



Empowered for Health

Hope for a Healthier Life, through the Science of Upper Cervical Chiropractic and Methods for Successful Living

How Important is My Nerve System

By Dr. Mike Anderson

Most of us know little about the nerve system, but is the most vital system in our body. While the digestive, circulatory, skeletal, immune systems etc. are important, one system powers and drives them all-the nerve system.

This system is so vital, God determined to surround it with a solid structure, the skull and the bones of the spine. The nerve system is the only system that has this protective armor.

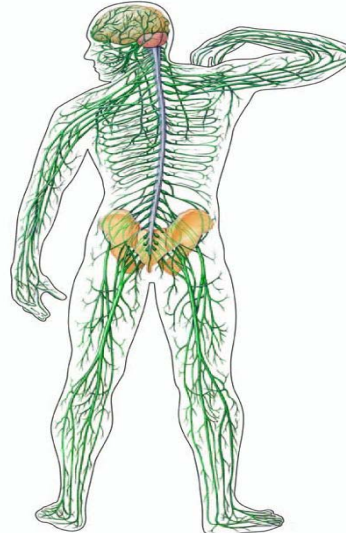
The nerve system is a complex system containing a network of specialized cells called neurons that coordinate the functions of our body, by transmitting signals from cell to cell. In our body the nerve system consists of two parts:

- The central nervous system with the brain and spinal cord.
- The peripheral nervous system consisting of nerves that branch off from the spine, and go to each cell in our body.

Some messages go from the brain to the body to tell our cells what to do. And some go from the body to the brain to tell the brain what the cells need.

This complex superhighway of nerves is constantly taking information from the body to the brain, and then coming back from the brain to the body. This keeps all systems working together effectively.

Any misalignment of the bones protecting these precious nerves diminishes function. While the concept is simple, it not always easy. Some times we have had interference to our nerve system for years, and while correcting the problem is the solution it takes time for our body to heal.



Often we want the quickest solution possible, maybe a pill or medicine of some type. While this may change how we feel and the immediate short term situation, this is a dead end road, and does not produce health. While a child may want to drive a car at age 10 or 11, they need at least 5 or 6 years of growth and maturity to be ready to drive.

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With Sugar On Top!

By Dr. Theresa Anderson



Pretty please with sugar on top! An eager child with innocent eyes and hands clasped like a prayer sings this plea to get what she wants. And, it works. My own children have used this tactic successfully. The bible proves the notion in Proverbs 16:24, “Gracious words are a honeycomb, sweet to the soul and healing to the bones.” Sugar has a way of making life sweeter, not just our food. This scripture further shows that a sweetener like honey can be good for us.

Not all sugar is created Equal™ though and some can be damaging to the body. The snow white sucrose of the common 5lb bag in the baking aisle of every grocery store is devoid of nutrition and not your best option. Here we focus on a few healthier choices.

While trying to improve my diet, I have experimented with many types of sweeteners. Years ago, these alternative sugars were not available in supermarkets, but times have changed. Your local grocery store and health food store carry many different varieties. So, what other sweeteners are out there? How are they healthier than white cane sugar, and how should we use them?

Honey:

- Contains 64 calories per tablespoon and table sugar contains 46 calories. So, honey has more calories than sugar, but is sweeter, so less needs to be used.

With Sugar on Top (cont.)

Honey:

- Thanks to bees, honey contains special enzymes that divide the sucrose into simple sugars the body can digest easily. Table sugar lacks this enzyme and makes the body work to accomplish that process. Purchase raw honey for the most enzymes.
- Nature's nectar is also loaded with vitamins, minerals, and antioxidants.
- In her book, *Beauty Secrets of the Bible*, [Ginger Garrett](#) boasts honey's anti-aging and hydrating effects for the face when added to your beauty regimen.
- In cooking, use 1/2 cup honey for 1 cup of sugar. Reduce the amount of liquid by 1/4 cup for each cup of honey. Reduce the oven temperature by 25°F since honey browns faster than sugar.



Date Sugar:

- Date sugar is a natural, unrefined sweetener produced by powdering or grinding chopped and dried dates.
- Great source of fiber, vitamins, and minerals.
- Lower in calories with 288 calories for a 1/2 cup serving compared to 387 calories for 1/2 cup of white refined sugar.
- Use 2/3 cup date sugar for every cup regular sugar in your recipes.

