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# Newsletter

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## Happy New You!

One of the trillions of things your body does with no input from you, is replace old cells with healthy new ones.

It's happening right now: New stomach lining, every 5 days. New skin, every 28 days. New liver, every 42 days.

Your body creates 1,000,000,000 new cells every hour. This renewal process replaces the old you with a whole new you, allowing you 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 is beneficial. This has created an entirely new way to see health. It's called: wellness.

## How to Live to 100 (Part 2)

People born 100 years ago would typically live to the ripe old age of 50 years, while children born this year are expected to live longer than 80 years. A study of centenarians reveals some general guidelines that you can use to help extend your life, regardless of your current age:

8. Shun alcohol and tobacco. There are no health benefits of tobacco, and too much alcohol can counter any of its positives.
9. Cultivate your spiritual connection. Those who regularly worship or meditate are shown to enjoy greater life expectancy.
10. Accept what is. Make life the kind of adventure that will compel you to see how it all turns out!
11. Eliminate unnecessary stress. Stress is very aging.
12. Keep it positive. Optimists live longer than pessimists.
13. Have a purpose. Serve. Donate your time. When you let up, you'll likely suffer a let down.

## Spinal Link to Asthma

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

According to Macquarie University researcher Dr. Ray Hayek, the study involved hundreds of people suffering 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 improving a wide variety of health complaints.

## 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:

- 1.You shall breathe. If you stop breathing, breathe in a shallow manner or inhale pollutants, there will be price to be paid.
- 2.You shall ingest nutrition. Quality food is needed to fuel, grow and repair your body.
- 3.You shall expel wastes. If you expel wastes too quickly or too slowly, you'll suffer.
- 4.You shall hydrate. Drink enough so you never feel thirsty.
- 5.You shall move. A sedentary lifestyle causes stagnation, poor circulation and hampers the function of the lymphatic system.
- 6.You shall rest. Your body needs time to renew and repair.
- 7.You shall adapt to your environment. The nervous system orchestrates every cell and tissue.
- 8.You shall love. Love your Maker, yourself and others.
- 9.You shall forgive. Forgive others and forgive yourself.
- 10.You shall die. Many try to break this one, but t's natural. It's part of the plan.

Valuing your health and following the rules permits you to live a purposeful life!