

Health Solutions Wellness Center

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Newsletter Features

- pH balancing and your health.
- Antacids increase hip fractures & their effect on your health.
- You're never too old for exercise.
- Do you know where your food comes from?
- Eating foods to support your nervous system.

You cannot solve the problems you now have at the same level of thinking you used to create them.

- Albert Einstein

HEALTH SUCCESS STORY

We are always excited to hear success stories because we know how powerful an experience like this can be for someone suffering with pain or illness. If you are interested in writing one of your own, you can...just bring your success story in with you to the office!

When I first visited Health Solutions a few months ago, my left arm was basically unusable. I was in constant pain-simple things like closing a car door or getting dressed in the morning reduced me to tears.

After a few visits, the pain was greatly reduced...and when the cold laser treatments began I saw an immediate improvement. After just one treatment, I could raise my arm over my head for the first time in over 3 months!

I am so grateful that I found Dr. Souther and his professional caring staff-without them, I might have had surgery that wasn't needed. - Cheryl

We wish everyone and their family blessings and health this holiday season.

*Happy Thanksgiving
&*

Merry Christmas

*-The Souther Family &
Health Solutions Staff*

Your body's pH and Your Health...

How Proper pH Can Help You With Your Pain

Medical Physiology, is a familiar textbook in medical and chiropractic schools that teaches physicians about the physiology of the human body. The author, Dr. Guyton, M.D., dedicated an entire chapter on pH and how the pH determines how effective the body can break down free radicals that cause cell damage and death. He explains that when the body is at a proper pH, it is readily able to break down free radicals into harmless water and oxygen thus maintaining proper energy and homeostasis. The cells of the body must have a slightly alkaline environment in which to survive. Proper pH of the blood is 7.365. When blood pH is optimal, proper exchange of nutrients and wastes occurs. Minor fluctuations (usually towards acidic) in the body's pH can result in major stress to the cells. As the imbalance becomes more chronic, numerous common symptoms can begin to occur including chronic joint pain and inflammation, fatigue, irritable bowel, and skin eruptions to name a few.

What affects the pH in your body? What we put in our mouths contributes most to the pH in our bodies. Most Americans, because of our diets, have a tissue pH that is too acidic to sustain good health. Diets that contain excess acid forming foods that include meat, coffee, soft drinks, sugar, artificial sweeteners, junk food, white flour and other refined carbohydrates results in a pH that is not alkaline enough, strains your digestive system and produces more inflammation in the body and joints. Foods that tend to be alkaline forming in nature are green vegetables, most fruits, lentils and other legumes, spices, beans, herbs, seeds and nuts. There are also H₂O systems that alkalize water.

What can I do to create an optimal pH within my body? First, start with your diet by incorporating more of the Mediterranean style diet with less meat and sugar and more vegetables, berries, fiber, nuts, and water. Also consider incorporating the Greens First green drink that is available in the office to help alkalize your system. Ultimately, this approach will help decrease joint pain, inflammation and drastically improve your health!

Office Hours

Mon: 8:30-1, 3-6

Tue: 12:00 - 4:00

Wed: 8-1, 3-5

Thu: 8:30-1, 3-6

Fri: 8:30-12

Holiday
Office Closings:

Th & Fri 11/24 & 25

Fri 12/23

Th & Fri 12/29 & 30

GIFT CERTIFICATES

GIVE THE GIFT OF HEALTH
THIS HOLIDAY SEASON

Gift certificates are available and good for any amount and all services including massage therapy.

Gift certificates can also be used for someone you know who may be in need of care but doesn't know where to get started; or for family or friends who are already established patients.

These holiday gift certificates are now available and can be purchased at the front desk.

You're Never Too Old For Exercise

Some things should go without saying. But sometimes we need to say them anyway. Here are two: You can't stop exercising as you grow older. And if you're 50 or so, and you've never adopted a fitness regimen, you'd better start.