Maple Syrup:

- Made from the sap of the sugar from black or red maple trees.
- High in manganese and zinc for antioxidant and immune power.
- 200 calories per 1/4 cup or 67 calories per tablespoon.
- Use *real* maple syrup and not the imitation brand names. Check the product label for one ingredient – maple syrup.
- In cooking, use 3/4 cup pure maple syrup for 1 cup of granulated sugar. Reduce liquids in the recipe by 3 tablespoons for each cup of maple syrup used.
- Nutritional consultant, [Patricia Allen](#), recommends heating raspberries in a pan on top of your stove. Drizzle the fruit with maple syrup, heat, and eat as a topping over pancakes.

Sucanat and Rapadura:

- A pure, dried juice from the sugar cane. It is extracted, heated, and dried to form crystals. Still a cane sugar, but not refined so it retains its molasses content. Use the same as white sugar and brown sugar in cooking.

For the most benefit, sugar should be organic when possible and consumed in moderation. In the case of a sweetener, we *can* get too much of a good thing. Now with the holidays approaching, be adventurous, try a new form of sweetener in your goodies, and help your body at the same time.

Resources:

- www.benefits-of-honey.com
- <http://www.livinghealthymom.com/date-sugar-benefits/>
- http://en.wikipedia.org/wiki/Date_Palm
- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=115>
- <http://www.wisegeek.com/what-is-sucanat.htm>

“Should I Worry?”

By Dr. Mike Anderson

Many times people will ask me about a health issue, and follow it up with the phrase, “should I worry?”. While we should be concerned with our health, worry often does not help, and can actually hurt.

Our body functions by many chemical reactions. The act of worry, actually produces excessive stress chemicals in our body. Parts of our brain utilizes feelings, emotions, and past experiences to determine if stress chemicals need to be produced. Even perceived problems produce a stress chemical response that is the same as if you have actually had the problem. Chronic worry and emotional stress can trigger a host of health problems. The problem occurs when fight or flight is triggered daily, by excessive worry and anxiety. The fight or flight response causes the body's sympathetic nervous system to release stress hormones such as cortisol, epinephrine and norepinephrine.

These hormones can boost blood sugar levels and triglycerides (blood fats), that can be used by the body for fuel.

When these hormones are produced in excessive amounts they can cause many serious health issues, such as: pain, fatigue, memory loss, depression, digestive disorders, shortness of breath, decreased immune function, and even heart attack. The stress itself does not cause us to be sick, nor does the normal response to stress from our body. It is the continual release of our stress hormones into the bloodstream that is the culprit.

What can we do?

1. **Make sure you don't have nerve interference-** Nerve interference, keeps us from dealing with stress in a proper manner.
2. **Exercise daily-** Chemicals produced by strengthening and aerobic exercise, help up reduce the chronic stress response in our body.
3. **Eat a healthy, balanced diet-** Eating unhealthy foods and having large fluctuations in sugar levels, cause overload on our stress organs. Proper natural insulin levels are a key in dealing with stress.
4. **Drink caffeine in moderation-** Caffeine stimulates the nerve system, and stresses the adrenal glands, keeping our stress response continual.
5. **Know what causes you stress-** Knowing what will trigger a stress response in you particularly can help you deal with it before your body is trapped in a stress cycle.
6. **Rest daily-** 10-20 minutes of rest 1-3 times a day helps your body reset and shut down the stress cycle, so you stop producing stress hormones.
7. **Meditate/ with slow deep breathing-** Meditation and slow deep breathing decreases hormones such as cortisol and adrenaline, which are released during a stress response.

So instead of worry, try these steps to combat stress, improve your health, and lengthen your life.

Nerve System from page 1

The same is true with our body. After a correction to the spine is made, it takes time to allow the body to repair and heal itself so that it can function at its highest potential. In the long run we can be healthier, feel younger, and be able to live a fulfilled life by getting and staying healthy from within.

For any action to take place in your body, whether it is movement of your arms and legs or vital organ function, such as thinking, breathing, heart beating, digesting, and your immune defense system. Your system of communicating wires called your nerve system runs the show.

Once we come to understand the importance of this system, it's easy to see how a misaligned bone in the spine at the most vital part, the brainstem, at the top of the neck, could and would start blocking key messages that tell all parts of your body, how to work. This interference would inhibit our cells from effectively doing their job, removing waste, and regenerate themselves. When these messages are blocked, our body stops working the way it should, and the result is pain, sickness and disease. This inside-out understanding of how we get sick, also provides us with the solution. If we can remove the interference to the blocked nerves at the brain stem, our body can and will start to function the way it was created. The way it "used to work" before you started having health issues. It is as simple as that.

"Fall" Back Into Health

By Dr. Matt Wolfertz

I love this time of year. We're exiting the hot summer days into cooler weather, football, and back-to-back holidays to boot. Perhaps it's because the days are cooler that we get outdoors again and get our bodies moving.

