

# Health Solutions Chiropractic & Wellness Center

1514 S. Alexander St Ste 201  
Plant City, FL 33563  
(813) 717 - 7553

Happy New Year!  
January / February 2010  
Newsletter

## Newsletter Features

- ~ Free Radicals, Antioxidants & Your Health
- ~ Massage Therapy Now Offered
- ~ Creating a Personalized Wellness Plan
- ~ Newsletter Health Question
- ~ Feb. 8-10 Is New Patient Appreciation Week
- ~ Patient Appreciation Day Jan. 26<sup>th</sup>
- ~ Sugar dangers and natural alternatives
- ~ Featured Businesses
- ~ Newsletter Recipe

## Free Radicals & Your Health

Most of us have already heard about free radicals as much talk over the last decade has been made about them. It's important to know what a free radical is but even more important to understand the effects they have on your body and what simple steps you can do to prevent free radical damage to your body.

First, a free radical is an unstable molecule that has lost an electron. It is any atom (such as oxygen or nitrogen) that has lost one electron in the outermost shell as opposed ideally having two electrons spinning around the outer shell. The molecule becomes unstable when it loses one of the electrons that are naturally paired.

There are many free radicals that can be formed within the body. One interesting finding by researchers is that formation of free radicals increases with exercise because there is more oxygen taken in by the body. When your body is at rest, your body's antioxidant defense system can handle the free radicals that are produced, but during increased intake of oxygen (during exercise...No I'm not saying don't exercise, just don't over exercise without taking antioxidants!) formation of free radicals exceeds the natural ability of your body to remove them resulting in something called lipid peroxidation.

Lipid peroxidation is what happens when a free radical attacks a cell. Free radicals prefer to steal electrons from the lipid membrane of cells, initiating a free radical attack on cells called lipid peroxidation. This is why free radicals are associated with heart disease, Alzheimers, Parkinsons, Cancer and fatigue because cell damage leads to cell death. Sources of free radicals include pollutants (chemicals in the air, processed food, tap water), Sugar, UVA and UVB rays, and formed in our own body.

An example of free radicals damage is lipid peroxidation on cells that line the walls of the arteries. When the cell of the arterial wall is damaged, LDL cholesterol (produced by your liver but "labeled" by doctors as bad cholesterol) comes to site of damage to repair it and ultimately results in plaque formation within the artery. I instead don't think of LDL cholesterol as being bad. I like to use the analogy that LDL cholesterol is like police responding to a crime scene. LDL cholesterol is not bad...it is made by your liver and helps to repair damage caused by free radical attack on healthy cells lining the arterial walls. So if LDL levels are high (checked with a routine blood test), then more needs to be done to address the excessive free radical damage that is occurring.

**ANTIOXIDANTS:** are nutrients that neutralize free radicals. They are found in colorful foods such as vegetables, and fruits...especially blueberries & raspberries, green tea. Vitamins A, C, D3, E, Zinc, Selenium, CoQ10, and a good multivitamin like Super Supplemental all provide great sources of antioxidants. I often recommended eating organic blueberries as a snack throughout the day...it not only helps with the sweet cravings but are rich in antioxidants!

Article continues on Page 4

## Massage Therapy Coming Soon

I am excited to announce and welcome to our staff Ms. Lora Weaver, L.M.T.

Lora is an accomplished and experienced massage therapist that I, my wife Kelley, and others have had the opportunity of experiencing her extraordinary technique and skill.

30, 60. & 90 minute massage sessions will start around the first of March, however, Lora will be working alongside Dr. Souther starting on Monday, February 1<sup>st</sup>.

Gift certificates will be available for that perfect gift for a friend or loved one.

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

~ World Health Organization  
1948

## LIVE WELL

### Create A Wellness Plan

The new year is already here and we want to wish everyone a Happy and Healthy New Year! This is a time many make personal goals and resolutions for the upcoming year. I believe there is no better place than with your physical, spiritual and emotional health. Your health is perhaps your most valuable possession. Just think about it...everything you do depends on your health.

If you want live well or create better health, a great place to start is to create your own personalized wellness plan. A wellness plan is simply a written plan of action to help people achieve better health and wellness by addressing the physical, spiritual and emotional aspects of each person's life.

I like wellness plans because they give you the opportunity to assess everything that is important to your overall health and wellbeing such as diet and nutrition, exercise, financial goals, emotional and spiritual growth, personal and family time, etc. Your plan should address each of these important values and be written out on paper.