Both ideas seem so blindingly obvious that I'm still not sure why anyone needs to be reminded. But the numbers tell a different story.

According to the National Institute on Aging (NIA), only 25 percent of people age 65 to 74 engage in any kind of regular physical activity. For people 85 and older, it's just 11 percent.

Does it seem unreasonable to ask an 85-year-old to exercise regularly? It shouldn't, because it isn't. "At age 85, you want to continue enjoying life and not be limited by your physical abilities because your muscles aren't strong and you're having balance problems," says Chhanda Dutta, chief of the clinical gerontology branch of the National Institute on Aging. "There's so much more to life than simply being able to dress yourself."

Whether you have a heart condition, you think you're too busy, you've spent a lifetime on the couch eating curly fries, you find exercise to be drudgery, or you're afraid you might hurt yourself working out, the Go4Life campaign is not taking no for an answer. "I think that a lot of people may not know where to begin," Dutta says. "And the other thing is we all lead busy lives, and what we are doing with this campaign is trying to show people that there are ways they can incorporate exercise and physical activity into their busy lives."

The centerpiece of the campaign, the agency's new Web site, is designed to rectify that. It contains more specific exercises, motivational tips, advice, health and nutrition information and success stories than you'll ever need. It should. It is based on NIA research and the recommendations of a panel of experts; the program took two years and \$3.1 million to develop. What it all boils down to is pushing past the perceived obstacles to fitness. The primary one, according to Tom Prohaska, a professor of public health and aging at the University of Illinois at Chicago, is that many older adults "don't think they are capable of exercising or exercising safely" because of health conditions. Actually, he said, studies show that fully 95 percent of older adults, including those with arthritis, hypertension and heart disease, can safely work out when shown how.

There are programs for just about everyone - for the homebound, for the chairbound, for people who need to get restarted after a health setback. Various groups are trying to solve one of the most difficult problems - providing elderly people ways to work out in a safe manner. Another approach is to incorporate movement and physical activity into daily life, instead of making it a chore that must be done each day. Connecting with a workout buddy - for seniors this is often a walking partner - makes it all much easier.

For the record: You need to exercise for the rest of your life, not just to maintain cardiovascular fitness, but to keep up your strength, balance and flexibility. If you do, you'll help prevent heart disease, high blood pressure and diabetes. You may maintain mental agility longer. You'll have more energy. Your mood may brighten.

Website: <http://go4life.niapublications.org>

Article from: *washingtonpost.com* 11-03-11

Disease prevention is the key to not just living a long life but to live a long life WELL! **Chiropractic, Nutrition, Exercise, and Spiritual/Emotional Wellbeing provide the foundation for a life well lived!** Implementing these keys to disease prevention and health is up to you...as I tell most of my patients, "it's your body, no one's in charge of your health but you." It all comes down to choices...choose to live well!

- Dr. Souther

**Life is not merely to be alive,
but to be well.** - Marcus Valerius

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!**

Sign Up To Receive Your Newsletter by E-mail

Your newsletter will arrive by email as an attachment.

You can simply open the attachment or download it to your desktop. You can sign up by writing your email address on the e-mail sign up sheet at the office front desk or by sending your request to drsouther@verizon.net.

A Special Thanks

We would like to thank each of you who generously gave to Lighthouse Ministries at our 6th annual open house event.

The open house was a great success because of your generous donations to those in need.

Thank You! - Dr. Souther, Sam, Jane, Laura, Jenny, Lora, & Laura

Research –N- Review

Heartburn Medications Increase Risk Of Hip Fractures

A recent study (JAMA December 2006) found that common over the counter and prescription medications such as Tums, Rolaids, Prevacid, Nexium, and Prilosec used for heartburn / acid reflux symptoms increase the risk of osteoporosis and hip fractures. In women who took these medications, a 44% increased risk of hip fracture was determined. Long term use increased the risk of hip fracture by 245%.

