

# Vital Life News



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## Summer Sun Can Make YOU Happier!

Summer has definitely arrived. We can enjoy the sun and the outdoors. We can also take vacations to sunny places all over the globe.

To help you with your summer plans, make sure that your body is in shape for those trips and activities. Make a point to have your spine checked and corrected before you leave town! You don't want to be in pain for your trip.

While you are enjoying the summer sun, make sure to limit your exposure during the hours of 10am to 4pm, and especially between 11am and 1pm. Also,

start out with very short periods of sun-time. As your body adjusts to the sun, you can add time slowly. This will enable you to produce Vitamin D without getting sunburned.

**Sunshine can help you fight off depression, as well as protecting you from several forms of cancer. NUCCA can also help your immune system fight off the cancer, or if it's too advanced, at least reduce your pain and make you more comfortable.**

If you get sunburned, here are some natural remedies. Fresh aloe

vera leaves, opened up and placed on the burn work wonders. Also, sliced cucumbers and lemon water on the burn, help to remove the sting. Baking soda mixed with tepid water can also cool it down. Don't forget to increase your antioxidant levels to reduce the sun-induced radiation damage.



Take advantage of these natural sunburn remedies.

## Cinnamon Reduces Blood Sugar Levels—Good for Diabetics

Cinnamon is shown to resemble insulin, in that it reduces blood sugar levels. It also increases glucose metabolism twenty-fold. **This helps your body to more effectively break down the sugar that you eat.**

A teaspoon of cinnamon each day significantly reduces blood sugar levels in individuals with type 2 diabetes. It also reduces cholesterol levels in these

same people. It improves digestive function, relieves respiratory congestion as well as pain and stiffness in joints. It is also an anti-inflammatory agent like omega-3 fatty acids, which helps reduce arthritis pain. Cinnamon can help reduce urinary tract infections, tooth decay and gum disease.

This certainly does not give us all a license to eat

whatever sugar we want, but it does help us to control the effects of our sugar intake.

*American Journal of Clinical Nutrition*, Vol 85, No 6, 1552-6, June 07.

[www.mercola.com](http://www.mercola.com)

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### Special Points of Interest:

- *NUCCA can help your body fight off cancer.*
- *NUCCA can help you feel better and more energized.*
- *NUCCA can reduce high blood pressure.*

## Michelle Pena Speaks on Health Benefits of Massage

### What are the benefits of massage and bodywork?

Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork are also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

There are numerous types of massage and bodywork. Various techniques

utilize different strokes, including rocking, posture and movement re-education, application of pressure to specific points and more. Because there are so many massage techniques, it is always important to let your massage therapist know if you are under a doctor's care.

I will always contact your physician, chiropractor, physical therapist, etc. I will provide a treatment plan that will get you the safest and most efficient massage that is customized to your body and to the recommendations of your medical professional. I will work closely with your doctor, so that we work together as a team to get you

amazing results, so you will be on the road to a healthier recovery.



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## ADA Admits that Fluoride Can Be Dangerous

The American Dental Association announced in November 2006 that parents of infants younger than a year old "should consider using water that has no or low levels of fluoride" when mixing baby formula. This is because fluoride can cause fluorosis, which damages the enamel of teeth. Fluorosis is also associated with skeletal damage (crippling), lower IQ and abnormal brain development, and endocrine (hormone) system problems.

Fluoride has been banned by many European countries, but has been used in the U.S. since 1945. The fluoride

*Fluoride in high concentrations can be dangerous, but it is unclear what "safe" levels are.*

used in drinking water is a phosphate fertilizer byproduct, which is toxic in high concentrations.

Additionally, fluoride has been shown to damage DNA repair enzymes, increase risk of bone, oral, bladder and lung cancer, cause hypothyroidism, reduce testosterone and fertility in males and to accelerate aging.

Check out your local health food store to find toothpaste without fluoride. Water filters cannot adequately remove fluoride. Only reverse osmosis will do the trick. A Nikken water filter (which is one of the few brands in the world certified by the NSF) removes fluoride by 60-65%. Call Dr. Charlton for further information.

*St. Petersburg Times* June 4, 2007

www.sptimes.com

[Health and Nutrition Secrets that Can Save Your Life](#), Blaylock

## Ranch Dressing/Vegetable Dip

1 cup whole milk yogurt  
1 cup mayonnaise (not lite)  
1/4 tsp onion powder  
1/4 tsp garlic powder  
1/4 tsp lemon pepper  
1/4 tsp Mrs. Dash  
1/4 tsp 21 Seasoning Salute (Trader Joe's)  
1/2 tsp sea salt  
3/4 tsp dill weed

Mix and chill 15-20 minutes before serving. Keeps for 2-3 weeks (if not eaten first) probably due to the good yogurt cultures. Use organic herbs whenever possible.

This ranch dressing contains no MSG. Quality ingredients are the key to health and flavor. Good dressings and sauces provide enzymes, nutrition, and other digestive aids to our meals and are an important piece of the nutrition puzzle.

