

# Vital Life News



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## Happy New Year!

It is traditional to wish others this optimistic greeting to convey a sentiment of happiness and prosperity. Being an automatic welcome at midnight on January 1 of each New Year, this positive 'happy' expression extends well into the month of January.

The simple, yet sincere act of offering well wishes in the New Year affirms thoughts of goodwill, which is a plus for our health. **People who claim positive emotions experience fewer issues with the immune system, heart, chronic illness, aches,**

**and pains.** The elder population typically lives longer, residing on their own or with family members instead of in a 'home'. They are, in most situations, surrounded by love. Being encircled by familiar people brings relaxation and peace, offering a lower blood pressure, and positive mindset.

As a world with approximately 95% of the population possessing a giving and loving attitude toward life, it is our nature to want others to succeed; our hearts are in the right place. With encouraging behaviors and

positive thinking, we experience uplifting energy, according to Dr. Wayne Dyer. Negative feelings such as anger, disappointment, and frustration force negative heart rhythms. Positive emotions affect heart rhythms positively, according to the Institute of HeartMath®.

Happiness is an emotion, and it is felt and understood worldwide. Happy New Year can be globally translated into those feelings of good cheer, good karma, and good health.

## Headaches 101

The dog won't stop barking, the kids are arguing over a toy, your boss did not grant your vacation request; the check was not in the mail. Any or all of these can start a headache or migraine. An array of reasons can manifest your stress level and spin you into tension frenzy.

Tension headaches are believed to be caused by an elevated "sensitivity of nerve pathways" in the brain that transfers the pain. Migraines are caused from changes

inside the brain. In the midst of a migraine, brain signals cause the release of certain chemicals that modify the dilation of blood vessels. These signs also cause inflammation in the brain, which could lead to a migraine headache.

A few migraine 'triggers' to consider include: smoking, strong scents of perfume, flowers, paint, and dust. Also included are hair accessories, tight ponies, or hair fobs, strenuous exercise such as sex, certain types of

cheese, poor posture, drinking red wine, the nitrates in cold cuts, skipping meals, stress, too much caffeine, and certain medications such as aspirin or ibuprofen. The list is extensive; and may be continued at [www.webmd.com](http://www.webmd.com)

Relief comes in many forms; NUCCA, taking medications, a cold compress on your forehead, cucumber

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### Special Points of Interest:

- *NUCCA can help reduce your stress levels and improve your attitude!*
- *Vitamin D, coconut oil, and NUCCA can keep you healthy this flu season.*
- *NUCCA can reduce high blood pressure, says a study in a peer-reviewed journal.*
- *NUCCA can relieve insomnia and TMJ pain.*

## Headaches 101 (Continued)

slices on your eyelids, a short nap. It's time to see a doctor or your chiropractor when a headache is not alleviated or lasts for more than a day or two. Contact your healthcare provider when you notice changes or new triggers to your headaches.

If your headache is followed by confusion, a fever, a stiff neck, or paralysis, call 9-1-1 or go directly to the emergency room.

Did you know that your chiropractor can help relieve your migraine headaches? Call Andrea Pritchett, D.C. to find out more. Call her for relief!

## Pomegranates: A Pleasing Produce

It has been known since ancient history that pomegranates possess health benefits. Most known for their Vitamin C, potassium, and folic acid gold mines, these little deep red wonders pack a lot of punch in the health department.

Pomegranates, growing wild in the regions of Iran and Northern India, are cultivated in many parts of the world including the United States, namely California. Israeli scientists have conducted years of research on the health benefits of pomegranates, and have spread the good word.

Pomegranate juice contains vast amounts of antioxidants or flavonoids which helps support the immune system. Tannins, antioxidant substances, absorb free radicals that

can cause certain cancers. While helping to lower blood pressure, lowering bad (LDL) cholesterol, and mirroring aspirin, pomegranate juice aids in keeping blood platelets from forming clots. We are also pleased with claims that stress levels are kept at bay. Pomegranates just might replace that fountain of youth, with reports of helping you look younger and healthier!

The produce, pomegranate, has been nicknamed the "miracle fruit" by some health enthusiasts because of its popularity to help aid in the aging process, ward off Alzheimer's disease, stroke, and other illnesses such as atherosclerosis, osteoarthritis, and diabetes. Where damage to cartilage and joints might be apparent, pomegranate juice could keep the

patient injury-free.

Pomegranates can be ingested as extract capsules, juice, or whole fruit. The extract has been known to reduce dental plaque, and is thought by some to avoid low birth weight babies.

Pick a pomegranate for great taste; pick a pomegranate for great health!

Some claim that pomegranate juice has a strong aftertaste, but don't let that stop you from trying it. Add it to milk, where you might be 'sweetly' surprised!

## Pomegranate and Pineapple Salad

- 1 cup pineapple bits, drained
- 3 cups cooked turkey, diced
- 1 cup celery, cut into slanted slices
- 1 cup diced red apples
- ¼ cup pomegranate seeds
- ¼ cup slivered almonds-toasted
- 1 cup low-fat mayonnaise
- 1/4-1/3 cup sour cream
- 1/4 cup (plus a splash) pineapple juice

In a large bowl, gently toss the pineapple in large bowl with turkey, celery, apples, ½ cup pomegranate seeds, and ½ cup

almonds.

In a separate bowl, combine mayonnaise, sour cream, and pineapple juice. Combine the dressing with the turkey mixture in a larger bowl. Embellish with remaining pomegranate seeds and toasted almonds.

Serves 8.