I find that the majority of middle aged and older patients have some degree of bone density weakness. Osteoporosis is an epidemic in our country because of poor nutrition and lack of weight resistance exercise ...even without the use of these medications. Antacid / reflux medications add to the problem and severity of this epidemic by creating a pH in the stomach that is not acidic enough for digestion.

Reflux symptoms occur when food sits in your stomach too long due to poor digestion (usually from inadequate stomach acid). The food then ferments and will then reflux up into the esophagus causing heart burn.

Absorption of calcium and other minerals into the bone requires proper pH. While taking antacids may help relieve the symptoms temporarily, it does not correct the problem; in fact it actually makes it worse! Proton pump inhibitors (prescription acid-reflux medications) make your stomach less acidic. This encourages other disease processes that include inflammatory bowel disease, autoimmune disease, diabetes, calcium deficiency, osteoporosis, chronic malabsorption / mineral deficiencies, anemia from B12 deficiency, and autoimmune disease. There is even recent research showing use of these medications causes bacterial overgrowth in the stomach and small intestine causing chronic infections. Long term use has been connected with formation of stomach polyps, pneumonia, and Clostridium difficile "C-diff" infections.

There are safer and healthier solutions that corrects the problem and relieves the pain. If you are interested in learning more on how to correct heartburn and improve bone density using a safe and natural method, just ask us next time you're in the office.

Source: Geller, J.L. & Adams, J.S., "Protein pump inhibitor therapy and hip fracture risk." Journal of the American Medical Association. 2007, April 4: 297(13):1429

Your Body's Intelligent Design

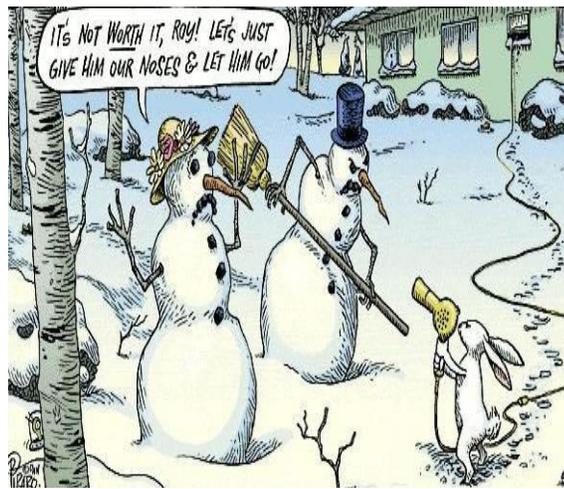
There are many terms to describe your body's inborn intelligence. Some call it your instinct, homeostasis, innate, universal or inborn intelligence.

These terms all describe your body's natural ability to always want to restore and maintain health. Your body's intelligent design works via your nervous system that is the link between your brain and your body. Nerves carry important messages from the brain down through the spine and out to the body.

Chiropractic adjustments that correct subluxations (spinal misalignments that result in nerve irritation) help restore the function of your nervous system allowing your body's intelligence design to work so long as the communication between the brain and body is uninterrupted.

Chiropractic care will help you restore and maintain better health.

"Health is the greatest of human blessings"
-Hippocrates



Do You Know Where Your Food Came From?

Fifteen percent of the food Americans eat is imported, including 80 percent of the seafood, and two-thirds of the fruit and vegetables. Our current food safety system can't even begin to keep tabs on the 24 million shipping containers loaded with food that the U.S. Food and Drug Administration estimates arrived this year from overseas. Increasingly, that food is coming from China, which has suffered a series of scandals involving tainted food.

The Chinese government responded by announcing the creation of a new Expert Committee for Healthcare, Food, and Cosmetics Safety. But that's just a small, first step — Bian Zhenjia, a deputy director of the State Food and Drug Administration, acknowledged that China has a long way to go in managing food and drug safety.

Source: <http://www.npr.org/blogs/thesalt/2011/11/03/141992989/fda-officials-in-china-to-plug-new-food-safety-law>.