Make time for yourself and your health - get started with your wellness plan. The best advice...make it reasonable and doable! It is better to create a plan that is easy to live by than one that is too difficult. You can always add to it and make changes later. **Also remember that when creating your wellness plan...it's a lifestyle and a lifestyle is not a sprint ... it's a marathon!**

There is a website that has a sample wellness plan that you may find helpful when writing yours:

[http://life.edu/Straighten\\_Up\\_America/Journey\\_Into\\_Wellness/Personal\\_Wellness\\_Plans-Synopses\\_and\\_Examples](http://life.edu/Straighten_Up_America/Journey_Into_Wellness/Personal_Wellness_Plans-Synopses_and_Examples)

We welcome your questions and I am looking forward to hearing from you about how well you're doing on your wellness plan! Blessings, -Dr. Souther

## A Special Thanks

I would like to say thank you to everyone for your continued referrals of family, friends, and co-workers. Our growth and the opportunity to help others are possible because of each of you and we thank you for your trust and confidence.

As Always – a complimentary visit will be given for each new patient referral that you make to our office – **Thank you!**

## Special Offer For Newsletter Readers!

Once again, my staff and I would like to do something special for our valued patients. Do you have a friend or family member who needs chiropractic care? Share or clip this offer for your friends or family members.

It entitles them to **One Free Consultation with the Doctor, Chiropractic Examination including any necessary x-rays, and detailed report of all exam findings.**

Encourage your friends or family members to take advantage of this special New Patient offer only during the second week of February. Appointment times are available but limited and must be scheduled.

### This Offer Good From

**February 8<sup>th</sup> (Mon) – February 10<sup>th</sup> (Wed)**

To schedule your free complete chiropractic new patient consultation & exam you may call or come by the office at (813 717-7553).



And now abideth faith, hope, charity, these three; but the greatest of these is charity. ~I Corinthians 13:13

**Happy Valentines Day !**

### Office Hours:

M, W, Thur.: 8:30 -1 & 3-6  
Tues: 1-4  
Fri: By Appointment

### Special Closings

Closed:  
**Th & Fr. Feb 4,5**

## NATURAL RECIPE OF THE MONTH

### CHOCOLATE MOUSSE

12 OZ SEMI SWEET TROPICAL SOURCE CHOCOLATE CHIPS

1 POUND SILKEN TOFU, 1 TEASPOON VANILLA EXTRACT

PLACE CHOCOLATE CHIPS IN METAL BOWL AND SET THE PAN OVER A POT OF SIMMERING WATER. STIR WITH A SPATULA UNTIL MELTED AND SMOOTH. BLEND TOFU UNTIL SMOOTH AND POUR IN CHOCOLATE WHILE MIXING. ADD VANILLA, PROCESS UNTIL CREAMY. POUR MIXTURE INTO CUPS OR PIE CRUST AND CHILL. –ENJOY...IT'S ACTUALLY VERY GOOD!

# THE SUGAR BLUES

There are numerous sweeteners on store shelves that have been marketed to unsuspecting consumers by using words like "Sugar Free" "Low or Zero Calorie" or "Diet". What most people don't know is what these synthetic laboratory produced chemicals do to our bodies. I have included a list of the more popular artificial sweeteners and their **known** risks:

**NutraSweet/Phenylalanine/Equal (the blue packet):** this is probably the worst of all artificial sweeteners. **This sweetener was designed by the U.S. company Monsanto in 1966 as a biochemical warfare agent used to destroy the nervous system.** They found that upon diluting the compound it was sweet. In lab tests, NutraSweet caused brain tumors to develop in rats. At 86 degrees, NutraSweet will begin to breakdown into Formaldehyde while still in the package. NutraSweet is a neurotoxin that will cross the blood brain barrier destroying brain cells and causing a myriad of symptoms including headache, seizures, mood swings, and other mental disorders. Airlines will not allow pilots to fly within 8 hours of ingesting Equal because of the risk of epileptic seizures and short-term memory loss.

**Saccharine:** Is the pink packet and is a known carcinogen (cancer causing agent) although not as bad for your body as NutraSweet.

**Sucralose / Splenda:** Destroys the Thymus and immune system. A concern that I have about Splenda is that it is fairly new on the market and did not undergo much testing before marketing it to public...not much is known about its effects on the body.

## WHAT ARE THE ALTERNATIVES ?

There are many healthy and good tasting sugar and sweetener substitutes out there that will not cause the negative health risks that others will.

**Xylitol** (zy-leh-tal): Xylitol is not only a great tasting all natural sweetener but it has also be clinically proven to help reduce plaque and dental cavities, strengthen tooth enamel, freshen breath and is also low calorie as well. Xylitol is found in strawberries, raspberries, and plums but is not fructose and will not spike your blood sugar or insulin levels like fructose or sugar will. What makes this sweetener so unique is that it has a 5 carbon molecular makeup whereas table sugar has a 6 carbon molecule...the loss of the one carbon in Xylitol prevents the cavity causing bacteria in the mouth from feeding on the sweetener.

