

Health Solutions Wellness Center

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Newsletter Features

- Free Radicals and Antioxidants
- 6th Annual Open House Event - October 15th
- Research N Review: Obesity & Dementia Link
- DHA and your kids health
- Pure H2O...are you getting enough?
- Spinal Health included in recent National

Office Hours

Mon 8:30-1, 3-6

Tue 12-4

Wed 8-1, 3-5

Thu 8:30-1, 3-6

Fri 8:30-12

Join Us For Our 6th Annual Open House Event

Our 6th annual open house event is fast approaching! Each year we benefit an organization in our community by providing new patient exams, x-rays and a report of findings at no charge with a donation made to the charitable organization.

Last years event was a great success! Thanks to everyone's gracious donations, we were able to donate food, cash, and other items to The Spring (provides shelter, protection, and care for abused women and children) and Steppin Stone Farm (a faith based organization for teenage girls). This year we will be raising donations for Lighthouse Ministries. Lighthouse ministries is a faith based organization that provides shelter, food, counseling and other services to those in need.

This event provides an excellent opportunity for you or someone you may know to receive a new patient consultation, exam, x-rays, and a report of your exam findings free of charge with a donation that you can bring with you to the event. Space is limited and available by appointment by calling the office. **The event will be on Saturday, October 15th from 8:30 - 12:30 at the office.** This event is not just for new patients...we want everyone to join us as we will have food and beverages, prize giveaways, vendors, and chair massage! We look forward to seeing everyone there to support a great charitable organization. See ya there -Dr. Souther

TARGETING DISEASE AND AGING AT THE CELLULAR LEVEL

YOU CANNOT SOLVE THE
PROBLEMS YOU NOW HAVE AT
THE SAME LEVEL OF THINKING
YOU USED TO CREATE THEM.
- ALBERT EINSTEIN

UNDERSTANDING FREE RADICALS, OXIDATIVE STRESS AND THE NEW SCIENTIFIC BREAKTHROUGH THAT SIGNIFICANTLY REDUCES THE PHYSIOLOGY OF AGING IN YOUR BODY:

A free radical is an atom or molecule that has a single unpaired electron in its outer shell. This unpaired electron causes the molecule to be unstable and highly reactive. Free radicals attack the nearest healthy molecule and steals its electron. The once healthy molecule is now damaged and becomes a free radical itself. A chain reaction occurs until enough damage / disruption has been done to damage or destroy a once healthy cell.

The free radical theory of aging was conceived by Denham Harman in the 1950s. This process of cell damage caused by free radical damage has been termed Oxidative Stress. A body that is healthy and under the age of 20 years, can handle most free radicals, but if antioxidants are unavailable, or if the free-radical production within the body becomes excessive, damage or cell death will occur more rapidly even at a very young age. Potential free radical damage and oxidative stress can be measured by a blood test called "T Bars". After the age of 20 years, T-Bar levels show a steady increase with age demonstrating free radical damage occurs more often as we age causing more cell destruction and the potential for many disease processes to occur. **Article Cont. on Page 3**

Myth Busters

MYTH: Butter is Bad and must be used sparingly...Not Exactly.

Butter is a saturated fat...but not all saturated fats are bad.

Butter is great source of Vit. A, D, E, Selenium, and K for bones, immune, and heart health. Butter is contains Lecithin for cholesterol metabolism, is high in CLA and arachidonic acid important for immune and brain function. There's no real evidence supporting that it contributes to heart disease. While I don't support eating all you want, **butter is much healthier than margarine or other substitutes.**

Research N Review

Research has not only found that excess weight can quadruple the risk of arthritis in the knees but has also found that those with excess weight or were obese during mid life years had significantly increased risk of late life dementia.

