

High Five Chiropractic

HEALTH IN THE PALM OF YOUR HAND

A Monthly Health Newsletter

August 2010

Health Tip

School will be back in session again. How can you make sure that your kids will be healthy during the school year? Make sure they get plenty of rest, plenty of water, plenty of vegetables, and make sure their immune systems are working at its fullest potential. Make sure they are getting checked at our office on a regular basis. Make sure they are not eating too much sugar, as that can depress the immune system. For more ideas, please attend our back to school Kid's Health Seminar--see the details below and to the right!



Fun Fact

The human brain has a storage capacity of more than four terabytes.



That's 4,194,304 megabytes, or equivalent to nearly three million standard computer floppy disks.

Trivia Question

Which human organ is the largest organ used to detoxify the body?



Trivia Answer

The skin

Healthy Recipe

Grilled Eggplant Slices

Ingredients:

1 large eggplant (about 1 1/4 pounds)
2 cloves garlic, minced
3 tablespoons extra virgin olive oil
1/4 teaspoon sea salt
3 tablespoons balsamic vinegar
Freshly grated black pepper

Directions:

Preheat a gas grill on high. Slice eggplant 1/3" to 1/2" thick. In small bowl, mix olive oil, balsamic vinegar, garlic, salt and pepper. Brush both sides of eggplant slices with mixture. place eggplant on heated grill. If you wish to have nice grill lines, turn only once on each side. Grill eggplant slices 10 to 14 minutes.

These eggplant slices will melt in your mouth!

Health News

Most of us have heard about the importance of vitamin D₃. There has been a lot of talk about the importance of "the forgotten vitamin". That vitamin is vitamin K! Actually, there are three types of vitamin K: K1, K2, K3. K1 is found in plants, K2 is made by the bacteria in your gut, and K3 is synthetic and is not recommended. Vitamin K prevents arterial plaque and heart disease, osteoporosis, cancer and the like. A vitamin K deficiency may contribute to Alzheimer's disease. It is a fat-soluble vitamin, so may lead to toxicity if you take too much, specifically of the injectable K3. So, where do you find this vitamin?

Fermented foods have the highest concentration of K2. Collard greens are a great source of vitamin K, as is spinach, salad greens and kale. However, you may have (or have a family history) of osteoporosis or heart disease, you should add vitamin K to your diet. You may also have an increased risk of a vitamin K deficiency if you eat a poor diet, have Chron's disease, ulcerative colitis, liver disease or if you're taking broad-spectrum antibiotics, cholesterol drugs, or aspirin. If this is the case, you may want to supplement with a natural, whole food supplement. If you are pregnant or nursing, you should avoid the higher doses of vitamin K. As always, if you have any questions, give Dr. Brad a call! 🙌



High Five!

We would like to thank all of those that came to our Detox and Weight Loss seminar. I hope it gave you lots of good ideas to help your body stay healthy. Please share with us (and others) how some of those positive changes have affected your life. As always, please contact us with any questions you may have.

Julie (our massage therapist) is making some great offers on massages for the summer, but will discontinue these offers soon. Make sure you take advantage of those deals!

Irene Gray is offering her services in reconnection healing. This is an energy healing experience that will do wonders for you.

If you have children, please plan on attending our back to school Kid's Health Seminar. The investment is only \$10 (which includes refreshments and materials to take home), but if you bring a friend the admission is free. We will only allow 10 people in, so make sure you reserve your seat early. It will be on **Wed. August 18 at 6:30 pm**. We will give you strategies to insure your children are healthy all through school. We want them to be successful this year!

A special thanks to Dr. Mercola for this issue's information.