About one year ago, I first wrote about my concern with food products from China. I first noticed it in the produce section and then when reading the label of apple juice I pulled out of my refrigerator.

China exports about 80% of the worlds' apples juice according to the USDA! I caution everyone to carefully consider where their food comes from by reading your labels! Also tell the store manager at your local grocery store that you will not buy any food product imported from China. Orange juice is common to have Brazilian oranges unless you buy Florida orange juice. Publix Premium, Martinellis, Motts Natural and most health food store apple juice brands provide a U.S. only source.

Try to remember to read your labels...now it's not only the junk they add...its junk from China!

~ 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.

Top Dog Imaging

Specializing in pet photography, portrait photography, commercial photography, product photography, photo restoration, photo retouching, and fine art reproduction.

-We had a portrait of our daughter Madalyne at 2 weeks of age that we had restored and enlarged. Bob did amazing work and we are thrilled with the results - Dr. Souther

Topdogimaging.net ~ Bob Rosinsky ~ 863.607-9059

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Nutritional Support For Your Nervous System

Chiropractic care is the best way to care for and support your nerve system, but did you know that by adding and avoiding just a few foods in your diet will also significantly improve the health of your nerve system? If you regularly eat foods devoid of nutrients (frozen dinners/food from a box) and contain preservatives, dyes, and sugar, your health will suffer.

Resveratrol is a natural phytochemical in certain foods such as grapes, red wine, berries and peanuts that has been found to inhibit free radical damage (cell aging & death) as a powerful antioxidant, fights cancer, and now recently is showing positive results in its neuroprotective ability. Recently, an article published in Medical Hypotheses suggests that resveratrol may provide a positive outcome in the treatment of neuropathy and slowed tissue healing common in diabetics. Resveratrol has also shown to protect against Alzheimer's and in Parkinson's, ischemic stroke and epilepsy. Source: Chiropractic Economics October 11, 2011.

Here are a few helpful suggestions of foods to get in your diet as well as others to get out of your diet:

Avoid or limit foods containing sugar, artificial sweeteners (mints, gums, diet products, crystal light – yes this includes Splenda), dyes, junk foods, dairy, drinks containing sugar or artificial sweeteners, pre packaged foods, and be careful of over consumption of meats.

Incorporate more fish (preferably wild salmon), almonds, cashews, pecans, butter, coconut oil, olive oil, veggies/fruits (preferably organic), salads, berries, avocados, and unsweetened Greek yogurt. These foods will support your nervous system and promote good health!

Christmas Gift Suggestions:

“To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To a customer, service.

To all, Charity.

To every child, a good example.

To yourself, respect.”

~ Oren Arnold

Pre-Payment Discounts

Recently, patients have asked whether we offer pre-payment plans on services that provide a discount on three of our primary services.

We currently offer pre-payment plans for Chiropractic, Decompression and Massage Therapy.

A list of these pre-payment discounts can be provided to you upon request at the front desk

\$5.00 OFF

CHIRO FLOW WATER PILLOWS

- MAKES A GREAT CHRISTMAS GIFT

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OFFER EXPIRES
DECEMBER 31ST, 2011

LIMIT 2 PER CUSTOMER

Featured Recipe

~ Sweet Potato Soufflé ~

From The Kitchen of Ann Souther

- 3 cups mashed sweet potatoes (6-8 potatoes)
- 2 eggs
- ½ cup butter
- ½ cup sugar or Xylitol
- ½ cup sweet milk or rice milk

Peel potatoes, cut up, and boil until soft. Mash them and add all ingredients. Place in casserole dish.

Topping:

- 1 ½ cups brown sugar
- ½ cup flour
- 1 ½ cups chop pecans
- ½ cup of melted butter

Note: if you substitute with fructose then use slightly less than ½ cup sugar.

Mix sugar, nuts, and flour. Pour in melted butter. Pour over potatoes and bake at 350 degrees for 30 minutes.