

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

# Healthy Choices from Dr. Charlton

## April Showers Bring Health Concerns

It has certainly been a wet Spring. I'm grateful that we will not experience drought conditions this year and that we can look forward to an abundance of beautiful flowers! The rain has also washed away much of the pollen, thus reducing the extent of allergies this season.

**Make sure that your body is up to the spring challenge!**



However, with increased moisture, there is a tendency for MOLD and MILDEW to grow, both of which can cause allergic reactions. An easy and inexpensive way to kill any mold and mildew in your bathroom or kitchen is to use vinegar for cleaning. It can't survive the acid!

Or maybe you're finding that the rain is diminishing your upbeat attitude! Maybe you, like some, are trying to find reasons to take a vacation to avoid the rain.

I have news for you! **Not only can chiropractic care help you improve your disposition and outlook, it can also help you to fight off those nasty colds, flues and allergies.** by improving the function of your immune system.

Maybe you are planning on being out in the garden when the weather clears —**is your back feeling up to the challenge of gardening? Mowing the lawn? Spring cleaning?**

If you have aches or pains, set up a complimentary consultation to determine whether chiropractic care will benefit you. If I can't help you, I'll tell you so. If I can, it could be the best investment you ever make. Then you can rest easily because you will always feel your best when your body is functioning optimally.

Please share with your family and friends the opportunity for a new spring in their step—through gentle, upper cervical chiropractic care!

### Special Points of Interest

- > Improve your sunny disposition with NUCCA
- > Chasing symptoms does not work—for weight loss or health
- > Stress kills your brain cells
- > Childhood health conditions improved through upper cervical chiropractic care

## Upper Cervical Care Improves Children's Lives

A study in the *Journal of Clinical Chiropractic Pediatrics* identified **58 articles** regarding chiropractic care for children. "All of the literature reviewed involved upper cervical adjustments... **Many of the studies involved cases in which any of a myriad of conditions frequently affecting children was resolved completely. Moreover, the response time of an**

**upper cervical adjustment was seen within one to three treatments.** These conditions included infantile colic, glaucoma, irritability, head trauma, hemiparesis, projectile vomiting, tonsillitis, sinusitis, bronchitis, nocturnal enuresis [bed-wetting], allergies, sleep disorders, curvature of the spine, fever, otitis media [ear infections], asthma, ADHD,

headaches, torticollis and seizures. The *JCCP* study summarized studies involving more than 1,000 children under chiropractic care; the findings suggested the focal area of care involved the upper cervical spine."

Claudia Anrig, *Dynamic Chiropractic*—April 10, 2006, Volume 24, Issue 8.

Which one is healthy?



Both can be healthy, depending upon the person and the ingredients in the prepared meat.

Chronic stress leads to impaired immune function, insomnia, hypothyroidism, inflammation, and high blood pressure.

## New Strategies for Combating Health and Weight Concerns

Sometimes people go to the medical doctor because they have bothersome symptoms such as allergies or a runny nose. The doctor may prescribe something for the symptom or the presumed cause. Unfortunately, that is not the healthiest tactic.

Symptoms can be caused by various things. Unless the true cause is addressed and the true needs of the individual are met, the individual will not become truly healthy.

Weight loss is another issue that

can be very perplexing. For many people it is a life-long problem. Weight issues are really just another symptom indicating that something is wrong or out-of-balance. Instead of being disheartened from lack of success in this area, there are solutions not found in mainstream diets. Dr. Charlton can advise you on an individualized nutrition plan that can correct and boost your metabolism to give you increased energy and health, while normalizing your weight. Optimal health should be your

goal, and your other health concerns may go away as well, once your body has the nutritional support it craves!

Instead of relying on prescription medications to control symptoms, chiropractic can often resolve the underlying problem by improving the FUNCTION of the body.

Make your appointment today! You may schedule a new patient examination or simply a complimentary consultation to determine if NUCCA can help you.

## Stress Kills

Your body's adrenal glands produce cortisol in response to stress. This is a wonderful thing, as long as the stress is short-term! Cortisol increases energy, strength and decision-making.

In chronically stressed people, cortisol production is too high and it has tissue damaging effects. These include high blood pressure, reduced glucose tolerance, impaired immune

function, insomnia, inflammation, bone loss, hypothyroidism and other hormonal imbalances. It can also cause destruction of brain cells and thereby produce memory loss.

If excess cortisol is produced for too long, the adrenal glands will wear themselves out and you will no longer be able to properly respond to stress.

**Your body's response to stress correlates with the function of your nervous system, the amount of water you drink, the nutrition you get, as well as the oxygen your brain receives from your blood. Blood flow to your brain is improved by NUCCA care.**

Kristal & Haig, The Nutrition Solution, pp 128-9.

## Mashed Potatoes

1 head fresh cauliflower, about 1-1 1/2 lbs

1-3 Tbsp organic or raw butter

1/4 cup organic or raw half and half (or lowfat buttermilk)

1/4 tsp sea salt

2-3 grinds black pepper

1. Steam cauliflower until

tender in steamer basket or small amount of water in saucepan.

2. In food processor, blend cauliflower, butter, cream, sea salt and pepper, until smooth.

3. Transfer to serving bowl. Serve immediately.

Serves 4.

Preparation time: 15 minutes

Dr. Mercola's Total Health Cookbook

You may also use rutabagas in lieu of potatoes or cauliflower.