

Television is a chewing gum for the eyes. – FRANK LLOYD WRIGHT

CHOOSE HEALTH!

Medical research indicates that as much as 90 percent (!) of illness and disease is related to lifestyle. These are areas in our lives over which we have direct control and our choices determine the outcome. The most obvious areas include diet, exercise, sleep, smoking and alcohol habits, and stress management. Stress is a major contributing factor to lifestyle-related illness, and many people find that their inability to balance work and non-work life is the primary stressor in their lives. Many Americans, especially, tend to be in continual fast-forward motion. Numerous organizations, particularly in Europe, promote finding and adopting a slower lifestyle. Some suggestions include:

- Avoid scheduling something to fill every moment of free time
- Prioritize activities and eliminate from the bottom of the list
- Cut back on television time
- Avoid rushing just to rush

For more information, ask for our hand out, “**Tips to Help Manage Stress,**” and check out the following websites: www.simpleliving.net/timeday
www.worklifebalancecentre.org

DID YOU KNOW?

Good Posture makes it possible for all organs in your body to function most efficiently. Poor posture reduces blood circulation, causes organs to sag, makes breathing more difficult and slows body functions (like digestion).

EXTRA DAY = EXTRA SICK

The BBC news reports that a study looking at 13 years’ worth of data showed that people who frequently work overtime were 61 percent more likely to become hurt or ill. Working more than 12 hours a day raised this risk by more than a third! The risk is not necessarily directly related to the hazards of the job. More likely, long hours induce fatigue or stress in affected workers.

SUPPORT YOUR SKELETON AND IT WILL SUPPORT YOU

Osteoporosis is often called the “silent disease” because bone loss occurs without symptoms. Since more women than men acquire osteoporosis, few people realize that men account for 20% of osteoporosis cases. It is important for both women and men to remember that diet (balanced and rich in calcium and vitamin D), regular exposure to sunshine (to ensure adequate vitamin D levels) and weight bearing exercise habits throughout the life span are crucial to developing and maintaining strong, healthy bones. For more information, ask for our handout, “**Building Strong Bones and Keeping them that Way.**”

 Getting adjusted regularly helps your body function most efficiently and live up to its potential. 

Visit us at www.MayesChiropractic.com

Access numerous articles and research; contact us directly and learn more about our practice!



HIGH TECH FOODS

60-70% of the foods on the grocery store shelves contain genetically engineered components. Soy and corn are two of the most commonly altered foods. Genetically modified organisms (GMO's) contain substances that have never been a part of the human food supply. They are not subjected to rigorous pre-market safety testing and they are not labeled. There is also concern that GM foods pose an allergy risk. Currently the list of GM food products intersects with the eight most common food allergens: eggs, milk, fish, peanuts, shellfish, soy, tree nuts and wheat. Is genetic engineering safe for you and your family? Safe for the environment? Safe for the future of mankind? No long-term studies have been done so there are currently no answers to these questions. For more information, ask for a copy of the article, "**Engineered Foods: A Threat to Children,**" from a recent issue of Pathways magazine, a publication of the International Chiropractic Pediatric Association.



The best time to
plant a tree was
20 years ago.
The second best
time is now. –
CHINESE PROVERB