



How we spend our days is, of course, how we spend our lives. ~ Annie Dillard

Better health through sleep

“Sleep is the most undervalued contributor to optimal health and performance,” according to Dr. Keith Humphreys, professor of psychiatry at Stanford University. Many people have no idea that getting enough sleep is essential for sticking to a diet, having more productive workouts and workdays, and boosting their immune system in general. The deep sleep state is also the time when the body repairs itself on a daily basis. A nine-year study found that those who routinely slept six or fewer hours a night had a **70 percent higher risk of dying** (in the same age groups) than did those who slept seven or eight hours per

Arriving at one point is the starting point to another. ~ John Dewey

LATER OFFICE HOURS ON WEDNESDAYS!

We are now open from 3 – 7 pm Wednesdays. Our other hours remain the same:

Monday 9am-1pm and 3pm-6pm

Tuesday 8am-12 noon and 2pm-5pm

Wednesday 3pm-7pm

Thursday 8am-12 noon and 2pm-5pm

Friday 9am-1pm

Cooking for health

While contested by the manufacturers of such products, research has shown that non-stick (for example, Teflon, T-fal, Silverstone, etc.) cookware can have harmful effects on our health (and possibly the pets in the household breathing the fumes given off.) The safest cookware is enamel coated cast iron, like those produced by Le Creuset and Range Kleen.

?FREQUENTLY ASKED QUESTIONS?

Q. Can I be adjusted if I've had back surgery or a ruptured disk?

A. Yes. The chiropractor may use low or no force techniques and will likely avoid direct adjustments to the area of concern. Surgery or a disk problem creates stresses on other areas of the spine and it is beneficial to the entire spine as well as the area of concern to be adjusted. It is important to talk to your chiropractor about your concerns if you have fears about being adjusted. Many adaptations can be made to work with any concerns you might have.

WHY DON'T THE AMISH HAVE AUTISTIC CHILDREN?

Searching for clues about the causes of autism led a reporter into Amish communities in the heart of Pennsylvania Dutch country. Since the Amish have been cut off from American culture and scientific progress for hundreds of years, it was thought that they may have had less exposure to some new factor triggering the rise of autism in the rest of the population. It appears that the factor could be vaccines. The current prevalence of autism is now considered to be one in every 166 children born in the United States. Based upon these national statistics, as many as 200 autistic children should have been found in the Amish community. Instead, only 3 were found. Of the three, two had been known to have been vaccinated, and the third child's vaccination status was unable to be determined. It has been suspected for some time that there may be a link between mercury-containing vaccines (those with thimerosal as a preservative) and autism.

REDUCED RESPIRATION RATE = LOWER BLOOD PRESSURE

Several clinical studies have shown that systolic (upper number) and diastolic (lower number) blood pressures were reduced by an average of 14/8 mmHg compared to the control group after 8 weeks of breathing at a rate of fewer than 10 breaths per minute for 15 minutes per day. The lowered blood pressure lasted all day. These studies were done with RESPeRATE, a feedback device which helps people to learn to control their breathing rate. Meditation is also known to lower breathing rates and, consequently, blood pressure.



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