

Healthy Choices from Dr. Charlton

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SPECIAL POINTS OF INTEREST:

- **Come in for your tune up with chiropractic care!**
- www.drcharlton.com
- **A note from Mark Rogers, holistic fitness consultant**

RESOLVE TO BE HEALTHY

Happy New Year!

With the holidays behind us and the weather changing rapidly, some of you may be feeling a bit sluggish or under the weather. You may have even put on a few pounds with all the festive food!

With New Year's Resolutions on the minds of many, I suggest that your most important resolution be to BE HEALTHY.

How would I suggest you do that?

1. The first item is to make sure that your nervous system is functioning properly—if you don't already have a chiropractor, please call me! **Your**

nervous system controls almost every function in your body, including your **metabolism, your immune system, your hormones and all other organ systems.**

2. **Exercise in a way that benefits you.** That means that another person's exercise regimen may not be good for you. Find some way to stay active. If you're not very active now, work up to it slowly and give your body a chance to adapt.
3. **Eat well.** This one may be the most difficult, because our society tells us what and how to eat, but



Society tells us what and how to eat, but it's not necessarily correct.

it's not necessarily correct. Keep an eye on these newsletters for healthy information and choices.



TUNE UPS ARE FOR PEOPLE, NOT JUST CARS

Your car is quite valuable. You've spent a lot of money on it. You use it every day. It provides some stability in your life, and for that, you get it serviced, checked, tuned up—even if you don't notice a problem, because you count on its reliability.

Do you treat your car better than yourself? Chiropractic is a simple way to tune up humans, to help their bodies to function at their optimum level of performance.

Your body has to last a lifetime, much longer than

your car. You cannot replace it. You need it every day and you need it to function. **Why wait for serious problems to present themselves? Come in for your "tune up" now! Maintain your health and prolong your youthfulness with chiropractic.**

YOUR LIFE, YOUR HEALTH, A UNIQUE APPROACH—BY MARK ROGERS

Face it, most people want to be healthy, feel well and live long. In order for that to happen, a balanced proactive approach to health is needed.

Chasing symptoms will ultimately be fruitless, whether using alternative or conventional medicine.

We as human beings are complex. Thus, simplistic solutions, while attractive, rarely provide long term sustainable results. This must always be kept in mind when seeking health-

related changes.

A balanced approach is what I use as a fitness consultant to guide people towards the results they seek. My approach customizes programs based on health, flexibility, exercise and lifestyle related goals and needs. This goes hand in hand with upper cervical chiropractic, where customized precise adjustments are the norm.

Think of it this way, chiropractic gets the power flowing properly in your

electrical system, while nutrition, exercise and lifestyle changes provide the fuel, lubrication, and strength to insure optimal health and energy. By addressing all of these areas sustainable results will be seen far more often than if one area alone is addressed.

*Mark Rogers
Holistic Fitness Consultant
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Your body has to last a lifetime. You cannot replace it.

FDA RECOMMENDS LIMITED TUNA INGESTION

The FDA recommends that children, pregnant women and women of child-bearing age eat no more than 6 oz of albacore tuna per week, due to its mercury content.

Skipjack tuna has significantly less mercury and is often labeled “light” tuna.

Unfortunately some companies include yellowfin tuna, which has equivalent levels of mercury as albacore, in with the skipjack and do not label it as such.

Mercury toxicity leads to learning disabilities, developmental delays, and

kidney, heart and nervous system damage. It is unclear what levels of mercury are toxic and some evidence indicates that any mercury at all is toxic.

Chicago Tribune, Dec 31, 2005

BLENDED BROCCOLI SOUP



1 Tbsp coconut oil
2 med green onion, coarsely chopped
2 cloves garlic, minced
1 Tbsp basil leaves, dried
1 large head fresh broccoli, washed and chopped
2 cups chopped spinach, kale, turnip greens, collard, Swiss chard or other dark, leafy greens
4 cups vegetable or chicken broth
2 cups coconut milk

1 tsp sea salt or kelp seaweed
2 dashes hot pepper sauce
1. In large soup pan, sauté garlic and green onions in oil for 1-2 minutes until translucent
2. Add broccoli and stir. Cook over med. heat, stirring until bright green.
3. Add basil and additional chopped greens. Cover and steam-sauté for 3-4 more minutes.
4. Transfer vegetables into

food processor or blender. Add a little liquid and process until vegetables start to be smooth.
5. Add remaining liquids, salt or kelp, and hot pepper sauce. Process on high until smooth. Taste. Reheat gently, if necessary. Serve.

Prep. Time: 15 min. Serves 4
Dr. Mercola's Total Health Cookbook