since last year that a lot of you occasionally asked me why I don't eat bread, pasta, or cereals. The consumption of grains is a sensitive issue for many of you. Many of you have been consuming grains for practically your whole life, so if you have to give it up, it may be psychologically traumatic for some. If this is you, then you have established an inappropriate emotional connection that we have with food. Whether you'd like to believe it or not, grains are considered "new food" from a historical perspective. Prior to 5,000 - 10,000 years ago: grains, pastas, cereal, soy, beans, dairy, refined sugar, partially hydrogenated fats, and seed oils such as corn, safflower, cottonseed, sunflower, peanut, canola, and soybean oil were never consumed.

Modern science has demonstrated that "Mammals with a similar genetic code to ours inhabited the earth for 1,990,000 years before man appeared on earth. We must appreciate that our genes are not dissimilar from those that came before us."

We must recognize that fact that humans are genetically adapted to consume fruits, vegetables, fish, fowl, meat,

roots, tubers, and nuts. We must also consider that there are no chronic diseases caused by eating these foods. No matter what disease you may suffer from, none of these foods must be eliminated from the diet. The same CANNOT be said for grains. Grains contain several problematic substances including gluten, lectin, and phytates, and grains also promote inflammation by promoting body acidity. If grains are consumed regularly, moderation is recommended.

I'm going to end this article here for this issue (Dr. Mike doesn't give me that much space to write), stay tuned because in the followings I'm going to expand on this a lot more. For now I just want to share with you a general concept of grain consumption. There are still ways to consume grains effectively and safely. I don't encourage giving up all of the foods mentioned above, for I do eat some of those foods myself occasionally. Just keep in mind what these foods can do to your body.

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



NOW YOU'RE COOKIN'

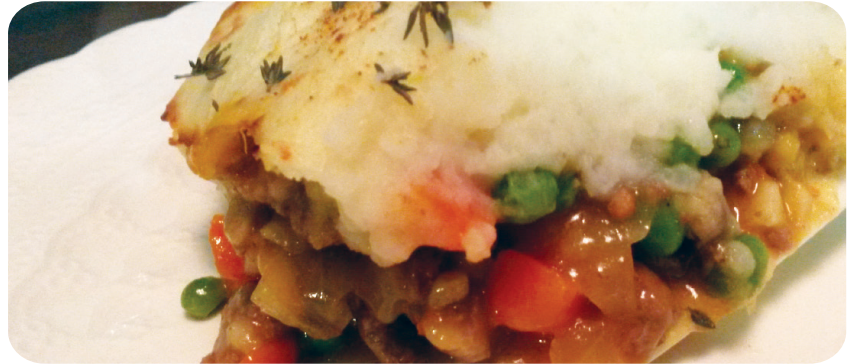
Dia Duit! ['Hello' in Gaelic]

This month in honor of St Patrick's Day I've decided to share my version of the Shepherds Pie, which is basically a traditional recipe with extra vegetables. This isn't exactly the healthiest of meals, but it is one of my favorites... and it's not because it has some booze in it! Traditionally on St. Patrick's Day my parents will cook corned beef with cabbage and potatoes, but honestly I don't care much for it. Shepherds Pie however, is one of my ultimate meals, creamy mashed potatoes, savory gravy covered meat with sautéed vegetables, it's perfect! In college I would make this at least twice a month, but with ground beef, and let me tell you, lamb is so much tastier! And I'm not even that big of a lamb fan. I made it over the weekend for my sister and her boyfriend, we paired it with an arugula salad and it went perfectly- two thumbs up from the judges. Try it out and please let me know how you liked it, I'd love to hear about it!

SHEPHERD'S PIE

INGREDIENTS

- 1lb grass fed ground lamb
- 1Tbsp avocado oil/coconut oil
- 1 bottle of Guinness
- 1 onion diced
- 3 cloves garlic minced
- 2 carrots peeled and diced
- 1 cup white mushrooms cleaned and diced
- 1 cup of peas
- 1 Tbsp rice/chickpea/All Purpose flour
- 6 Potatoes
- 3 Tbsp butter
- ½ cup whole milk
- Salt & pepper to taste



DIRECTIONS

- * Preheat oven to 350F and grease a 9x13 glass pan with avocado or coconut oil.
- * Make the mashed potatoes. Peel and quarter potatoes and put into medium sized pot filled with water just covering potatoes. Add salt and boil until tender. Once potatoes are able to be pierced with a fork, drain and return to the pot. Add in butter, milk, and salt to taste, mash until creamy.
- * While potatoes are boiling sauté onion and mushrooms in oil, cook for a few minutes and add in carrots.
- * Add in the ground lamb and cook until brown, toss in the garlic. Sauté until lamb is no longer pink. Pour in the goodness, I mean Guinness. Don't forget the peas, and let meat and veggies simmer in the beer until most of it is cooked down. Chop up half of the fresh thyme and add it to the meat. If meat and veggies still look soupy, you may need to add the flour and cook the flour down so that it absorbs the liquid.
- * Once your meat mix has thickened up, you can pour it into your prepared pan and layer on the mashed potatoes. Cover with tin foil and bake for 20 minutes. After 20 minutes take off tin foil and sprinkle on remaining thyme. Broil for a couple minutes until tops of mashed potatoes are browned.
- * Enjoy!!
- ** You can also split this into two smaller pans and freeze one to eat later on. It will keep for a couple months, just reheat!

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.

