



OOPS! It has come to our attention that the article printed in the last newsletter regarding the dangers of waterproof sunscreen was an urban myth and not based on fact.

CHOOSE HEALTH

The vast majority of health problems that lead people to visit medical doctors are lifestyle related. Those are things that we can do something about. Our exercise, eating, smoking and drinking habits (both what and how much) are all things that we choose. As someone once said, if we aren't consciously choosing for health, we are choosing against it!

HEALTHY SHOPPING TIPS

- ◆ **Make a shopping list and stick to it.** Writing out what you want helps cut down on those impulse buys of foods that might not fit into your healthy eating plan.
- ◆ **Eat before you hit the grocery aisles.** It's hard to stick to your healthy shopping intentions when you are hungry.
- ◆ **Read food labels.** They tell you exactly what you are getting in a product. Compare labels on similar products to find the better choice. As a rule, the fewer the ingredients the better.
- ◆ **Shop the perimeter.** The healthiest and least processed foods are around the perimeter of the grocery store. Processed and junk foods are in the center aisles.
- ◆ **Choose frozen over canned.** If you must buy something other than fresh, choose frozen foods as they generally hold their nutrition better and have less sodium than canned.
- ◆ **Try to shop without your children.** While this may seem like a fun family activity and can be an opportunity for lessons on healthy food choices, it only works if you can resist their pleas for candy, pop, cookies and sugar-laden cereals!

There are two primary choices in life; to accept conditions as they exist, or accept the responsibility for changing them.

~ Dennis Waitley

WATER, WATER EVERYWHERE, PLEASE MAKE SURE YOU DRINK!

Proper hydration should be a priority all year long, but the heat and resulting water loss in the summer can make the effects of dehydration more evident. It is more important than ever to be sure that adequate water intake is maintained. A good guideline is to drink half of your body weight in ounces of water daily. Remember that caffeine and alcohol add to dehydration.

Your urine color is an accurate indicator of short term hydration levels. The darker your urine, the more dehydrated you are (not counting urine colored by certain vitamins, foods and medications.) If you are well hydrated, your urine will be clear or a very pale yellow.

Chronic dehydration remains hidden as a cause of health problems because its symptoms are usually blamed on something else. Allergies, digestive problems (such as acid reflux and constipation), loss of energy, fatigue, mental difficulties such as depression and irritability, and early pregnancy morning sickness have all been associated with chronic dehydration.

If you choose not to decide, you still have made a choice.

~ Neil Peart

CONSIDER THIS

"Infection" is the normal human condition. We are all exposed to germs constantly and harbor disease germs frequently, yet become sick only occasionally. Sickness is a product of the state of the human immune system, not the mere presence of germs. Adequate sleep, good nutrition, frequent exercise, proper hydration and a healthy spine all contribute to a strong immune system.

CAFFEINATED KIDS

More and more teenagers are joining adults in making caffeine the most widely used drug in the world. Both coffee and soft drink consumption among teenagers is rampant. Caffeine use is not without a wide range of possible health consequences, despite its legality and popularity. Often it is used to help "wake up" in the morning or reduce drowsiness during the day. More sleep is the best answer to this problem, as is drinking enough water to stay well hydrated (caffeine also contributes to dehydration.)





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The last of the human freedoms is to choose one's attitude in any given set of circumstances. ~ Victor E. Frankl

WHEN DO INFANTS AND CHILDREN NEED A CHIROPRACTIC CHECKUP?

According to chiropractor Larry Webster, a pediatric specialist, there are six times in a baby's first year of life when spinal examinations are especially important:

- After the birth process.
- When the baby starts to hold his/her head up.
- When the baby sits up.
- When the baby starts to crawl.
- When the baby starts to stand.
- When the baby starts to walk.

Other situations for infants and children that may result in spinal misalignment and the need for a chiropractic checkup can be a result of macro-trauma (involving obvious force, such as sports and playground injuries or auto accidents) or micro-trauma (the repetition of postures with poor biomechanics, such as sleeping on the stomach or sitting in car seats too often.)

Some noticeable indicators that a spinal check up is in order are:

- Breast feeding on one side only.
- Asymmetry in posture (ex. One shoulder higher, head turned or cocked to one side) which often shows up in repeated photographs.
- Chronic wiggling or discomfort when seated.
- Complaining about back pain – back pain is NOT normal.
- Chronic or repeated illnesses such as ear infections or colic.

It is important to remember that in both children and adults pain is not always present with spinal misalignment and having an occasional chiropractic checkup can prevent simple misalignments from turning into complicated and painful problems.