Source: XU WL et al. Midlife overweight and obesity increase late-life dementia risk. Neurology, May 3, 2011; 76(18): 1568-74

Spinal Manipulation Included In Recent Federal National Prevention Health Strategies

The National Prevention Council was started in June 2010 with the purpose of providing coordination and leadership among different departments and agencies to promote health and wellness practices. Although this sounds like it creates more federal beauracrats, the interesting thing outlined in this report is the recommendation of healing arts that include spinal manipulation, massage and acupuncture. The 122 page report offers many recommendations that include drug and alcohol abuse prevention, tobacco free living, healthy eating, active living, injury and violence free living, reproductive and sexual health, and mental / emotional well-being. The entire report can be read at: www.healthcare.gov/center/councils/nphpphc

The U.S. Surgeon General, Regina Benjamin, MD., said "The National Prevention Strategy encourages partnerships among federal, state, tribal, local and territorial governments; business, industry, and other private sector partners; philanthropic organizations; community and faith-based organizations; and everyday Americans to improve health through prevention. (Excerpted from Dynamic Chiropractic Issue 683, pg 1,6)

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 Velerius

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!**

DHA
A Nutritional
Back To School
Supply

**DHA
IS**

Brain Food For Your Kids

DHA, otherwise known as docosahexanoic acid, is a highly unsaturated essential fatty acid. DHA is one of the "good fats" we all hear about. DHA cannot be produced by the body on its own. Because of this, you need to get DHA from your diet. However, it is nearly impossible to get a healthy amount of DHA from our diet.

DHA is critical for the optimal development and function of the brain, eyes and central nervous system during infancy and childhood. Further, DHA is a major component of brain cells, representing approximately 97% of all omega-3 fats in the brain and 93% of all omega-3 fats in the retina. Therefore, DHA is crucial for proper brain / nervous system development and health...especially for our kids. DHA is also helpful for the cardiovascular system and cholesterol regulation. Foods high in DHA / Omega 3's are fish (Tuna, Trout, Salmon have higher amounts), Avocados, Vegetables, Meat, and Raw Nuts.

For our Kids especially for those who have selective tastes (aka picky) Nature's Sunshine's, Sunshine Heroes Omega 3 with DHA is a uniquely formulated children's CHEWABLE supplement that provides omega-3 fatty acids. DHA (docosahexanoic acid) and EPA (eicosapentaenoic acid) are essential fatty acids found almost exclusively in fish that live in deep, cold water. These fatty acids are key building blocks in every body cell. DHA also helps children with focus, concentration and memory. Each serving of Sunshine Heroes Omega 3 with DHA provides 100 mg DHA and 20 mg EPA from fish oil. This is a great quality fish oil product that your kid will beg for...you might even have to hide them! There is also Nature's Sunshine DHA in softgel form for kids and adults who prefer a non-chewable.

Look for the special newsletter offer on the Kids DHA chewable supplement.

Free radical article continued from page 1:

Some free radicals arise normally during metabolism, however, environmental factors such as pollution, radiation, herbicides, cigarette smoke and other toxins including those in food, medication and what we drink can also spawn free radicals. It is always a good idea to eat a healthy diet rich in antioxidants (berries and most all vegetables have higher levels of antioxidants) but some evidence suggests that it is impossible to consume enough antioxidants to significantly reduce the amount of oxidative stress (free radical damage) within the body. Recently however, a remarkable breakthrough by Dr. Joe McCord and other scientists has led to the discovery of a new and natural method of significantly reducing free radical damage to our cells that is far more effective than supplementing with antioxidants.

Dr. Joe McCord is an American biochemist and current Professor of Medicine, Biochemistry, Biophysics, Molecular Genetics, Microbiology and Immunity at the University of Colorado at Denver. He is most famous for his discovery, along with Irwin Fridovich, of the enzyme superoxide dismutase (S.O.D.)

Dr. McCord discovered that this enzyme S.O.D. (superoxide dismutase) would seek out free radicals and neutralize them before they damaged the cell. This enzyme is naturally produced by our cells and is the main defense system against free radical destroying normal healthy cells.

Dr. McCord and other researchers found that in humans, free radical damage began to increase around the age of 20 years that can be measured by a simple blood test measuring "T bars". From his years of research, Dr. McCord formulated an all natural supplement called Protandim that ramps up production of S.O.D. in the cells and lowers T bar levels in the blood (a marker of free radical damage). Since its production, extensive research on this product has supported its claims including a study on mice that extended their life an average of 20% compared to those who were not given Protandim.

A recent study by Ohio State University found that Protandim prevented formation of cells that caused re-blockage of vessels having coronary artery bypass surgery and stenting. Protandim is a supplement that is endorsed by the American Heart Association and has been featured on the Today show.

Additional research studies on Protandim continue in progress nationwide to determine its scope of health benefits on other disease processes. I also encourage you to do your own research and review on this product.

