

# Healthy News Spring 2008



 **Mayes**  
Chiropractic

FOCUSED ON YOUR OPTIMUM HEALTH

If you change the way you look at things, the things you look at change. --The Talmud

## NEW!!

### WHAT IS THE INSIGHT SUBLUXATION STATION?

As many of you are aware, Dr. Mayes attended a seminar in Colorado in March to learn how to most effectively use and interpret a new piece of technology that we have in the office. The Insight Subluxation Station scans the spine in 2 ways that provide an excellent evaluation of how the nervous system is functioning. X-rays give us critical information about the structure and biomechanics of the spine. Now we also have a non-invasive way, with printed results, to tell how the nervous system that travels through the spine is working.

The thermal scan determines skin temperature around the spine, a function of the autonomic nervous system, which controls organs, glands and blood vessels. The surface EMG scan detects muscle tension around the spine, a function of motor nerves. It is important to understand that there are 3 parts of the central nervous system, motor nerves and autonomic nerves, defined above, and sensory nerves, which transmit pain and other senses. Only about 10% of the nervous system is comprised of the sensory nerves, which we feel. That means that 90% of the nerve transmissions we have little or no awareness of! If motor nerves are being interfered with due to misalignments of the spine (also called subluxations) we might feel weakness, tightness, spasm or fatigue. If autonomic nerves are being interfered with, we might have sinus or allergy problems, stomach problems, low energy, or breathing problems, to name a few.

Back or neck pain, or lack of pain, gives us very little information about these functions. The main responsibility of the central nervous system is to control and coordinate the function of your body and its adaptation to the environment and stresses placed upon it. The new Insight scanning technology helps determine how well your body is actually performing this crucial task.

### 10 THINGS YOU CAN DO TO DRASTICALLY IMPROVE YOUR LIFE, HEALTH AND FUTURE

1. Get 30-60 minutes of exercise daily.
2. Eliminate artificial sweeteners, sugar, caffeine, processed and fast foods.
3. Get 8 hours of sleep every night.
4. Get adjusted regularly, even when you don't hurt.
5. Laugh more.
6. Take a high quality Omega-3 fish oil supplement.
7. Meditate/pray daily.
8. Do something for pure pleasure or fun on a regular basis.
9. Do something for someone else without being asked or paid...a random act of kindness.
10. Stop smoking (again).

Choosing even one of these to commit to for a year will find you in a wonderfully different place than where you stand right now, even if you already feel pretty darn good. And, if you happen to be doing all of these already, good for you, and keep it up!

### A Good Egg

Mother Earth News reported that free range eggs had half the cholesterol and significantly higher amounts of Vitamin E, beta-carotene and omega-3s (three times as much omega-3) as compared to supermarket eggs, which are generally commercially raised in cages and fed standard feed.



## TOP 12 FOODS TO EAT ORGANIC

Not all of us can afford to go 100% organic. The solution? Focus on those foods that come with the heaviest burden of pesticides, chemicals, additives and hormones. Whenever possible, use your organic spending power to buy organic versions of the following foods (in no particular order).

- |                       |                 |
|-----------------------|-----------------|
| 1. Meat               | 7. Celery       |
| 2. Milk               | 8. Strawberries |
| 3. Coffee             | 9. Lettuce      |
| 4. Peaches            | 10. Grapes      |
| 5. Apples             | 11. Potatoes    |
| 6. Sweet bell peppers | 12. Tomatoes    |

For more details, go to:  
<http://www.thedailygreen.com/healthy-eating/Dirty-Dozen-Foods>

If you are receiving this newsletter on paper and would prefer to have it e-mailed to you, please let us know at:  
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Also, be sure to check out our Newsletter Archives on our website: [www.mayeschiropractic.com](http://www.mayeschiropractic.com)

## ON THE OTHER HAND...

Here are 10 Foods You Don't Have to Buy Organic: These fruits and vegetables don't hold on to so many pesticides, so you can save your organic dollars for the ones that do. Remember that all produce should be rinsed before cutting.

- |              |               |                |
|--------------|---------------|----------------|
| 1. Asparagus | 5. Cabbage    | 9. Papaya      |
| 2. Avocados  | 6. Kiwi Fruit | 10. Pineapples |
| 3. Bananas   | 7. Mango      |                |
| 4. Broccoli  | 8. Onions     |                |

For more details, go to: <http://www.thedailygreen.com/healthy-eating/eat-safe/Save-on-Sustainable-Gallery-44032808>

## STILL USING ARTIFICIAL SWEETENERS?

Writing in the *European Journal of Clinical Nutrition*, the scientists behind a new review state: "The aim of this study was to discuss the direct and indirect cellular effects of aspartame on the brain, and we propose that excessive aspartame ingestion might be involved in the pathogenesis of certain mental disorders, and also in compromised learning and emotional functioning."

The researchers found a number of direct and indirect changes that occur in the brain as a result of high consumption levels of aspartame, leading to neurodegeneration. Neurodegeneration is the progressive loss of structure or function of nerve cells, including their death.



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