

Live the

ADVANCED LIFE

#2

Your health & wellness newsletter

Work Hard, Play Hard

October 2014

By Dr. Michael O'Connor

September 10th 2010 was a day I will never forget. This bruiser of a guy walked into my office and I said to myself, "Tony Soprano just sent over one of his boys to collect some protection money". Little did I know that the man who had just entered was going to be one of the finest individuals that I have met since moving into Ormond Beach office. Pete "Pietro Duro" and his beautiful, age defying wife, Carol, are truly a study in faith, love, balance, work ethic and loyalty.

Not only are they very REGULAR clients who get their spine adjusted once per week, but they practice the healthy vitalistic lifestyle so imperative for an optimum life experience. When asked why they come on a weekly basis for a spinal "tune-up" Pete related, "There will be a big difference in how well I can do all the things that I love and need to do if I'm NOT adjusted. I surf, I play racquetball with my buddies, I workout with weights. I believe that I can do these things still because I'm keeping my spine in alignment. The treatments also allow me to run three businesses and still be able to stand at the end of the day!" Obviously, Mr. Polzella is a high octane person ("that's an understatement!" - Carol) and does more in one day than the average Joe does in a week or even a fortnight! Carol is cut out of the same fabric. They work like squirrels preparing for winter.

The dynamic couple own 3 restaurants in the area including the famous D.B. PICKLES on Nova Rd. Everyone knows that the restaurant business is the toughest and most likely endeavor in which to crash and burn. Long hours, hectic pace, employee and staff turnover, governmental restrictions and taxes...etc. However, this couple has figured out a way to maintain exceptional health whilst juggling the

frenetic pace of the business. Pete went through a brutal bout of chemo therapy for a very aggressive and rare lymphoma cancer a few years back. But, with lots of prayer, Carol's love and care and discipline in lifestyle balance, he is clean and free today.

If you haven't been there yet, grab a friend and head on over to PICKLES restaurant. The food is not only freshly prepared and plentiful, but absolutely delicious too. Everyone gets to partake in the free pickle bar, which holds various salads and pickles before their meal. They even have a healthy choices menu!



Pete & Carol soaking up the rays off the Amalfi Coast in Italy this past summer.



We will be at the Daytona Beach Home Show on **October 24-26** at the Ocean Center.
COME SAY 'HELLO'!

Hour of Power Thursday, Oct. 2 @ 6:30

- The importance of being alkaline & how to eat alkaline.
- Fast fat-burning workout.

\$10 to reserve a spot for you and a friend

801 W. Granada Blvd. Ormond Beach, FL.
www.ormondbeachchiro.com

ADVANCEDHEALTHCARE
& PHYSICAL MEDICINE

"I am struck by the simplicity of light in the atmosphere in the autumn, as if the earth absorbed none, and out of this profusion of dazzling light came the autumnal tints."
-Henry David Thoreau

VITAMIN D: Low Levels = High Alzheimer's Risk

By Dr. Michael J. O'Connor

Let's remember that there is only ONE cause of disease. That is the inability of the body to ADAPT to stresses in our environment. We call them by many names....cancer, heart disease, stroke, diabetes, Alzheimer's etc. but virtually ALL of them manifest when our body, and its immune function, reaches a point of INADAPTIBILITY.

So why is sunshine so very important to allowing our body to **adapt better** or stay stronger? Why are more than 78% of Americans deficient? Research points to a variety of reasons why, including more people shunning the sun for fear of cancer, aging skin, obesity (which hinders absorption), digestive problems, and poor eating habits (especially among vegans).

Low levels of Vitamin D have been associated with :

- * increased risk of death from cardiovascular disease
- * severe asthma and respiratory distress in children
- * immunity weaknesses leading to auto immune diseases
- * increased risk of cancer

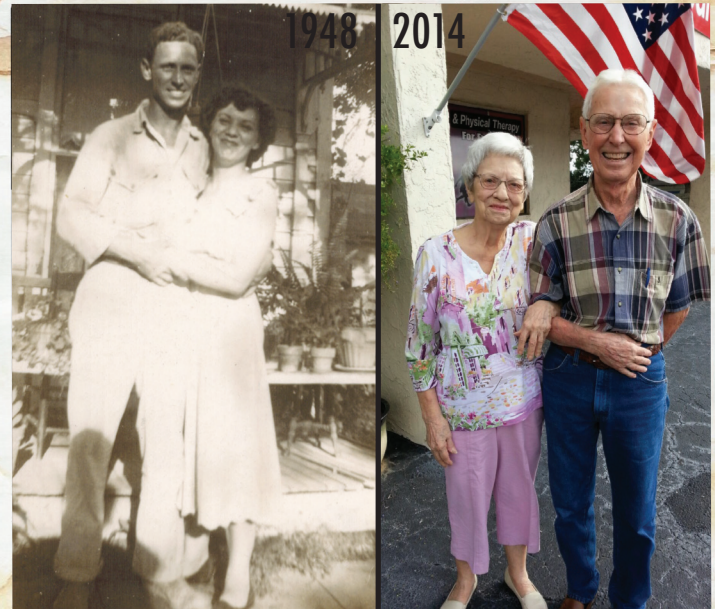
Now we know that elderly adults can actually DOUBLE their risk of dementia, including Alzheimer's by allowing blood levels of vitamin D to run too low. Senile dementias, including seniors diagnosed with Alzheimer's were significantly higher in adults with low D levels when tested up to six (6) years before the onset of symptoms.

