

Vital Life News



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Business Professionals: Spring Forward into Health

It's the Easter season—springtime when we see new growth. You can see new growth in your health and well-being by making a point to be proactive about your body this year.

Montel Williams has recently experienced specific upper cervical chiropractic, and it has **dramatically reduced his multiple sclerosis symptoms**. He spoke very enthusiastically about his new gait and reduction in pain. The



clip is on www.youtube.com. You can check it out yourself. You, too, can experience a dramatic improvement in your pain, health and wellness.

Call Dr. Charlton at (925) 829-7900 to find out what the NUCCA technique can do for you, and

experience new growth in your health!

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Stride and Seek... Overall Health

We all do it; many think of it as a chore, or for the purpose of chores. With such busy lives, it's rarely appreciated anymore. That said; let's find some good reasons why we should be walking for our health.

With the warm weather coming up, it should be easier and more pleasurable to put a little 'spring' in our step! We're reminded that walking is a fabulous way to squeeze in the exercise that we say we're just too busy for!

Walking, the ancient art of propelling ourselves forward without the use

of a motor, facilitates in **clearing our busy minds, relieving stress, and fortifying our heart!** We can walk with our dogs, our children, and our iPods. If we think of why we should walk, we might even walk with a smile.

We know that exercise such as walking is good for aiding prevention of diabetes, heart disease, and depression—the list now goes on...To add to the list, is tightness in our joints. Once we get up and move, we 'lubricate' our joints and bones, and quite possibly get energized for the day

ahead! By the mere action of putting one foot in front of the other, we have the potential to recuperate from ailments earlier and avoid pain to improve our overall well-being!

Dr. Andrea Charlton is a trained professional upper cervical chiropractor, equipped to assist you and any issues you may have that slow you down. The NUCCA technique can get you moving pain free and keep you that way!

Special Points of Interest:

- *I will be getting married in April and will have a new name—Andrea Pritchett!*
- *NUCCA can help reduce your stress levels and improve your attitude!*
- *NUCCA can reduce high blood pressure.*

A New Direction for your Body

Work can be stressful-this we know. Just the thought of Monday can make many of us cringe with anxiety and this can make us ill.

After just 30 minutes on a treadmill, people score 30% lower on anxiety tests and exhibit favorable changes in brain activity. **A 15-minute walk is comparable to a strong tranquilizer in reducing tension. This is huge!

When we are fit, we tend to feel better about ourselves in many ways as we glow with confidence and tend to be more organized with our time.

While everyone would like to feel fit, we tend to be categorized into one of three

traps: too busy, don't know how, or we lose motivation after only a few days.

This is why the professionals at *New Direction Fitness* in Danville, CA, promote accountability. A highly qualified personal trainer is recommended to support work-out plans and encourage proper nutrition. Follow-through is vital when pushing us to our ultimate goal in obtaining a healthy, beneficial exercise program. Sometimes there is nothing harder than motivating oneself; however, the team at *New Direction* may offer a program that can help alleviate your stress-related issues and move you forward into a more tranquil work week!

If you are seeking a local fitness studio and personal trainer, please contact:

New Direction Fitness
925-743-9391

You have the 'muscle' to change your life!

** Joseph C. Piscatella and Barry A. Franklin, PhD., *Take a Load off Your Heart.*

Banana Fodder

What's yellow and can help cure a wart? We've all heard that bananas are super efficient in assisting us with potassium levels; however most might not know that these beauties can help rid us of unwanted warts by wrapping the outer side of the peel around the



wart to see benefits in just a short time frame.

Perhaps you did not know that bananas are a great source of

Bananas are the perfect snack for an afternoon pick-me-up!

energy. Forget expensive energy promising drinks on the market! Perform a 'counter' attack, and check your kitchen for bananas; they do more than promise energy-they provide enough for a workout of up to 90 minutes! Bananas are the perfect snack for the busy professional on the go or at your desk to perk up your day!

We love our bananas because they boost our protein and outlook on life.

Depression can be nearly diminished by eating a yellow wonder every day and with fiber advantages- constipation can be relieved. There are numerous paybacks to eating bananas, adding them to other fruit choices, and if they seem un 'a peeling', try them in yogurt, shakes, smoothies, or sliced atop your favorite cereal. Boast a bunch and enjoy!

Tropical Fruit Salad

- 1/2 cup vanilla yogurt
- 1 ripe medium banana, cut up
- 2 tablespoons pineapple juice
- 1 medium papaya, seeded, peeled and sliced
- 1/2 medium mango, seeded, peeled and chopped
- 2 cups honeydew melon and/or cantaloupe balls
- 1/4 cup coconut, toasted (to toast, spread it in a shallow baking pan; bake in a 350 degree oven 5

to 10 minutes or until light golden brown, stirring once or twice.)

- Fresh mint sprigs (optional)
1. For dressing, in blender container or food processor bowl, combine yogurt, banana, and pineapple juice. Cover and blend or process till smooth. Transfer to covered container and refrigerate while preparing fruit.

2. Arrange the sliced papaya and chopped mango on 4 salad plates. Mound 1/2 cup of the melon balls atop each plate. Spoon 2 tablespoons dressing over each. Sprinkle each with 1 tablespoon of the toasted coconut. If desired, garnish with fresh mint sprigs. Makes 4 side-dish servings.

Better Homes and Gardens Cookbook