

HEALTHY CHOICES FROM DR. CHARLTON

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I AM RELOCATING TO BETTER SERVE YOU!

I have truly enjoyed working in San Ramon and seeing all of you—both my patients and Dr. Milligan’s patients.

The time has come to move on—to a new opportunity to better serve you. In doing so, I will be expanding my hours and relocating my practice to Pleasanton at the 580 and 680 intersection, which will be more convenient for many of my patients. My new office is easy to get to and has plenty of free parking.

I am very excited about the opportunity that has come up and expect that it will be a wonderful fit for all of us.

At this new location I will continue to provide quality upper cervical chiropractic in

a different form—NUCCA, which stands for the National Upper Cervical Chiropractic Association. NUCCA is a very similar technique; the main difference is that the adjustment is made by hand, instead of with the Atlas Orthogonal instrument. NUCCA is still very gentle and scientific.

The reason I am a chiropractor today is because of my NUCCA doctor in Southern California, whose care was so effective that I wanted to learn that technique and utilize it for my patients, too!

NUCCA is the technique that I studied and performed throughout chiropractic school. I was the president of the NUCCA Club at Life Chiropractic College West

and it is a joy to be returning to this “old friend.”

I anticipate that all of you will respond very favorably to the new technique and the new location.

Of course for those of you who are not yet patients of mine, I would love the opportunity to take care of your health and increase your quality of life.

My new address and phone number as of August 8, 2005 will be:

**5820 Stoneridge Mall Rd,
Suite 100, Pleasanton, CA
94588**

925-847-2095

Inside this issue:

| | |
|---------------------------------------|---|
| MSG: an enemy of your brain | 2 |
| Cholesterol is only part of the story | 2 |
| Recipe : Grecian Spinach | 2 |

Special points of interest:

- I look forward to serving you in my new location!
- Check out my website at www.drcharlton.com
- Making healthy choices will make a positive impact on your life!

STRESS KILLS BRAIN CELLS

Prolonged stress of any kind can lead to the destruction of certain brain cells, mostly the ones responsible for memory and orientation, which can lead to not remembering where you left your keys!

After 28 days of stress, the brain cells are permanently destroyed. Within the 28 day

window, the damage is reversible — if the stress is reduced and managed properly.

Adrenaline and cortisol are the two hormones responsible for the danger from stress. If your nervous system is functioning properly, the stress hormones will be bet-

ter regulated.

So, come in today for a chiropractic adjustment to reduce your stress level — and save your brain!

Blaylock, Health and Nutrition Secrets that can save your life, p318.

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MSG: AN ENEMY OF YOUR BRAIN

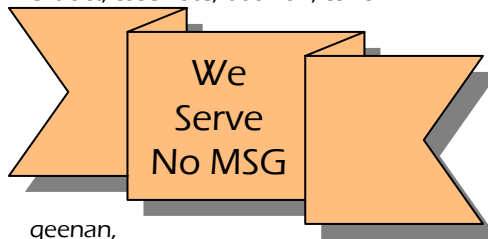
Monosodium Glutamate, or MSG, is a terrible additive to foods, literally killing our brain cells and doing serious damage elsewhere throughout the body.

Many health-conscious people know that MSG is not good for them, but most do not know how difficult it is to avoid. The dangerous food additive is extremely important to the packaged food and restaurant industries as a flavor enhancer, giving the impression of quality and adding taste appeal to prepared foods. MSG can be manufactured from various vegetable sources, so its name can be changed to appear as a normal, harmless food ingredient.

MSG has been indicated to be a cause, or a factor in, obesity, type II diabetes, high blood pressure, cardiovascular disease, fibromyalgia, hormonal imbalances, Parkinson's, Alzheimer's, and eye

diseases such as diabetic retinopathy,

The following are names of ingredients that always or sometimes mean MSG: glutamate, hydrolyzed whey, corn, soy or wheat protein, textured vegetable protein, yeast extract, autolyzed yeast extract, caseinate, bouillon, carra-



geenan, pectin, malt, artificial flavors, natural flavors, and spices. The fewer processed foods and the more fresh foods you eat, the better off you are.

In addition to avoiding MSG, increasing

your intake of antioxidants is vital. You can supplement your diet with vitamins E and C, selenium, zinc, copper and magnesium. These can be ingested by increasing the fruits and vegetables in your diet, as they have the natural antioxidants and combination of nutrients that your body needs.

Blaylock, Health and Nutrition Secrets that can save your life, pp 171-99.

Walsh, Food Allergies, pp90-1.

CHOLESTEROL IS ONLY PART OF THE STORY

Cholesterol has a bad reputation, for a somewhat good reason... but it's not that simple.

Cholesterol is only responsible for 50% of cases of atherosclerosis (hardening of the arteries).

Also, there are HDL and LDL, which have different roles. LDL should be low and

Eat the proper balance and type of fats and antioxidants, and see your chiropractor.

HDL should be high. However, sometimes when omega-3 fatty acids (flax seed oil and fish oil which are essential for health) are taken, it will actually raise the LDL levels and still reduce heart

attack and stroke rates, despite the increase in LDL levels.

A diet high in cholesterol will

usually have other negative factors, thus making the causal relationship more complex.

The bottom line is to eat the proper balance and type of fats (especially pharmaceutical grade omega-3 fatty acids and coconut oil) and antioxidants (see above), and of course, to make sure your nervous system is functioning properly, by seeing your chiropractor.

Blaylock, pp222-5.

GRECIAN SPINACH IN 10 MINUTES

1 Tbsp coconut oil

1/2 small red onion, thin sliced into rings

2 lbs fresh baby spinach, washed & stemmed

1/2 tsp grated lemon peel

1/2 tsp sea salt

3-4 grinds freshly ground black pepper

1/4 cup feta cheese, crumbled



A perfect accompaniment to your summer evening!

1. Heat a large pan with a lid over medium-high heat. Add oil and sliced red onion. Saute until onion starts to wilt.
2. Add spinach and quickly sauté for 2-3 minutes. Add lemon peel, salt

and pepper. Cook a few seconds more.

3. Add feta cheese and stir to incorporate. Transfer to serving dish and serve immediately.

Serves 4