

Vital Life News



Volume 4, Issue 2 Spring 2007

Put a Spring in Your Step!

It's Spring!

It's that beautiful time of year when we begin to think about gardening, spring cleaning and our summer plans.

Make plans to put a spring in your step! Get rid of your pain! Improve your posture so you can look better in that bathing suit. Improve your muscle balance so you can do that summer sport you've been itching to do! I look forward to helping you with all of these things—just call me.

Why would your house get a spring cleaning and your health get ignored? You can

never replace your body—it's the only one you'll ever have!

Make sure tending your own health is high on your Spring priority list. Ensuring your body is properly aligned and that you are eating a healthy diet will put you at the top of your game!



Increase your athletic ability with NUCCA!

NUCCA Reduces Blood Pressure

A randomized 8 week study was completed with 50 patients, half receiving NUCCA adjustments and half receiving placebo adjustments. Throughout the 8 weeks, no blood pressure medications were given.

The patients with NUCCA adjustments had a reduction in blood pressure comparable to the results from two blood pressure lowering

medications used in combination, and in the placebo group, there was little change.

Blood pressure can be higher in people with misaligned atlas vertebrae (the first bone in the upper part of the neck). This is because the misalignment cuts off blood flow to the brainstem.

Make sure to tell your

loved-ones to see a NUCCA doctor to resolve their blood pressure problems. If you need to locate a NUCCA doctor in another part of the country, call me and I'll be happy to help you find one.

J Hum Hypertension.
March 16, 2007

**Andrea S. Charlton,
D.C.**

**NUCCA Upper
Cervical Doctor**

**Vital Life Wellness
Center
7451 Village Pkwy
Dublin, CA 94568**

(925) 829-7900

www.drcharlton.com



Special Points of Interest:

- *I've moved to my Dublin location! Note the above address and phone number.*
- *Now I have in-house x-ray equipment, adding more conveniences and efficiency to the diagnostic and treatment plan process.*

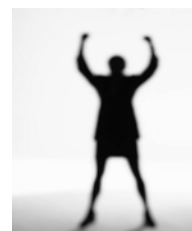
Emotions Play a Large Role in Arthritis Pain

Emotions affect not only how we feel, but also how we respond to pain. A new study shows that arthritis pain activates certain parts of the brain, including areas that control a person's attention. Thus, pain affects other aspects of life, by decreasing our ability to work and do our daily activities.

Conversely, changing the way we think and feel about pain—consciously—will help us feel less pain. The chemicals released from our brains with positive thinking aid in healing, as opposed to causing more pain and dysfunction. Thinking positive is not just an emotional feel-good, but a way to improve your health significantly.

NUCCA care not only reduces pain, but also changes the way our brains work so we have more energy, more mental focus and helps to improve the healing ability our bodies possess.

Arthritis and Rheumatism, Vol 56, No. 4, April 2007: 1345-1354.



“Change the way you think about pain... and eliminate the pain through NUCCA care!”

Are Heartburn Drugs now for Kids?

A new report indicates that long-term use of heartburn drugs is now “safe and effective” for children. This study examined 166 children with reflux disease over the course of up to 11 years.

Although heartburn drugs can cause symptomatic improvement, the acid's purpose of digestion may not be properly completed, leading to increased risk of food poisoning,

There are other methods to reducing acid reflux. For example, drink filtered water instead of soft drinks.

decreased absorption of nutrients from the food, increased risk of stomach atrophy and other chronic degenerative diseases.

Instead of taking drugs, you can try eliminating soft drinks (use filtered water instead), taking digestive enzymes and a good quality probiotic (healthy bacteria to help digest the food), and seeing a NUCCA doctor to improve the function of the nerves so that the acid production is regulated better.

Journal of Pediatrics, Vol 150, No. 3, March 2007:22-267.

www.mercola.com

Grilled Chicken Caesar

2 whole free-range chicken breasts, split
 1/2 tsp Spike vegetable seasoning or Mrs. Dash's
 1/2 tsp freshly ground black pepper
 1 lg head Romaine lettuce, torn
 1 Tbsp capers
 1/4 cup Caesar salad dressing
 1/4 cup grated Parmesan or Romano cheese

1. Preheat broiler. Cut split breast halves crosswise in 1" slices. Season with salt and pepper. Broil chicken pieces on slatted broiler tray 3-6 minutes, or until golden brown. Remove from oven and cool.
2. Meanwhile, wash and drain romaine. Tear into large pieces into salad bowl.
3. Add remaining ingredients, except for 1 Tbsp Parmesan cheese, and toss until coated. Top with broiled

chicken pieces and remaining Parmesan cheese.

If you are a “Protein Type”, use 4 lbs chicken thighs and substitute 4 cups spinach for 4 cups lettuce. Add 2 cups chopped celery. (To determine your metabolic type and improve your health by eating properly for YOUR BODY, contact Mark Rogers at 925-931-1120.)

Serves 4 Prep time: 10 min.

Dr. Mercola's Total Health Cookbook