Published recently in the professional journal, *Neurology*, researchers monitored the blood levels of 1,659 people age 65 and over that were FREE of dementia symptoms, cardiovascular disease, and stroke. Over the next six years, the scientists found that those subjects who were moderately deficient in Vit.D were 53% more at risk of dementias and 69% higher risk of Alzheimer's disease, in comparison to those subjects with normal Vitamin D levels. Severely deficient test subjects showed a 125% increased risk of dementia. Researchers were absolutely astonished at the high correlation; they did not expect such a dramatic level of scientific proof.

The number of people with dementia is expected to triple over the next 50 years as our population continues to age. Even a relatively small number of people taking supplements are taking the time to expose themselves to the right amount of sunshine and being more cognizant of their dietary Vitamin D levels. This could make an important impact.

Dementia and Alzheimer's disease is such an incredibly devastating malady that preventing and slowing down its progression will have extremely positive impacts on both the individual and on society as a whole. Just costs for management and treatment of these diseases can have a horribly negative effect on our entire economy, let alone the individual's quality of life.

Blast From The Past!



Congratulations to our awesome clients Bill and Helen Kautz! They were married 66 years ago on 9/11/1948. The first picture was taken shortly after they were married. Aren't they beautiful?!

DON'T LIVE IN SUFFERING, GET PAIN FREE A.S.A.P!

- Feel better and more energetic than you have in years (without medicines or chemicals).
- Prevent disease and sickness from destroying your joy, passion and purpose.

Call before November 1, 2014 and receive 50% off our Initial Visit!

(Initial Exam valued at \$120)**

call now! **386-673-2000**
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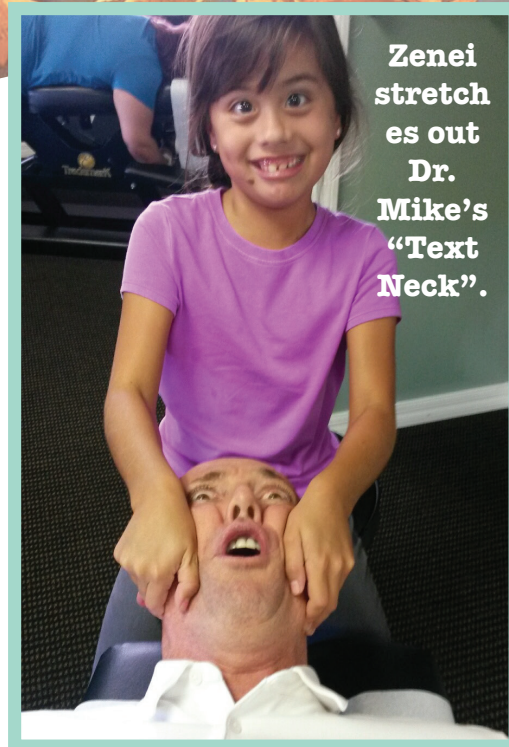
Do You Or A Loved One Suffer From "Text Neck"?

By Natasha O'Connor

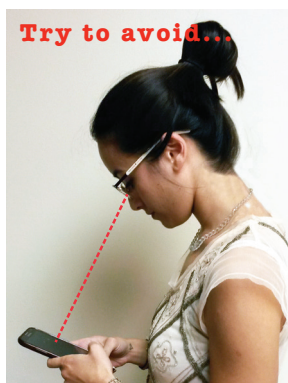
I'm not talking about neck tattoos, I'm referring to the position of ones neck while their fingers flutter furiously over their phone keypad or screen. We all know the pose, shoulders hunched forward, head hanging down to look at a mobile device for an extended period of time. This repetitive motion is actually becoming a health epidemic and not just nationally but globally too.

When my family returned from their stint abroad in Singapore they mentioned how everyone waiting for the tram had their heads hanging in a texting pose. In doing research on the web I saw that there is a Doctor in Singapore named Dr Tan Kian Hian who is the Senior Consultant at the Department of Anesthesiology and Director of the Pain Management Centre at the Singapore General Hospital (SGH). He states "When you lean your head forward away from its neutral position – when the ears and shoulders are aligned – by an inch, the weight of your head dramatically increases." Text neck can lead to a curvature of the spine, which can lead to inflammation of neck muscles, nerves, ligaments, headaches, permanent arthritic damage, and heart, lung, and brain dysfunctions.