Protandim is available for purchase online at the website below or in our office. Protandim is manufactured by Lifevantage that offers customers two different ways to purchase the product. Customers can sign up as members to receive product at wholesale price or product is available to purchase at any retailer. More information on Protandim is available online at www.lifevantage.com/drsouther or just ask us next time you're in the office.

North Face Backpacks endorsed by the American Chiropractic Association

The American Chiropractic Association (ACA) recently endorsed nine backpacks and daypacks from The North Face. After consulting with Dr. Bautch, D.C., The North Face redesigned specific packs, making improvements to features such as shoulder straps, back panels and hip belts. The ACA supports these improvements made and endorses the use of these backpacks for our children as more are suffering from back pain earlier than previous generations; however, the use of ergonomically correct backpacks can help wearers maintain an active lifestyle without pain.

From The American Chiropractor, June 2010

Special Offers For Newsletter Readers!

PROTANDIM

10% Off Non Member Price

Available From

09/01 – 9/30/2011

Limit 3

Must Mention or Present Offer

Kids DHA

By Nature's Sunshine

Our Regular Price: 25.35

Special Offer Price: 19.50

Available 09/15 – 10/15/11

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!

I am a 60 year old construction worker and have had pain in my back, shoulders, and arm for years. I came to Dr. Souther with skepticism since I received no relief from other medical treatments during the years. Much to my surprise and relief, I am now pain free and feel good! I would like to express my appreciation and many thanks to Dr. Souther and his staff.

Thank you, Leon N.

I didn't know how much I could improve until I started seeing a Chiropractor. Since I've been in chiropractic, I've improved by leaps and bounds both mentally and physically - Michael Jordan

~ 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.

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Simple, Pure H₂O...Are You Getting Enough?

Everyone knows that staying hydrated is important to avoid dehydration, however, drinking enough water to avoid dehydration is not enough and most Americans stay dehydrated because we simply do not drink enough of it! So what's a good amount?

A good general rule is to drink about half your weight in ounces daily of purified water...and drinking TEA is not the same...not even close! **Oh, and another thing: pure water...not Propel or something with Crystal Light!**

The following are some facts about water and the importance of proper hydration:

- ~ 75% of Americans are chronically dehydrated.
- ~ For many Americans the body's thirst mechanism is so weak that it is often mistaken for hunger.
- ~ Mild dehydration will slow down one's metabolism as much as 3%.
- ~ Just one glass of water shut down midnight hunger pains for almost 100% of the dieters studied in a U. of Washington study.
- ~ Lack of water is the #1 trigger of daytime fatigue
- ~ A mere 2% drop in body water can trigger fuzzy short term memory and difficulty with focus.
- ~ Drinking proper amounts of water decreases the risk of colon, breast, and bladder cancers.
- ~ The most natural substance to hydrate the body...there are no better or healthier substitutes. So Drink Up!
- ~ Adding a good amount of lemon to your water will act as a safe diuretic.
- ~ Reverse Osmosis water is best in most cases. Distilled water requires the intake of a multiple vitamin as it will deplete the body of essential minerals.

What's In A Can of Soda?

- **Sugar:** 9 - 10 teaspoons/can
- **Phosphoric Acid:** the active ingredient in most soft drinks is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days!

Phosphorus also depletes the bone of calcium.

- **Caffeine:** a highly addictive drug that is able to pass the blood brain barrier causing headaches and other neurotoxic effects.

- **Benzene:** is present when added Ascorbic Acid mixes with the preservative Sodium or Potassium Benzoate...this causes Leukemia.

-Sodas have become the #1 source of calories in the U.S.

- Soda consumption per person in the U.S. since 1971 has doubled from 25.5 gallons to 46 gallons per year in 2003.

- Each added 8 ounce daily serving of soft drink a child consumes increases their chance of being obese by 60%

Happy Birthday Chiropractic

September 18th, 1895 celebrates the birth of chiropractic with the first adjustment given by Dr. DD. Palmer to a janitor named Harvey Lillard. Mr. Lillard had been suffering from hearing loss for about 17 years and reported improvement with his hearing soon after receiving his first adjustment.

Since then, Chiropractic has grown to become the most popular and sought after alternative health care treatment in the United States.



To Celebrate...

We will be having food and drinks for everyone so make sure you drop in on Monday, September 19th

For Some Food,
Fun & Fellowship!

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. – Thank you