



A CANDLE LOSES NONE OF ITS LIGHT BY LIGHTING ANOTHER CANDLE. ~UNKNOWN

### THE BREATH OF LIFE

In numerous studies, chiropractic care was found to improve breathing capacity in "lung-normal" patients, as well as those with respiratory problems. The significance of these studies lies in the relationship between breathing and longevity. In one long-term study it was found that the higher the breathing capacity at age 50, the more likely the odds of survival at age 75.

Breathing is made possible by skeletal muscle – the same type of muscle that enables you to lift and participate in sports and other types of physical activity. This is also the same type of muscle that makes normal posture possible. The same chiropractic adjustments that may offer improvements in posture, sports performance and productivity at work, can also improve breathing – a vital function linked to longevity.



### WATERPROOF SUNSCREEN WARNING

~~Waterproof sunscreen can cause severe burning and even blindness if it gets into the eyes of children. A special solution must be used to rinse the eyes since rinsing with water cannot remove the sunscreen. The manufacturer admits the problem but fears that parents will not use it if a large warning is placed on the product claiming that the risk of blindness outweighs the risk of skin cancer. Bottom line: use caution when applying sunscreen and visit the emergency room if sunscreen causes burning of the eyes and does not clear up quickly.~~

### WONDERING ABOUT SOY

When soy was touted as a wonder food not too long ago, people started adding greater quantities to their diets in the name of health. New research shows that it may not be quite so wonderful. In some countries, people are being warned about "the dangers of soy." When all is said and done, as with so many products, the best advice is: everything in moderation.

NO ACT OF KINDNESS,  
HOWEVER SMALL, IS EVER  
WASTED.

~AESOP

### CHILDHOOD STRESS

A study showed that persons reporting multiple stressful experiences in childhood are at increased risk of developing chronic back problems.

### SKI WALKING

Looking for a more effective low-impact aerobic workout that is amazingly simple and powerful at the same time? Try Ski Walking. Ski Walking is basically walking with ski poles. World class cross-country skiers (the most aerobically fit athletes on the planet) have been seriously Ski Walking for years as a proven off-season cross trainer. Ski Walking burns up to **40% MORE CALORIES** than walking without poles. It also reduces knee and joint strain while working arms, shoulders and abs.

Come and try Ski Walking with the King of Ski Walking, Pete Edwards. Pete will bring the poles and his expertise and all you have to do is show up with comfortable shoes for walking and a willingness to try something new. There will be two opportunities to try Ski Walking at Mayes Chiropractic and the nearby T.A.R.T. Trail. The clinics are **FREE** of charge. Meet at the Mayes Chiropractic office on 4 Mile Road on **SATURDAY, MAY 13<sup>TH</sup> AT 10:00 A.M. OR THURSDAY, MAY 18<sup>TH</sup> AT 6:00 P.M.** The Ski Walking clinic should last approximately an hour. For more information on Ski Walking go to [www.skiwalking.com](http://www.skiwalking.com). To ask questions about the May Ski Walking clinics above, please call Mayes Chiropractic at 938-1710.



# The highest form of wisdom is kindness ~ The Talmud

## **“GOOD” MEDICINE**

A number of scientific studies showed that Acts of Kindness (doing good deeds) result in significant health benefits, both physical and mental, for those who perform them. To enhance the benefits of doing good works remember that:

- Personal contact with the people being helped is important
- Helper's high results most from helping people we don't know
- The health benefits and sense of well-being return whenever the helping act is remembered

## **ATTITUDE, ATTITUDE, ATTITUDE**

A 92-year-old, petite, well-poised and proud man moved into a nursing home today. His wife of 70 years recently passed away, making the move necessary. Even though he is legally blind he is fully dressed each morning by eight o'clock, with his hair fashionably coifed and a shave perfectly applied. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready. As he maneuvered his walker to the elevator, his nurse provided a visual description of his tiny room, including the eyelet curtains that had been hung on his window.

"I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time."