I've seen children as young as 2 have their heads bowed and their eyes and fingers busy on their parent's cellphones; What can we do about this epidemic that only seems to be getting worse each year? The answer is pretty simple actually. If you're already under regular **chiropractic care**, you're already halfway there. Visit our website (www.ornond-beachchiro.com) to learn exercises you can use to strengthen your neck muscles. The other thing you need to be aware of is trying to **hold your phone at a 90-70 degree angle from the floor**. Keep in mind that if you do nothing about your text neck, you will only get worse and it will be harder in the future to reverse any text neck symptoms.



Comic by Dave Coverly



MAZE DAYZ 2014

Where can you wander through a corn maze, buy some pumpkins at a pumpkin patch, hop on a hayride, and join a pie eating contest? Why, at the 3rd annual Maze Dayz over on Cowart Ranch and Farms. I attended last year and it was such a good time. The air had just started to get cooler finally and all the autumnal activities really got me in the mood for the fall season. The Cowart's really do a great job making sure there's fun for both

the kids AND the adults. Being a kid raised in the suburbs, it was really a new experience to be on a farm. I definitely recommend you visit Maze Dayz with your friends & family, see you there!



Cowart Ranch & Farms

7 miles west of Bunnell-

West HWY 100

For more info. visit

www.mazedayz.com

or call 386-437-0750



Peggy Cowart & daughter Brittany Kinney in their sunflower patch.

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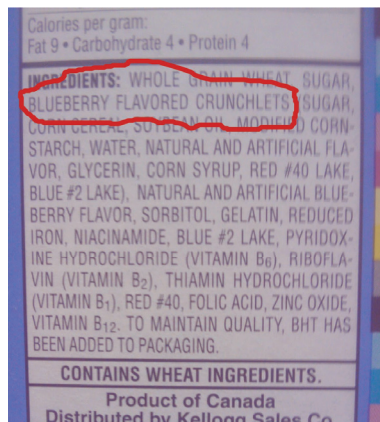
The Case Of The Missing Blueberries



By Dr. Tah Manasvigangkul

As I was doing my research for the newsletter, I came across this very interesting article that I think some people already know about, but a wake up call/reminder can't hurt. Some of you that are reading this newsletter are also probably eating blueberry bagels, cereals, breads and muffins. What you don't know is that none of the items mentioned contain one single real blueberry. They are mostly made of artificial colors, hydrogenated oils, and liquid sugars.

Award-winning investigative journalist Mike Adams, the Health Ranger, did an investigation that finally exposes the deceptive chemical ingredients and dishonest marketing of "blueberry" products from big-name food and cereal companies. Here is what Adams says about a bag of blueberry bagels from Target: "They're made entirely from sugar, corn cereal, modified food starch, partially hydrogenated vegetable oil, artificial flavor, cellulose gum, salt and artificial colors like Blue #2, Red #40, Green #3 and Blue #1." None of which is a real blueberry.



He goes on to talk about Total Blueberry Pomegranate Cereal: "This cereal, made by General Mills, contains neither blueberries nor pomegranates. They're nowhere to be found. But the cereal is made with red #40, blue #2 and other artificial colors. And it's even sweetened with sucralose, a chemical sweetener (a.k.a. Splenda). That's in addition to the sugar, corn syrup and brown sugar syrup that's already on the label." Again, none of which is blueberry.

Kellogg's Frosted Mini Wheats in a Blueberry Muffin variety: "there are no actual blueberries to be found. Instead, you get 'blueberry flavored crunchlets' - crunchlets - made from sugars, soybean oil, red #40 and blue #2." If you go on Kellogg's website, you would find claims such as "Special K Blueberry Fruit Crisps are filled with blueberries and drizzled with vanilla icing." The problem is there are no actual blueberries. Here is what you will find instead - "apple powder, partially hydrogenated soybean oil, fructose, sugar, artificial colors red #40 and blue #1, all enhanced with a dash of blueberry puree concentrate." **EVERY SINGLE INGREDIENT IS A CANCER FERTILIZER**

The list goes on and on with all kinds of similar products that usually appear on our breakfast table. So next time, you go shopping, read all the ingredients. According to Mike Adams, that's how you solve "the case of the missing blueberries."

The rest of this article can be found at <http://tv.natural-news.com/v.asp?v=7EC06D27B1A945BE85E7DA8483025962>

Dr. Tah with his daughter Nitaya.

"Love God, my family, my parents, surfing, poker, power-lifting, good company, good friends...not always in that exact order, but I do try!!"

- Dr. Tah



Halloween Fun Facts

1. According to Irish legend, Jack O'Lanterns are named after a stingy man named Jack who, because he tricked the devil several times, was forbidden entrance into both heaven and hell. He was condemned to wander the Earth, waving his lantern to lead people away from their paths.¹
2. Scottish girls believed they could see images of their future husband if they hung wet sheets in front of the fire on Halloween. Other girls believed they would see their boyfriend's faces if they looked into mirrors while walking downstairs at midnight on Halloween.¹
3. Because the movie Halloween (1978) was on such a tight budget, they had to use the cheapest mask they could find for the character Michael Myers, which turned out to be a William Shatner Star Trek mask. Shatner initially didn't know the mask was in his likeness, but when he found out years later, he said he was honored.²

