

HEALTH SOLUTIONS CHIROPRACTIC WELLNESS CENTER



~ WE WELCOME DR. JOHN SOUTHER AND FAMILY ~

We are excited to introduce Dr. John Souther, his wife Kelley, and daughter Madalyne Grace as new members to our office. Dr. Souther is a Chiropractor & Nutritionist specializing in complete chiropractic care, allergy therapies, and nutritional programs designed to correct the physical and nutritional deficiencies unique to each individual. Providing solutions to health problems that are both acute and chronic, physical and nutritional is what we believe "health care" is really all about.

ABOUT THE DOCTOR

Dr. Souther began studying nutritional alternatives and therapies throughout High School when he received Certification from Trinity School of Natural Health as a Natural Health Professional. Dr. Souther then began his undergraduate studies at the University of South Florida where he graduated in 1999 with a Bachelor of Science Degree in Biology. Dr. Souther with his wife Kelley moved to Marietta, Georgia where he completed his Doctor of Chiropractic Degree with honors at Life University College of Chiropractic before returning home to begin two practices in Lakeland and Dover, Florida. Dr. Souther provides Chiropractic and Nutritional services that includes the "N.A.E.T." allergy therapy that is a safe, non-invasive, natural approach helping people gain freedom from their allergies without the use of medications.

FROM THE DOCTOR

This is a very exciting time for us and the staff! My wife Kelley and I are excited and look forward to meeting each of you. It is our desire and promise to continue providing excellent health care to you and the community.

In addition to providing Chiropractic care, we will also be expanding our services to include nutritional counseling and therapies to help those seeking solutions to chronic and acute health problems. Natural and safe allergy therapies will also be available for those suffering from seasonal, food, and other chemical/ environmental allergies. Information will become available on these and other services we provide and as always, I will make myself available to answer any questions you may have.

I believe that health is one of the most valuable possessions one can have; unfortunately all too often it is taken for granted until one starts to feel it slip away ... Your health and the health of your family and friends is important to me and I welcome this exciting opportunity of serving the community and our family of patients. I would like to invite everyone to drop by the office so that we have the opportunity to meet each of you and your family. I look forward to seeing you soon and serving your health needs this New Year !

SUGAR ME SWEET

I'm sure all of you have noticed all the different sugars and sugar substitutes out there on the store shelves lately. Many of these sweeteners are being 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:

1. **Nutrasweet/Phenylalanine/Equal (the blue packet)**: this is probably the worst of all artificial sweeteners.

This sweetener was designed by the company Monsanto in 1966 as a bio-chemical warfare agent used to destroy the nervous system. They found that upon diluting the compound it was sweet. 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.

2. **Saccharine**: Is the pink packet and is a known carcinogen (cancer causing agent) although not as bad for your body as Nutrasweet.
3. **Sucralose / Splenda**: Destroys the Thymus and immune system. One concern is that because it is fairly new on the market 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 and fructose. 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.

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.

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.

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

Health Solutions Wellness Center

Creating New Health Possibilities Naturally

Health Success Story of the Month!

For three years I have lived with chronic pain. I have been scoped, scanned, injected, monitored, drugged, ect...I've spent literally thousands of dollars on medicinal testing and got no relief or answers. I have achieved miraculous results from Dr. Souther.

- Alicia

We are always excited to hear new success stories however big or small because we know how powerful an experience like this can be for someone suffering with pain or illness.

Referrals Mean the World to Us!

I consider it a privilege to be trusted with the health care of my patients. Our continued growth is because of patients like you who refer friends, family and co-workers. I don't often have the chance to say thanks for all your support, trust and confidence, but I really do appreciate it.

I consider it a pleasure to work with my patients. That's why I am always so interested in your feedback on this newsletter and any questions you may have about your health, nutrition and chiropractic.

Please feel free to call—even if it's only to get an answer to a quick question. Remember that we are available when you need us, so call anytime! I look forward to seeing you soon.

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. It might be a FREE tube of **BioFreeze**. Or a **free cervical pillow**, which is excellent for use at your place of work or in your favorite chair. We try to keep the free gift a mystery to keep things fun! 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 or want to guess, pick up the phone and call us. It's that simple. The best answer (in our opinion) will win a fun **free gift** that will be of value to you! You could be our winner this month. Are you ready?

The contest question for this month is...

What Specific Spinal Region Sends Out The Nerves That Innervate Your Heart And Are Responsible For Proper Heart Function?

~ 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 !

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