

SPECIAL  
POINTS OF  
INTEREST:

- I am pleased to announce my new business name!
- Thank you for your referrals!
- The fee schedule will change January 1.
- Natural health remedies have been known to the Greeks for centuries!

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# Vital Life News

VOLUME 3, ISSUE 4

FALL 2006

## Dr. Charlton's Changes

Autumn is a time of leaves changing colors and the weather becoming more crisp. In light of the changing of the seasons, I am pleased to present my New Business Name:

### Vital Life Wellness Center.

This is very exciting to share with you. I chose this name to reflect the importance of aligning the spine and allowing Life to flow through you for optimum wellness.

I am looking forward to the future. Thank you all for your referrals. I really appreciate them, because it means three things: (1) you appreciate the care that I've given you, (2) your friends and family are also benefiting as their bodies are healing, and (3) my practice has

quickly outgrown my current office space!

To better serve you, I am actively looking for a larger office nearby. This will allow me the space to serve more patients, have room for my own x-ray equipment, and hire an office assistant to ensure that additional paperwork and scheduling can continue to be handled promptly and efficiently. These changes will increase the effectiveness of my practice as it grows, and streamline some of the procedures (especially regarding x-rays) that are less convenient now, due to my space constraints.

Because of these changes, I will need to modify the fee schedule, effective January 1, 2007, to help offset some of the increased

overhead. I believe we will all benefit from the added conveniences I am planning to incorporate into my new office. Please contact the office with any questions you may have about the 2007 fees. I will keep you posted regarding the office move date and new location.

I look forward to continuing to work with you as your chiropractor and health consultant, helping you regain and maintain your health. It is my joy to assist my patients through normal life changes such as pregnancy, menopause and other phases of life. When the need arises, I can also refer you to various professionals who specialize in the health-related fields. Promoting Vital Life Wellness is my passion!

## Chemotherapy Can Alter Brain Function for at Least a Decade

Chemotherapy is often the treatment for cancer. A new study has shown that "chemo brain" or the confusion reported by many chemotherapy patients can last for ten years or more. This is caused by the blood flow and metabolism of the brain being altered through the treatment. Hormonal therapy

given to some of the patients contributed to alterations in the basal ganglia (part of the brain that controls thought and action).

**NUCCA improves blood flow to the brain** by realigning the spine and removing the obstruction in the arteries that

supply blood to the brain. This enhances the function of the brain, leading to **higher energy levels, improved vision and balance, and reduction or elimination of dizziness, ringing in the ears, facial pain, and headaches.**

USA Today October 5, 2006

## Premature Birth is Leading Cause of Infant Deaths



Use exercise, nutrition and NUCCA for mother and baby's health.

The cause of 20% of infant deaths in 2002 was labeled "preterm birth" but additional deaths were caused by complications of premature birth. Thus, the total comes to 34%.

Preterm births can occur when the baby or the mother have health issues. Proper nutrition is crucial. **NUCCA care helps prepare the body for pregnancy and conception**, as well as improving the quality of the egg.

Pregnant women ought to be taking high-quality omega-3 fats as a daily source of nutrition for the baby. Good fats are crucial for brain and nervous system growth. NUCCA also helps make the pregnancy smoother and more comfortable, as well as **ensuring proper development of the baby**. Labor and delivery are also improved when the mother's spine is aligned.

Once born, chiropractic care

and adequate nutrition for the child are extremely important, to make sure that the baby's body and mind grow properly. If possible, breast feeding is preferable to formula, and homemade baby food can also ensure that baby is getting higher quality nutrition.

*Washington Post*, October 2, 2006

*Aesculapius, the Greek god of medicine, used toxic and invasive methods to suppress and treat symptoms..*

NUCCA is natural and non-invasive



## The Ancient Greeks Understood Health—Naturally

**Health insurance and medical doctors cannot be relied on to solve all of our health problems!** The ancient Greeks followed two lines of thought regarding health. The first, Hygeia, the Greek goddess of health and beauty, represented the "natural" approach to healing. It utilized nutrition, water, activity, massage, touch, and other natural and non-invasive methods. The point of treatment was to realign, build

and strengthen the body so that infections could not take hold, or if they did, to overcome them by supporting the body's natural healing mechanisms. The second line of Greek thought was represented by Aesculapius, the Greek god of medicine. His snake-coiled staff is the symbol used by the American Medical Association. This approach used toxic and invasive methods to suppress or treat symptoms, stop

infections or simply cut them out of the body. This style of healing evolved into today's common surgery and drug-oriented practices. **Healers in ancient times generally used the natural approach to rebuild health, and only resorted to the toxic approach for handling a dramatic health crisis.**

[Fats that Heal, Fats that Kill](#), Udo Erasmus, pp 265-6

## Mushroom Cream Soup

- 2 Tbsp organic or raw butter
  - 2 cloves garlic
  - 3 green onions, sliced
  - 1 1/2 lb fresh button mushrooms, chopped
  - 2 Tbsp tamari soy sauce
  - 2 tsp dried thyme leaves
  - 2 tsp dried marjoram leaves
  - 2 Tbsp arrowroot
  - 6 cups clean, filtered water
1. In a large skillet, heat oil until hot over medium high heat. Add garlic and onions. Cook for 1 minute.
  2. Add mushrooms, thyme and marjoram leaves, cook about 5 minutes, until mushrooms are tender. Add tamari. Saute a few seconds more.
  3. Dissolve arrowroot in
- 1 cup of the water. Add this and water and bring soup back up to the boiling point. Continue cooking, stirring frequently, 5-6 minutes until soup thickens.
4. Remove from heat. Add half and half or coconut milk. Pour soup into blender container, cover and process on high until smooth and creamy. Serve.

Dr. Mercola's Total Health Cookbook