

Healthy Choices from Dr. Charlton

Andrea S. Charlton, D.C.
5820 Stoneridge Mall Rd, Suite 100
Pleasanton, CA 94588
(925) 847-2095 www.drcharlton.com

THE PROBLEM WITH CHIROPRACTIC

INSIDE THIS ISSUE:

Soda Epidemic Hits the U.S.A. 2

Germes are Good 2

Recipe for Holiday Egg Nog 2

The problem with chiropractic is that people get better.

Their nervous systems begin to function properly, allowing the body to heal itself and work efficiently, while improving energy and coordination of bodily functions.

People start to feel better. Their spines begin to stabilize, leading to fewer visits to the chiropractor. Less money is spent on medications and pain-killers. Less time off is taken from work or school. Less money is spent visiting their primary care physician. Less time is lost being sick. More time is spent with family and friends.

You not only feel and function better, but you save money!

The problem with chiropractic is only a problem for the doctor (she needs more new patients – so refer your friends!!) **Who wouldn't wish better health for their loved ones? Wouldn't health be a better problem for your friends than what they already deal with?**

Another problem with chiropractic is that many people view it as a last resort rather than their first resort, or fail to understand chiropractic as a marvelous preventative tool to allow their bodies to function at their optimum level. Now that you know how beneficial and

gentle chiropractic care with Dr. Charlton is, why put off feeling your very best? **Don't take your health for granted; call for your appointment today!**



FALL BACK TO HEALTH

SPECIAL POINTS OF INTEREST:

- Check out my website at www.drcharlton.com
- Chiropractic boosts your metabolism.
- Soda intake is dangerous for your health.
- Exposure to germs strengthens your immune system.

It's officially Fall.

The air is crisp and clean.

Thanksgiving and Christmas are coming. This is the time of year we see our family and friends and eat yummy holiday foods. With all the traveling

and eating changes this time of year, you may be concerned about your weight or your health.

For good reason!

However, chiropractic care, along with proper nutrition

and exercise, boosts your metabolism, which reduces that tendency to gain weight, as well as helps us handle the added holiday stresses... how's that for a holiday benefit?



SODA EPIDEMIC HITS THE U.S.A.



Is the soda epidemic too close to home?

In the United States, we drink enough soda for each man, woman and child to have one 12 oz can every day! One third of teenage boys drink 3 cans per day.

So what's wrong with that, you may ask?

Drinking soda is **linked to obesity** because it's high in sugar. It also leads to **caffeine dependence**; diet sodas contain more caffeine than regular sodas.

Tooth decay is often caused by drinking soda.

Also, the phosphorous in soda depletes the body of calcium, leading to **bone weakening**.

With osteoporosis so prevalent in our society, we do not need to aid that trend!

Sodas usually contain artificial additives and flavorings—and sweeteners. These compete with the necessary water and nutrients that our bodies need for health. When rushed, some people substitute a soda for a meal. How are we supposed to be a healthy society when we do not get the proper nutrition?

Drinking filtered water is by far a healthier option. You can add a small amount of lemon or cranberry juice to help your body absorb the water more completely.

Washington Post, Feb 27, 01, page HE10

Factoid: Gummy candy (without extra sugar or sour coating) do NOT cause tooth decay. But, that doesn't mean it's healthy!

GERMS ARE GOOD

“More immune activity leads to greater protection from allergies and asthma, as well as other diseases.”

It's flu and cold season. What can we do about it?

Studies have shown that kids who grow up on farms, around animals or other kids have fewer allergies and less asthma. This is because the bacteria in dust and in “sick” kids will help boost the immune system of the other child.

Without the opportunity to

fight off bacteria and viruses, our immune systems cannot create an inventory of “bugs” they have fought off. Once we've fought off a bacterium, we can never again get sick from that same bacterium. Therefore, if we get mildly sick from a bug and then get exposed to a more harmful strain later on, we can fight it off.

More immune activity leads to

greater protection from allergies and asthma, as well as other diseases.

Chiropractic also boosts the immune system by directly stimulating the associated nerves. **Studies have shown a decrease in allergy and asthma symptoms after chiropractic care.**

The Lancet;355:1680-3.

CHEERY EGG NOG—HOLIDAY CUP OF CHEER WITH HEALTHY, HIGH QUALITY INGREDIENTS

Andrea S. Charlton, D.C.
5820 Stoneridge Mall Rd,
Suite 100
Pleasanton, CA 94588
(925) 847-2095
www.drcharlton.com

4 whole eggs, organic if possible

1 cup raw cream

3 cups whole milk

2 tsp vanilla

2 tsp ground cinnamon or nutmeg

1/4 cup apple juice concentrate or 3 tbsp cherry or blueberry fruit concentrate

1. Into blender container, add cream, milk, vanilla, nutmeg and fruit concentrate. Blend on high until creamy and frothy.

2. Add raw eggs and pulse a

few times until just blended and creamy. Serve immediately, spinkled with nutmeg or cinnamon.

Serves 4

Dr. Mercola's Total Health Cookbook