



September 2023

Wellness Newsletter



A Good Night's Sleep

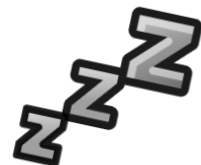
It is during sleep that our bodies are rejuvenated; muscles and cells are regenerated, and we are re-energized to start a new day! If our sleep is uninterrupted and truly restful, we can expect to awaken feeling refreshed and restored.

Quality A good night's sleep is considered one that is going to be uninterrupted and allow the body to go through its natural sleep cycle. Sleep quality can be affected by many factors, which include but are not only limited to:

- The length of time it takes to actually fall asleep
- The duration of sleep
- Food or alcohol consumption
- Nightmares, tossing and turning, or any other disturbance that results in interrupted sleep.

Mattress Facts Mattresses are meant to uniformly support your body from head to toe. If there are gaps between a part of your body and the mattress, then you're not getting the full support that you need. For instance, look for a gap between your waist and the mattress. A too-firm mattress can put uncomfortable pressure on the shoulders, hip and back. To avoid creating indentations in the mattress, it is advised that you turn your mattress, but not to flip it! Turn it once every two to three months. **When choosing a mattress...** carefully consider the following recommendations:

- Choose a mattress that is designed to conform to the natural curves of the spine and keep the spine in alignment.
- It should be designed to distribute pressure evenly across the body to help circulation, decrease body movement, and enhance sleep quality.
- Find a mattress that minimizes the transfer of movement from one sleeping partner to the other.



Age	Sleep Hours per Night
Newborns (1-2 months)	14-18
Infants (3-11 months)	13-16
Toddlers (1-3 years)	12-14
Preschoolers (3-5 years)	11-13
Children (5-12 years)	10-11
Teens (13-17 years)	9-10
Adults (18+ years)	7-9

Pillows are ALSO Important Many people are completely unaware of how important their pillow is to the quality of sleep they are receiving. While mattresses are vital, no mattress alone can keep your spine completely aligned when lying on your back or your side.

To get the best possible rest and for your muscles to be at their most relaxed, it is important that you sleep on a pillow that is tailored to you dimensions. Your perfect pillow will provide optimal support to your cervical spine and head.

And we now carrying the perfect pillow! Ask us today about our **Pillowise** pillow to determine you perfect pillow size which will help you:

- Maintain the alignment of your spine and provide optimal support of your head and neck!
- Can help relieve upper cervical injuries.
- Our simple 3-step measuring system and proprietary algorithm software ensures the perfect pillow size.
- Finest pressure-relieving memory foam made in the Netherlands.
- Keeps you cool and comfortable all night.
- 5-year warranty.



Vitamin D- Your D-Fence Against Seasonal Colds and Flus

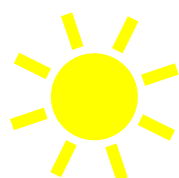
During the change of seasons usually comes the returning threat of “seasonal” illnesses like colds and flus. Have you ever wondered why there is such a thing as “seasonal” illness? Why would viruses and bacteria only come around during the fall and winter months? Because they DON’T- this is a MYTH!

The truth is that we are exposed to viruses and bacteria every day of our lives; determining who gets sick and who stays well is NOT the presence of the viruses or bacteria- it is the state of our IMMUNE SYSTEM. In other words, **it is not the seed, it is the soil.** This has been shown to be true many times, perhaps one of the best known studies was by Cohen et al. in 1891 where ALL subjects were exposed to the cold virus but only those who were “stressed” developed a cold! So the state of our immune system is influenced by two main variables. The first is the amount of stressors in our lives.



Increased stressors in our lives cause our immune system to decrease in functioning and also drive a switch away from cellular immunity toward humoral immunity which is associated with more allergies and atopic disorders such as eczema and asthma. Clearly the amount of stress in our lives is NOT SEASONAL, this is why many people still get colds and flus in the summer months. So why do MORE people get colds and flus in the fall and winter months? What is a seasonal variable that can explain a significant change in our immune function? Vitamin D!

Humans require sunlight exposure to produce Vitamin D. During the fall and winter months, the amount of sun exposure we get is less and so is our vitamin D levels. Why is this important?



Because a sufficient level of Vitamin D is ESSENTIAL to maintain immune function! This is the second variable that influences the state of our immune system – being sufficient in the raw materials our immune system requires to function properly.

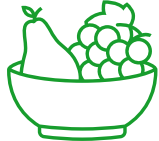
Vitamin D is required to turn on or activate the innate immune system; it up-regulates the genetic expression of effectors that are used to attack viruses, bacteria and other antigens or invaders. In addition to the vital role that Vitamin D plays in immune function it is also essential for the control of insulin sensitivity, blood pressure, inflammation, and blood coagulation and this is why Vitamin D deficiency is a significant causal factor in cancer, heart disease, multiple sclerosis, autism, asthma, and diabetes.

So, during the fall and winter months (and the rest of the year when we are inside or covered with clothing or sunscreen outside) we simply do not get enough sun exposure to produce enough Vitamin D. This vitamin D deficiency leads to reduced immune function and thus makes

us more susceptible to colds and flus. REMEMBER, most industrialized humans do not get enough sun exposure even in the summer months. This has led to a pandemic of Vitamin D deficiency and increases in cancer, heart disease, autoimmune disorders and recurrent colds and flus.

Here are some simple steps to keep you healthier not just during the winter but all year, and all life, long.

1. **Eat fresh fruits and vegetables to ensure sufficient levels of micronutrients.**



2. **Avoid refined sugar.** Your immune cells require Vitamin C to work properly. Glucose (sugar) and Vitamin C are almost identical and because they are so similar, glucose can attach to the Vitamin C receptors on the immune cells and block Vitamin C. This causes a deficiency in Vitamin C for the immune cells and they do not work properly. This is why sugar decreases your immune function. **The solution is NOT to consume large amounts of synthetic Vitamin C supplements – the solution is to consume LESS refined sugar (glucose).**

3. **Supplement with Vitamin D**, especially during the fall and winter months.

4. **Exercise regularly.** Research clearly shows that exercise increases your immune function.

5. **Reduce your emotional stress** – learn a relaxation technique like meditation or mind quieting.

6. **Reduce your physical stress.** Research shows that physical stressors like poor posture and vertebral subluxation complex also increase stress hormones which can down regulate immune function. **Research also shows that getting chiropractic adjustments can lower stress hormone levels and increase immune function! GET ADJUSTED!**



Hyper Baric Oxygen Therapy

2.0 ATA Chamber



Under normal circumstances, oxygen is absorbed into circulation when we breathe and is transported through the body only by red blood cells. Under pressure, oxygen can be dissolved into all of the body's fluids, the plasma, the lymphatic system, the central nervous system, and the bone. This allows us to dissolve, transport, and deliver many more times the normal oxygen to our tissues and cells.

The increased oxygen enhances the ability of the white blood cells to kill bacteria, reduces swelling and allows new blood vessels to grow more rapidly into the affected areas. Hyperbaric oxygen therapy improves the quality of life of the patient in many areas. There are many conditions that respond favorably to hyperbaric treatments!