

# Vital Life News



Volume 6, Issue 1 Winter 2009

## This Is The Year You Keep Your Resolutions

You may have made your annual New Year's Resolutions. Unfortunately, most people fail within a few short weeks. That doesn't have to be you. **You may not feel well enough physically to keep on track with your goals.**

It's challenging enough to wake up early to work out, but if you are in

pain, it's much easier to push snooze a few extra times.

This is where NUCCA comes in. **I can help you feel better physically and have more motivation and energy to fulfill your New Year's resolutions!**

The secret to feeling good without using pain-killers and sleep-

ing pills is available. Your body will be able to communicate properly with itself. Your blood will circulate more effectively and you'll have more energy.

*Call for a complimentary consultation, good through February 27, 2009.*

Andrea Pritchett, D.C.

NUCCA Upper Cervical Doctor

Vital Life Wellness Center  
7451 Village Pkwy  
Dublin, CA 94568

(925) 829-7900

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



## Stretching—Good For The Sole!

One...two...three... stretch! It's the hardest thing to do especially if it's first thing in the morning! It's the first task of rising, and sometimes the last task at night. Stretching is necessary when we exercise or dance to limber up or 'warm-up' cold muscles and tendons. It's easy to cause a tear while attempting a work out or stressful activity.

As you stretch you will feel more flexible and have a greater range of motion. Your movement should last for at least

30 seconds and remember to breathe evenly. Your chances of injury while exercising is kept to a minimum in such activities as running, brisk walking, snow-skiing, and a host of physical motions. For athletes for example, the hamstrings are greatly affected if not adequately stretched.

Stretching in the morning will not only help guard your muscle groups



throughout the day, but will also help wake you up. You will feel more energized going forward into your day, with greater circulation, stress relief, and will help keep you in balance by improving posture. Any aches or pains that are haunting you will tend to soften and stay minimal. If recovering from an injury your recuperation time is lessened and decreases sore muscles.

All in all a good stretch will help strengthen your entire torso keeping you feeling fit.

### Special Points of Interest:

- *Call now for a complimentary consultation—good through February 27th, 2009.*
- *NUCCA can help reduce your stress levels and improve your attitude!*
- *NUCCA can reduce high blood pressure, says a study in a peer-reviewed journal.*
- *NUCCA can relieve insomnia.*

## Keep Your Footing While Raindrops Fall

Rain, rain, go away...wait! To many it's just weather....walking or exercising in the rain. Donning rain gear with reflectors to set out on a wet trek could be good for the soul and your heart. Washing away the not-so positive thoughts and replacing them with a New Year's resolution of motivation and a spiritual mindset seems to be freeing, which helps to relieve stress.

When you set out on your daily jog, walk, or physical regimen, remember that the rain may pose issues in keeping safe. Be sure that the

traction on your sneakers will not cause you to slip and fall. Since it's easy to misstep, trip or create a muscle pull, your awareness of where to trek should be heightened. Deep puddles, overflowing drains, bad



pavement, and mud-slides could all come into play. Also be aware of signs alerting you of

potential dangers.

The challenge in the rainy season to hit the streets running or walking is to be sure you are equipped with not only the right gear and attitude but also a quick ability to avoid accidents. While your I-pod is playing your favorite tunes, be sure your physical and mental acuity are sharp enough to dodge not only the raindrops but also any vehicle danger, or path obstructions. While looking for the rainbow is enjoyable; keeping injury-free to one day reach it is priceless!

## Go Nuts for Nutrition

So many nuts, so many benefits! We use them in salads, atop yogurt, fish recipes, desserts, and we eat them by the handfuls. We eat them because we enjoy them; however what a bonus to know that they provide countless health benefits as well.

By adding a small amount of nuts; almonds, hazelnuts, walnuts, pecans (to name a few) to recipes or your snack foods, you could be repairing your heart, lowering your blood pressure and cholesterol (LDL). They not only will fill you up, they will fill you up with what your body needs to remain in good physical condition.

The FDA in 2003 suggested that eating 1.5 oz of most nuts per day may reduce the risk of heart disease. According to Guy Johnson, PhD and nutrition consultant, in excess of 30 studies have been conducted on the subject of nuts in the diet. All have concluded that regardless of the people studied, the consumption of nuts can reduce the chance for heart disease. This is great news, but remember that all things in moderation.

Being high in fat and calories, most nuts should be consumed moderately and should replace other high fat

choices in the diet. On the flip side, nuts contain antioxidants, fiber, protein, Vitamin E, selenium, and Omega 3's. All great nutrients for our well-being and to keep us energized! With this knowledge, we can arm ourselves with a potent weapon to combat disease.

## Broccoli Cashew Salad

- 1 medium bunch fresh broccoli
- 7 radishes,
- ¾ cup cashews, pieces or slices
- 3 chopped green onions
- 1/2 cup low-fat mayonnaise
- 1/4 cup light sour cream
- 1/4 cup white balsamic vinegar
- 1 T raw sugar
- 1/2 tsp sea salt

- ½ cup raisins

Rinse the broccoli well and drain. Cut into small florets.

In a large bowl, add the first 4 ingredients.

In a smaller bowl, mix together the remaining ingredients.

Add dressing to the broccoli mixture and stir well.

Cover tightly and refrigerate at least

4 hours.

Enjoy!

