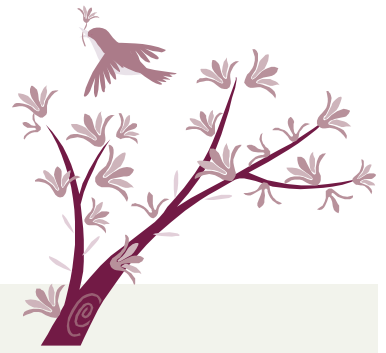


# Healthy News Spring 2009



FOCUSED ON YOUR OPTIMUM HEALTH

Sunlight is more powerful than any drug; it is safe, effective and available free of charge. If it could be patented, it would be hyped as the greatest medical breakthrough in history. It's that good.

~ Mike Adams

## SUNSHINE AND VITAMIN D

It is interesting to note that our bodies are designed to produce vitamin D in our skin as a result of exposure to sunshine. Eating vitamin D in foods or supplements is only a secondary source. This means that exposure to sunshine isn't all bad. 20-30 minutes of sunshine over as much exposed skin as possible (until it just starts to turn pink) is recommended for maximum production of vitamin D.

People with low levels of vitamin D have a higher risk of colds and other upper respiratory infections and, according to the Vitamin D Council, deficiencies in vitamin D play a role in many cancers, as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects and periodontal disease.

If you would like more information on this topic, ask us for a copy of the article Understanding Vitamin D and Sunshine.

## CHIROPRACTIC AND PREGNANCY

Too often women are told that they just have to "live with" back and pelvis pain during pregnancy. Chiropractic adjustments can often help relieve or eliminate those pains. Other potential benefits of chiropractic care during pregnancy include: an increased likelihood of full-term delivery, decreased labor and delivery time, and less chance of post-partum depression. A specific technique known as the Webster technique has had success in helping to turn many breech (feet first instead of the ideal head first) presentations.

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.  
~Plato

## EXERCISE AND OLDER BRAINS

Studies reported in the National Action Healthletter in April 2009 say that your best bet for keeping your brain healthy and young and keeping your memory intact is to get aerobic exercise every day. The studies used brisk walking as the aerobic activity of choice. After 6 weeks, the 60-80 year old participants in the study showed measurable increases in brain size. Even before they began the study, the more physically fit participants had better memories.

## YOUR MOTHER WAS RIGHT: SIT/STAND UP STRAIGHT

In a review of more than 100 studies, researchers from UCLA found that poor posture is associated with breathing problems, falls, depression and decreased quality of life, all of which contribute to shorter life expectancy.

## WEIGHT AND JOINT HEALTH

Did you know that for every 5 pounds of extra body weight you carry, the compressive load over the knee is increased by roughly 20 pounds? You can decrease the wear and tear on your joints and slow down or eliminate the development of osteoarthritis by losing extra weight.

## SPINAL STIMULUS PACKAGE

For cash only patients we are once again offering a package price of 4 adjustments for \$120. Purchased separately, adjustments are \$40.



## EVER WONDER ABOUT FISH AND SEAFOOD SAFETY?

Have you ever wondered about the difference between farm raised and wild caught fish? Have you ever wondered if the number of fish in the earth's waters is limited, considering the great amount fished and eaten by humans? Have you ever wondered about the safety of sushi? Check out the comprehensive and informative website, [www.seafoodwatch.org](http://www.seafoodwatch.org), for the answers to these and other questions about fish and seafood as food sources. You can also download a free 2009 pocket guide to help you choose seafood for any area of the country, including Michigan, which is included in the Central U.S. Guide.

## EXERCISE AND THE YOUNGER BRAIN

A study released in March 2009 by the Texas Education Agency noted that students who are physically fit are more likely to do well on the state's standardized tests and have good school attendance. Fit students are also less likely to have disciplinary referrals.

In the release by the Texas Education Agency, Dr. Kenneth Copper, aerobics pioneer and founder of the Cooper Institute stated, "The impact exercise has on the growing brain is unparalleled. Increased exercise improves cardiovascular health, and that helps the brain function more efficiently and enhances its ability to learn."

## ARE GENES REALLY ALL THAT?

Dr. Moira Fordyce, a geriatrician at Stanford University's School of Medicine, says that genetics account for about 30% of the aging process. The other 70% is lifestyle. Lifestyle includes whether or not a person smokes and drinks alcohol, as well as their eating, exercise, sleep and stress habits.

A man's health can be judged by  
which he takes two at a  
time - pills or stairs.

~ Joan Welsh

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