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Newsletter

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Happy New You!

One of the trillions of things your body does without so much as a conscious thought from you, is to replace dead and dying cells with new, healthy cells. It's happening right now.

Even more when you sleep:

New intestine lining every 2-3 days, new stomach lining every 5 days, new skin every 28 days, new liver every 42 days, new bone every 90 days, new red blood cells every 120 days... Your body creates 1,000,000,000 new cells every hour.

Over time, this renewal process replaces the old you with a whole new you. This is what allows us to heal. It's also why continued chiropractic care can be so helpful.

Your body relies on your current pattern and structure as a guide for the placement of new cells. Regular chiropractic care helps establish new, healthier patterns and structures.

This is why ongoing chiropractic care, even when you don't have an obvious ache or pain, can be beneficial. This has created an entirely new way to see health.

It's called: wellness.

Do You Break the Rules?

Turns out, the quality of our health is the result of a set of very simple rules. Play by the rules and you have the best chance for optimum health. Break the rules and you'll pay for it. Not always immediately, but eventually.

Here are 10 of the most obvious ones:

You shall breathe. If you stop breathing, breathe in a shallow manner or inhale pollutants, there will be price to be paid.

You shall ingest nutrition. Quality food is needed to provide the essential resources needed to fuel, grow and repair your body.

You shall expel wastes. What goes in, must come out. If it comes out too quickly or takes too long to come out you'll suffer.

You shall hydrate. We're mostly water. The key is to drink enough fluids so you never feel thirsty.

You shall move. A sedentary lifestyle causes stagnation, poor circulation and hampers the function of the lymphatic system.

You shall rest. Your body needs time to renew, refresh and repair. This is done largely at night while enjoying restful sleep.

You shall adapt to your environment. The nervous system, the focus of your chiropractic care, orchestrates every cell and tissue.

You shall love. You are the product of love. Love your Maker. Love yourself. Love others. The more you give away the more you've got.

You shall forgive. You will make mistakes. You will hurt others. You will fall short of the mark. Forgive others as you forgive yourself.

You shall die. Many try to break this one. Even medicine sees death as a disease state. It's natural. It's inevitable. It's part of the plan.

There's one more: You shall be responsible. Valuing your health and following the rules permits you to live a purposeful life. Enjoy!

Spinal Link to Asthma

A report funded by the Australian Spinal Research Foundation suggests a link between chiropractic care and the reduction of symptoms experienced by asthma sufferers.

According to Macquarie University researcher Dr. Ray Hayek, the study involved hundreds of people with asthma symptoms.

“When an asthma sufferer is under the anxiety of a looming asthma attack, the levels of the hormone cortisol increase. This acute increase in cortisol through a number of mechanisms can bring on an asthma attack,” says Dr. Hayek. “Levels of the stress hormone cortisol steadily decreased during the trial, and levels of immunological markers (immunoglobulin A) steadily rose.”

Apparently, reducing stress to the nervous system with chiropractic care reduces the likelihood of asthma attacks.

More proof that chiropractic care, because of its focus on the nervous system, may be helpful for a wide variety of health complaints.

How to Live to 100 (Part 2)

Year after year, life span continues to increase. Those born 100 years ago would typically live to the ripe old age of 50.2 years. Children born this year are expected to live an average of 80.5 years.

These are just averages. Today, more and more people are living longer than 100 years. A study of these centenarians reveals some general guidelines that can help extend your own life, regardless of your current age:

9. Maintain an ideal posture. Poor alignment and postural deviations may suggest unresolved emotional issues. One more way chiropractic can help you live longer.
10. Shun alcohol and tobacco. Tobacco narrows the arteries and restricts the blood circulation. Too much alcohol can counter any positive benefits.
11. Cultivate your spiritual connection. Those who regularly worship, meditate or maintain their connection to God are shown to enjoy greater life expectancy.
12. Accept what is. Make life the kind of adventure that will compel you to see how it all turns out!
13. Eliminate unnecessary stress. Your ability to accommodate stress is based on the condition of your nervous system. One way chiropractic care may help you live longer.
14. Keep it positive. The power of our thoughts and emotions are often overlooked. Optimists live longer than pessimists.
15. Avoid hospitals. Between hospital-acquired infections, unexpected drug interactions and just plain mistakes, hospitals can hurt, just as they can help.
16. Have a purpose. If your goal is retirement, you better have a passionate reason for living. Serve. Donate your time. When you let up, you'll likely suffer a let down.

Chances are you'll live longer than you think. Regardless of how long you live or how well you live, it's better to burn out than rust out.

Heed the warning of one elderly woman who observed, “If I'd known I was going to live this long, I would have taken better care of myself.”