

Vital Life News



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Summertime, Summertime, Sum Sum Summertime

If your spring into summer is feeling more like a belly flop, come and see me and I'll get you into that "Summertime, Summertime, Sum Sum Summertime" mood.

Does the mere thought of gardening, camping,

swimming, hiking, or a quick slip down the water park slides have you hurting? There is an alternative. **NUCCA can be very effective for all of your various aches and pains and fatigue.**

I will be having my baby sometime in July, but I will have another NUCCA doctor here to take care of you while I'm on maternity leave. Don't worry! I'll be back soon!

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America's Drinking Problem

America has a drinking problem. Yup, it does, but it has nothing to do with alcohol. Our drinking problem has everything to do with SUGAR! ~ What we drink is making us fat. We're consuming at least a quarter of our daily calories in liquid form--more than 450 calories a day--and that's a major factor in our nation's obesity epidemic. Watching what you drink is just as important, if not more so, than watching what you eat, especially if you're trying to shed belly fat.

Summer is nearly upon us, and I know most of us are thinking about how good (or bad) we will look in our summer clothes!

Did you know: One 16-ounce bottle of SunnyD Smooth, packs a whopping 180 straight-up empty calories and 40

grams of sugar? If you drink one a day, cut it out. You'll lose 19 pounds in a year! The following is a list of "worst's", taken from the book, "Drink This, Not That"

Worst Iced Tea:

Snapple Lemon Iced Tea (20-ounce bottle)

Sugar Equivalent: 6

Original Fudgsicle Bars

Punishment: 55 minutes pulling weeds in the garden.

Drink This Instead:

Honest Tea Green

Dragon Tea (1 bottle, 16 fl oz)

60 calories; 0 g fat

16 g sugars

Worst Coffee Drink:

Starbucks Coffee Frappuccino

Sugar Equivalent: 3.5

scoops of Dreyer's

Double Fudge Brownie Ice Cream

Punishment: 2.75 hours working on a computer.

Drink this instead: Star-

bucks Italian Roast Iced Coffee (11-ounce can)

100 calories; 22 g sugars

Worst Kids' Drink:

SunnyD Smooth Style

(16-ounce bottle)

Sugar Equivalent: 8

Eggo Choco-Nilla Flip

Flop Waffles

Punishment: 60 minutes of playing tag.

Drink this instead:

Capri Sun Tropical

Fruit Roarin' Waters

(6.8-ounce pouch)

35 calories; 9 g sugars

Make a pitcher of Sassy Water to sip on throughout the day:

Sassy Water

2 liters water

1 teaspoon freshly

grated ginger

1 medium cucumber,

peeled and thinly sliced

1 medium lemon, thinly sliced

12 small spearmint

leaves.

Combine all ingredients in a large pitcher and let flavors blend overnight.



Special Points of Interest:

- *I'm expecting my baby sometime in July, but I will have another NUCCA doctor here while I'm on maternity leave.*
- *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.*

Are You More Stressed than You Think?

Are you more stressed than you think? The occasional manic Monday is a fact of modern life.

But if you're under chronic stress—suffering a daily assault of stress hormones from a demanding job or a personal life in turmoil—symptoms may be subtler, says Stevan E. Hobfoll, PhD, chair of the department of behavioral sciences at Rush

University Medical Center. If you experience any of the signs that follow, take some time out every day, he says, whether it's to go for a walk or simply turn off your phone.

10 body clues that you need more time for calmness:

1. Weekend headaches
2. Awful period cramps
3. An achy mouth
4. Odd dreams
5. Bleeding gums
6. Out-of-nowhere acne
7. A sweet tooth
8. Itchy skin
9. Worse-than-usual allergies
10. Bellyaches

12 Days to a Healthier Heart

Did you know that more than 41 million women in America have heart disease? And that more women than men will die from it? In fact, it's the leading health problem that kills women (not cancer—a common myth).

But the good news is that just five lifestyle guidelines—1) moderate alcohol, 2) a healthy diet, 3) daily exercise, 4) normal body weight, and 5) not smoking—can cut your heart attack risk by a huge 92%, according to a Swedish study of more than 24,000 women. Incorporating just the first two into your routine cuts your risk by more than half.

Day 1: Drink Green Tea

This potent beverage contains several powerful antioxidants that reduce cholesterol and may even lower blood pressure. To make a day's supply, bring 20 ounces of water to a boil, drop in three green tea bags, cover, and steep for 10 minutes. Remove the tea bags, and refrigerate the tea. When cool, pour the tea into a container, add ice if you like, and sip throughout the day.

Day 2: Scan Food Labels for Unhealthy Fat

When it comes to heart health, it's important to read labels: Don't let fat exceed 30 percent of your calories. And more important, make most of your fat the healthy monounsaturated (from olive oil, nuts, dark chocolate, avocado) and polyunsaturated (from salmon, flaxseed, walnuts) kinds.

Day 3: Carve Out Time for Sleep

Every extra hour of sleep middle-aged adults can add to their nightly average reduces their risk of coronary artery calcification, a cause of heart disease, by 33%, according to a study in the *Journal of the American Medical Association*. Most adults need 7 to 8 hours a night to function well.

Day 4: Fiber Up Your Diet

Studies show that the more fiber you eat, the less likely you are to have a heart attack. Load up on whole grain breads and cereals that contain whole wheat, wheat bran, and oats. Toss beans into casseroles, soups, and salads. Aim for at least 25 to 35 g of fiber a day.

Day 5: Make Room for Veggies

To get the target 2½ cups daily, aim to make veggies 50% of your meals. Extra points for picking cruciferous vegetables such as kale, brussels sprouts, broccoli, and cabbage, which are a gold mine of antioxidants and other heart-saving phytochemicals.

Day 6: Make Nuts Your Go-To Snack

People who eat more than 5 ounces of nuts a week are 1/3 less likely to have either heart disease or a heart attack. Just ¼ cup a day of Pistachio's, walnuts or almonds will do the trick.

Day 7: Walk for 20 Minutes a Day

Just 2.5 hours of exercise a week (that's 22 minutes a day) could reduce heart attacks by 1/3, and practically eliminate type 2 diabetes. Wow!

Day 8: Stir in Flaxseed

Flaxseed is one of the most potent sources of heart-healthy omega-3

fats. Adding flaxseed to your diet can reduce the development of heart disease by 46%. Sprinkle 2 tablespoons of flaxseed a day on your yogurt, oatmeal, cereal, or salad. Buy it pre-ground, and keep it refrigerated.

Day 9: Start or End Your Day with Stretching

Flexibility is key to heart health: Adults over age 40 who were the most limber had 30% less stiffness in the arteries than less-bendy participants! Stretching for 10 to 15 minutes a day may keep arteries pliable; try some gentle yoga moves to improve your flexibility.

Day 10: Meditate for 5 Minutes

Ride out a stress storm by simply closing your eyes and quietly focusing on your breathing for 5 to 10 minutes.

Day 11: Get in Touch with Your Spiritual Side

Studies indicate that those with regular spiritual practices who meet with a faith community—attending church or temple—live longer and better and are far less likely to have a heart attack.

Day 12: Take Vitamin D and Fish Oil

"The only dietary supplement consistently shown in randomized clinical trials to work against cardiac death is fish oil," says Dariush Mozaffarian, MD, DrPH, an assistant professor medicine at Harvard Medical School. "D" boasts a wide range of health benefits, heart health among them. Recent studies show that too-little "D" can raise the risk of peripheral arterial disease by 80% and increase the odds of developing diabetes.