

Vital Life News



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Do You Have a Spring in Your Step?

Now that the weather is so good, have you noticed that you don't feel good enough to enjoy it?

Are you able to enjoy the sunshine and the dry ground? Have you been outside running or biking

or gardening? Does your back or neck regret your ambition?

See the rest of this newsletter to see how to listen to your body regarding the food that you eat. Call me with any other

questions, or call to get your spine checked so you can do your gardening and lift your kids without pain!

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Pay Attention: Your Body Talks

One of the best pieces of advice you could receive is to pay attention to your body and the symptoms signaling there is something wrong. We want to keep our bodies in the best of health possible, and by listening to the rhythm, you are on the way to a more healthful you!

Modifying your diet can be very helpful in seeking out relief from your symptoms, which may include mild headaches, depression, exhaustion, insomnia, joint pains & aches, anxiety, irritable bowel syndrome, premenstrual syndrome, and many others. Simply by eliminating foods such as alcohol, refined sugar, and caffeine, you could be taking one of the most vital steps to your optimal wellness.

Dietary supplements can, in some cases enable a

person to avoid or remove prescription drugs. (Do not stop taking your prescription drugs without consulting your physician.) Ingesting certain vitamins, plant extracts, and minerals could prove to be the only 'prescription' you'll need. High blood pressure patients may respond to magnesium, hawthorne berries, or calcium. Asthma sufferers might do well with trying Vitamin B6, Vitamin C, magnesium, and pantothenic acid. Repetitive motion sufferers or carpal tunnel syndrome patients many times 'high five' after they have eliminated pain with Vitamin B6.

Millions of people worldwide suffer from chronic conditions. With the elimination of sugar, caffeine and alcohol from their diet, multitudes are on their way to a healthy

way of life—symptom free. If you suffer from allergies to food, which could cause migraines, arthritis, fatigue, asthma, colon issues, or water retention (and the list goes on), you might want to choose to remove items such as refined sugar, wheat, corn, eggs, citrus, coffee, tea, alcohol, dairy, and additives to food for up to three weeks. If specific symptoms have lessened or disappeared, then you would need to eliminate each food separately for up to six months; and the foods that cause no symptoms can be once again placed back into your diet.

Being the best you can be begins with your healthy food choices. Always remember to consult a healthcare professional before starting a nutritional regimen to ensure safety.



Special Points of Interest:

- *NUCCA can help reduce your stress levels and improve your attitude!*
- *NUCCA can help you put a spring in your step by reducing your pain and increasing energy.*
- *NUCCA can reduce high blood pressure, says a study in a peer-reviewed journal.*
- *NUCCA can relieve insomnia and TMJ pain.*

MSG: Let's Get the Message

Unexplained vertigo, migraines, heart irregularities or seizures could be blamed on the use of the powdery substance, MSG, in food products. Learning to be safe, and reading labels and their meanings could bring more harmony to your life, and quite possibly; save it.

The Excitotoxin MSG; Monosodium Glutamate, Glutamic acid, L-glutamic acid, Glutamate, or L-glutamate, whichever way you say it is bad news. Glutamate, as an amino acid, is a protein ingredient and chief neurotransmitter within our nervous system that has undergone a bacterial fermentation. Present in protein (animal or plant), it is known as glutamic acid and is perfectly healthy. When isolated as only one amino acid, produced outside of the body, it is known as MSG. It is a toxic substance, used without "disclosure", and allowable by law.

It has been found that approximately 39% of the U.S. populace suffers from MSG-related symptoms. Symptoms may subside after discontinuing use, and then re-occur when MSG is

re-introduced into the diet. If you experience any of the above symptoms, you might consider eliminating those foods you suspect are the cause of your ailments. Studies beginning as far back as the '70's showed that even then about one quarter of all people were sensitive to MSG when ingested.

MSG, a toxic substance that is still on the market, is ALWAYS found in the following, and not limited to: gelatin, calcium caseinate, sodium caseinate, textured protein, "hydrolyzed" (broken) protein, yeast food, autolyzed yeast, vetsin, and Ajinomoto, which is used in some Asian cuisine. MSG can also be hidden in processed foods, cosmetics, drugs, personal sundries and dietary supplements. Did you know that it is used in some waxes that are on some vegetables and fruits? You will also find MSG in pesticides, fungicides, fertilizers and on some plants that have gone through a growth stimulating process and deemed safe to eat.

Young people today are more susceptible to the adverse effects of MSG and its ingestion. As an Excitotoxin (toxins

that poison cells and tissues) M-glu, which is Glutamate associated with a fermentation process, is in relatively great amounts in baby formula.

We, as consumers, are at the mercy of the food manufacturers. Our health depends on us and how we are best able to discern how we feel after we either eat certain foods, or while in the presence of products that could contain contaminants. Reading labels, educating ourselves, our family, and others around us is how we can keep a watchful eye on our wellbeing.

The Truth Myth: Labeling for our Health

Since we began grade school, we've been reading cereal boxes and labels of all kinds to show off our amazing reading skills. Children know what names of cereal, cheese, yogurt and snacks they want. Their good sense should rub off on us; reading labels is a practice we should all engage in for our good health.

The Center for Science in the Public Interest, (CSPI), in a 2009 press release, has requested the FDA make a concentrated effort upon fixing food labeling.

For our Moms who do a good job in reading labels and discerning good choices for your children; we applaud you. We do, as a small token for our Mothers, offer a few 'myths' to inform you and help make your food decisions a little easier.

Gerber Graduates Juice Treats claim that there is a wealth of fruit: cherries,

pineapple, oranges, grapes, raspberries, oranges, and peaches inside. Claim as they may, pineapples, oranges, and cherries are not included, and less than 2% of the drink is made from apple juice and raspberry concentrate. On this so-called healthy item, sugar and corn syrup are two predominant ingredients which offer, per each serving, four teaspoons (17 grams) of refined sugar.

General Mills (Cheerios cereal) has been instructed by the FDA to eliminate the heart disease and cancer-related statements on cereals and from its website. Also, the CSPI requests of the FDA and U.S. Department of Agriculture to remove suggestions that foods will "maintain" or "support" a healthy immune system, including eyesight, and joint health.

Paraphrasing legal affairs director, Bruce Silverglade, many of the largest food manufacturers world-wide have

had a virtual "license to deceive."

We, as conscientious consumers, need truthful labeling in order to make wise food decisions supporting our health.