I'm excited for the one day of the year when green's meaning shifts from saving the environment to polluting our major organs.

someecards



OUR VIGIL: DRINK OF THE IGNORANT

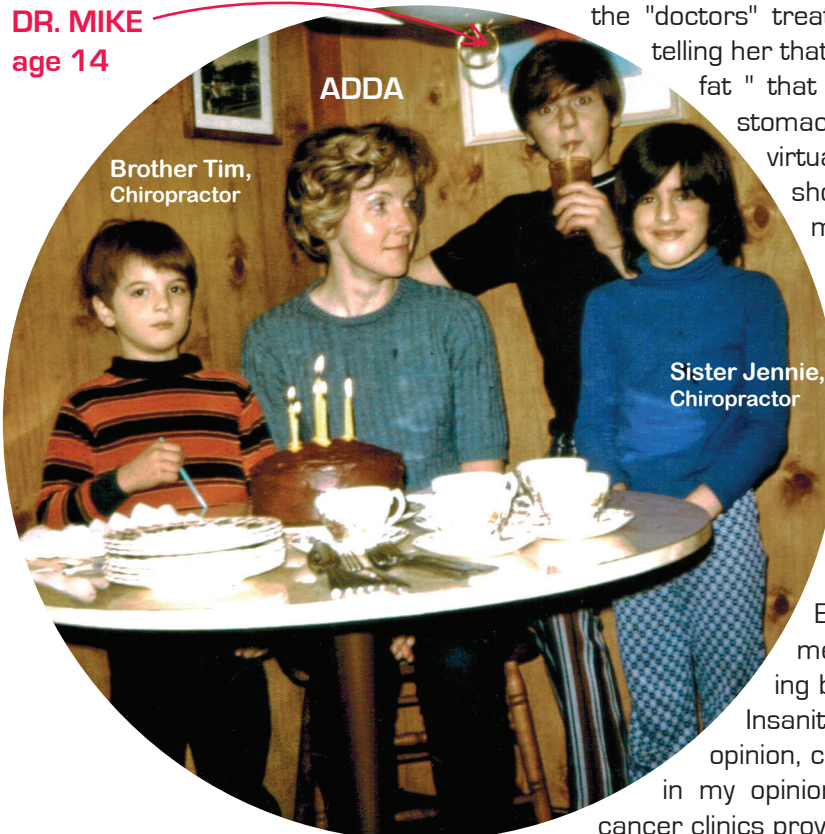
March 2015

By Dr. Michael O'Connor

March 8th is the birthday of one of the most influential women in my life, and the life of my children, my Aunt Adelaide B. O'Connor. She passed away in 2010 from cancer that had manifested in her stomach. It was an absolutely horrible ending, as any of you who have seen a loved one die of cancer already know. My family was so blessed by this wonderful woman who taught us about gentleness, kindness, positivity, charity and selflessness. We all agree that Aunt Adda truly walked a life that Christ would be proud of. There isn't room in this entire newsletter to give even a fractional account of the examples of her love, but suffice to say that we celebrate her birthday each March with a memorial dinner in her honor.

I want to use this issue as a platform to give all you patients a warning in her honor. When Aunt Adda was having stomach aches and body bending pain and cramps from the then undiagnosed stomach tumor,

DR. MIKE
age 14



the "doctors" treating her advised her to drink ENSURE telling her that it would give her "needed nutrients and fat" that her body needed without irritating her stomach. It goes to show that most MD's get virtually little to no nutritional training and should NOT advise people on nutritional matters without further training and certification. ENSURE would probably be the very LAST thing anyone should EVER drink next to sodas and energy drinks. Sugar is the medium in which cancer grows best. Consuming sugars- in any form- would be like putting rocket fuel on a fire. Yes, corn sweetener solids are a concentrated form of sugar! Next to some water, the second and third most concentrated ingredients in ENSURE (and most of these meal replacement drinks touted by medicine) are nothing but sugar, water and artificial chemicals! Insanity? Stupidity? Yes, to both and, in my opinion, criminal as well, grounds for malpractice, in my opinion. Yet, as you are reading this, many cancer clinics provided ENSURE to their patients while they

are taking their chemotherapy! Somebody hold me back, because my ire is rising!

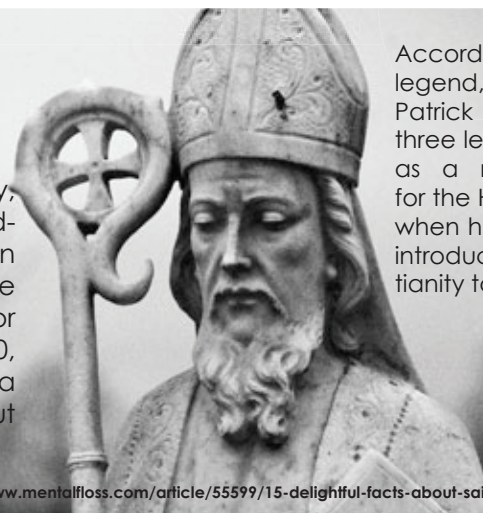
Tell people about this atrocity and warn them of sugars insidious cancer fertilizing nature. Stay away from all types of sugar - especially artificial sweeteners like Splenda, Nutrisweet, etc.



Did You Know?!

Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue," a light shade. The color green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

For most of the 20th century, Saint Patrick's Day was considered a strictly religious holiday in Ireland, which meant that the nation's pubs were closed for business on March 17. In 1970, the day was converted to a national holiday, and the stout resumed flowing.



According to Irish legend, the St. Patrick used three leaf clovers as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

reference: www.mentalfloss.com/article/55599/15-delightful-facts-about-saint-patricks-day