

MARCH '17 WELLNESS LETTER

Dear Patients and Friends,

March is National Nutrition Month and we've collected a huge amount of information to share with you throughout the month through email, Facebook, as well as in-office handouts.

Good nutrition is an integral part of your chiropractic care. If you get adjusted regularly and exercise regularly but eat fast food multiple times/week, one of the "spokes" in your "wheel of health" will be missing and go flat! Good nutrition helps to decrease inflammation which is a major cause of chronic illness including pain, cancer and diabetes. Good nutrition also helps to optimize neurological function as well thereby allowing the body to better adapt and be healthier.

Most people know that good nutrition is important yet they don't put the time and energy into it to improve their health potential. Most usually wait until a crisis hits and then scramble into action to try and recover. It's a vicious cycle. Good nutrition starts with eating whole foods and as much as possible eat organically grown foods. One of my good friends Dr. Cruse Howe told me many years ago: "If man made it, don't eat it". We're seeing the brilliance in this statement now as GMO foods are flooding the market. Please, I beg you to do your due diligence and start reading about GMO's to educate yourself on the dangers that these foods impose. Google Monsanto to learn of their role in these GMO foods and how Roundup [that's right the weed killer which is also owned by Monsanto] residue called glyphosate is being detected in foods. GMO seeds cannot germinate and start to grow without Roundup. Its mind boggling how this could have ever happened but that's what lobbyists are for right?

In addition to eating whole foods we must realize that many of these foods are grown in nutrient depleted soil limiting their nutritional value from the start. We live in upstate NY so how long does it take to get fresh fruit and vegetables to our table? Mary Anne can sometimes buy a cucumber at the grocery store on Friday and it is slimy by Saturday.

Proper supplementation is a necessity to fill in the gaps and avoid nutritional deficiencies. That's why we've partnered with Shaklee based on their commitment to research and purity as the U.S. government only requires 80 tests but Shaklee provides 350 tests for contaminants including 320 pesticides to make sure their products are the safest. We have chosen to partner with Shaklee because of our personal results in my family as well as with many of my colleagues. We will be sharing with you this month some important information on nutrition that can not only complement your chiropractic care but could significantly change your life!

We need to make our community healthier starting NOW! Chiropractic care has always lead the way in the wellness movement since it began way back in 1895. Don't wait until symptoms or "conditions" arrive to try and regain your health. Make the decision today to change your lifestyle and prevent problems from arising in the first place. Chiropractic care focuses on neurological integrity, posture, exercise and nutrition to improve your health potential.

As always, we are here to assist you on this journey and we are grateful for this opportunity!

Make it a great day!

Dr. Ed

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