**Agave Nectar:** Agave Nectar is a liquid sweetener that like Xylitol does not spike your blood sugar and insulin levels like sugar, fructose and honey. It is extracted from the cactus plant and has a consistency similar to maple syrup and a look similar to honey. You can pour this into a cold drink and unlike honey, it will completely dissolve with only a little stirring. I also prefer and recommend the variety of Blue Agave Nectar.

**Stevia:** Stevia is a herb that is about 300 times sweeter than sugar and often used by diabetics as a natural alternative to the "blue and pink packets". Stevia does tend to have slight after taste to it that for some may take getting use to...diet sodas also have an after taste from artificial sweeteners that many people

**Fructose:** This is fruit sugar and unlike the other natural alternatives this will spike a persons blood sugar and insulin levels and therefore is not recommended for people with diabetes. For those who find it difficult to stop using sugar, this is probably the substitute to start with. Although it is slightly sweeter than sugar, Fructose has the appearance, texture and taste of sugar. It is recommended to use fructose in moderation.

*In the last 20 years, we have increased sugar consumption in the U.S. from 26 pounds to 135 lbs. of sugar per person per year! Prior to the turn of this century (1887-1890), the average consumption was only 5 lbs. per person per year!*

*Cardiovascular disease and cancer was virtually unknown in the early 1900's.*

*Over consumption of sugar is the leading cause of obesity and chronic illness in our country today.*

*Soda is the number one source of sugar in the U.S. diet, One 12-oz. can of Coke has 39 grams of sugar!!! That is about 10 teaspoons, which is your entire daily limit of sugar!!!*

*Know the many different names for sugar, such as: corn syrup, high-fructose corn syrup, dextrose, maltodextrins, granulated sugar, or concentrated fruit juice sweetener.*

*Stop the Sugar Blues... read your labels and consider healthier alternatives.*

### Continued Free Radical Article from Pg. 1:

These are simple ways to increase your antioxidant intake, neutralize free radical damage, and improve the health of your body!

What lifestyle habits require more intake of antioxidants?: Surprisingly, those who exercise strenuously or more than three times per week require more antioxidants because they intake more oxygen and muscle cells can breakdown resulting in muscle and body fatigue. While the right exercise is important for us, it also just as important to allow adequate rest and sleep time between workouts. An interesting fact is that before the light bulb was invented, 10 hours was the average amount of daily sleep. Also, people who have excessive exposure to the sun, x-rays, microwaves and other radiation. Excessive exposure to other chemical pollutants such as household cleaners, air pollution, smoking, junk and processed foods, pesticides, herbicides and drinking unpurified water are the most common environmental pollutants we encounter daily.

## Tuesday, January 26<sup>th</sup> Is 4<sup>th</sup> Annual Patient Appreciation Day!

Patient Appreciation Day is coming up! This is our chance to say thank you for the opportunity to serve you & celebrate our 4th year of service in Plant City.

-Thank You!

We want to celebrate by providing complimentary chiropractic adjustments to our patients on Tuesday, Jan 26<sup>th</sup> between the hours of 12-5 p.m.

Call now to schedule your appointment - **space is limited** and will fill up FAST.  
Hope to see ya there!

### ~ Feature Businesses ~

Do you own your own business or are you a part of a great company? If so, let us know! We are compiling info for a business directory of our patients and we will be featuring businesses in each newsletter. If you are interested, just give us your company and business information while at the office.

#### A.W. Moore Equipment, L.L.C.

Shell  
Sand  
Fill Dirt  
Site Work  
Excavation  
Rocks of all types

Contact: Anthony Moore

(813) 393-9255

(813) 752-0922 Fax

#### Home & Business Cleaning Service

By Jacqueline Terwilliger

Professional Cleaning Of Your Home Or Business

Bathroom Only Cleaning Also Available

To Schedule A Time For A Quote: Cell: 863-640-3782

Contact Jacqueline at: [jax6869@verizon.net](mailto:jax6869@verizon.net)

### Win A FREE GIFT by Answering this simple question!

Would you like the chance to win a special **FREE GIFT**? Each month the free gift changes. Unlike other contests, the odds of you winning this contest are really good. Why not give it a try? To win you need only answer the Health Question posed below. If you think you know the answer, just tell us! It's that simple. The first three patients to give us the correct answer will win a **free gift**!

#### The contest question for this month is...

*The curves of the cervical and thoracic spine (neck & mid back) are called what? This question requires two answers.*

### DID YOU KNOW ?

Before the invention of the light bulb, the average person achieved 10 hours of sleep each night !

Sleep is important to de-stress our bodies and to improve health. This is evident as statistics show increased rates of heart attacks during the first couple weeks after daylight savings time begins due to less sleep and increased stress.

### GET 10 % Off

**Doctors For Nutrition**

Greens First  
&  
Red Alert

Must present this coupon  
Expires: 02/15/2010

### F.Y.I.

You Can Receive Your  
Newsletter Via E-  
mail... There Is An E-Mail  
Sign Up Form At The  
Front Desk !