



CHILD'S PLAY!!

There was a time when children played from morning till night. They ran, jumped, played dress-up and created endless stories out of their active imaginations. Now, many scarcely play this way at all. What happened?

- Over four and half hours per day watching TV, video games and computer screens
- Academic pressure and testing, beginning with 3-year olds
- Over scheduled lives full of adult-organized activities
- Loss of school recess and safe green space for outdoor play

Decades of research clearly demonstrate that play – active and full of imagination – is more than just fun and games. It boosts health development across a broad spectrum of critical areas: intellectual, social, emotional and physical. The benefits are so impressive that every day of childhood should be a day for play.

For more information on play as a priority, check out: www.ipausa.org and www.playingforkeeps.org

Does metabolism slow as you age? Yes. It is estimated that between the ages of 40 and 80, an average person's resting metabolic rate slows down by 25-30 percent. For women in particular, there is a big drop with menopause. This means that if a person doesn't increase their exercise or decrease their food intake, or both, after the age of 40, they will likely gain weight.

H₂O

Your body is approximately 67% water by weight. If your body's water content drops by as little as 2%, you will feel fatigued. Fatigue is an epidemic in America and so is under-hydration. In one survey, participants reported drinking only half of the recommended amount of water daily. 10% said they didn't drink water at all! Ask for our "**10 Commandments of Good Hydration**" handout next time you are in the office.

CHIROPRACTIC AND INFERTILITY

Numerous case studies indicate that women who get adjusted to restore spinal alignment not only achieve a more balanced spine, but improved fertility as well.

BALANCING ACT

Our balance may be challenged at any time of life, but due to a variety of factors, unless we consciously work at it, balance tends to diminish as we age. There are some simple exercises that can be done to help gain and maintain balance. If you would like to improve your balance, ask for a copy of the handout "**Balance Exercises**" next time you are in the office.

CHANGE THE WORLD

There is a saying in chiropractic: "Chiropractic Today, for a Better World Tomorrow." When we personally improve our own lives with chiropractic care, there is a huge ripple effect on the lives of our family, our community and then, yes, our world. We cannot separate the physical benefits we experience under regular chiropractic care from our improved emotional, mental and social changes. Once we experience healing changes on these levels, the transformation reaches far beyond our own personal selves.

- Jeanne Ohm, D.C.

DOWN ON THE FARM

In the 1900's, steers were 4-5 years old when slaughtered for beef. In the 50's, they were 2-3 years old and now, they are 14-18 MONTHS old when slaughtered. This means they go from 80 to 1200 pounds in little over a year. How is this done? By using massive quantities of antibiotics and hormones to speed growth and decrease disease related to overcrowded conditions and being raised on feed that their stomachs were not designed to eat. The majority of antibiotics used in the United States are fed to animals (not only cattle) raised for food. Is it possible that these substances are transferred to humans who eat meat? Yes, measurable amounts of hormones in traditionally raised beef are transferred to humans, and some scientists believe that human consumption of estrogen from hormone-fed beef can contribute to cancer, premature puberty and falling sperm counts. Routine antibiotic use in animals consumed by humans is contributing to the growing problem of antibiotic resistance in humans. Consider locating sources of meat that are antibiotic and hormone free. There are a growing number of local producers available who raise meat that is antibiotic and hormone free and some local grocery stores carry products such as Laura's Lean Beef, which is antibiotic and hormone free. For information on some of these sources, check out the following websites:

<http://www.localdifference.org/farmsearch.asp> and
www.laurasleanbeef.com.