Whatever the reason, today is the perfect day to begin reclaiming your health.

Here are some ways for you to make this fall one of your healthiest yet!

1. **Get moving...outside!** The leaves are changing color this time of year, and the scenic view makes for great walks and hikes. Taking a stroll down the Silver Comet Trail or even walking up Kennesaw Mountain (which affords you an amazing view of Atlanta) are perfect ways to get your spine moving, lungs breathing, and your heart stronger. Plus, getting sunshine on your skin will keep your immune system stocked with Vitamin D, a critical nutrient to knock colds and flu out.

2. **The Good with the Bad.** One of the biggest challenges we face this time of year is the plethora of cakes, cookies, candies, and egg nog. You can enjoy these tasty treats and still maintain energy and vibrancy with the simple addition of something good for you. Here's how to make it work: each time you grab a treat follow it down with a piece of fruit or vegetable. The fiber in fruits and vegetables keeps your body from absorbing too much sugar. It will also satisfy your palate so you're less tempted to keep going back for more.

3. **Keep Your Head on Straight.** Your brain stem is ultimately overseeing your health. Without its proper function you can still end up with poor health despite your best efforts. Keeping your family checked at our office, plus following the suggestions above, you can have one of the happiest and healthiest holiday seasons yet.

Healthy Cooking

Turkey and Quinoa Meatloaf

I always loved meatloaf growing up. Still, to this day, it brings back fond memories of sitting around the family dinner table talking about the day's activities or hearing one of dad's silly jokes. This delicious meatloaf is sure to become a family favorite!

Submitted by Merritt Wolfertz

Prep and Cook Time: 90 minutes

- 2 tablespoons Worcestershire sauce (some food stores now carry gluten-free versions)
- 1 egg
- 1 1/2 teaspoons salt
- 1 teaspoon ground black pepper

Optional Topping:

- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon water

- 1/4 cup quinoa
 - 1/2 cup water
 - 1 teaspoon olive oil
 - 1 small onion, chopped
 - 1 large clove garlic, chopped
 - 1 (20 ounce) package ground turkey (venison is a fantastic alternative)
 - 1 tablespoon tomato paste
 - 1 tablespoon hot pepper sauce
1. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
 2. Preheat an oven to 350 degrees F (175 degrees C).
 3. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute; remove from heat to cool.
 4. Stir the turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 tablespoons Worcestershire, egg, salt, and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil lined baking sheet. Combine the brown sugar, 2 teaspoons Worcestershire, and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.
 5. Bake in the preheated oven until no longer pink in the center, about 50 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Let the meatloaf cool for 10 minutes before slicing and serving.

**Anderson Specific
Chiropractic**

From the Nutrition Desk with Tricia

We are excited to welcome the **Get at the Roots Weight Loss Program**
at

Anderson Specific Chiropractic!

1099 Merchants
Drive Suite B Dallas
GA. 30132

Phone: 770-443-4225
E-mail: info@andersonspecific.com



Did you know female hair loss/thinning, hormonal issues (pre and postmenopausal), loss of libido, fatigue and poor sleep can be **caused by** and **repaired by** your diet?

Did you know that food sensitivities can cause you to gain weight and increase food cravings?



Did you know pre-diabetes, Insulin resistance, and Diabetes Type 2 are not only **caused by your diet** but can be **eliminated by eating the correct diet?**

Did you know if you don't eat good fats it is hard to lose weight?

Join us on a 12 week journey to optimal health and achieve your weight loss goals.

The **Get at the Roots** Weight Loss 12-week Program addresses the underlying root causes of excess weight gain such as hormonal imbalances, deficient brain chemistry (causing stress eating), digestive problems, food sensitivities, and more. Together, we can

Get at the Root of what is keeping you unhealthy and from achieving your weight loss goals. The long term objective of the program is to see results that last a lifetime!

This is not a weight loss program to follow for a short time. Rather, it teaches you how to eat; to optimally feed your body for rest of your life.

Tricia Allen, a Certified Nutritional Consultant, will be teaching the **Get at the Roots** program starting in November. Day and evening classes are forming now.

Sign up at the front desk with Tami and Chris.

**Register Now
and save
OVER 30%**

**Save an extra 10% when you sign up to the
1st Get at the Roots Class**

Contact Tami or Chris TODAY to reserve your seat.

What Patients are Saying

I had low back pain, leg pain, headaches and hip problems. It was difficult to function on a daily basis. I was unable to sleep at night, and my job requires bending, lifting and reaching... these things became impossible for me.

I had severe sinus trouble that would not relieve itself at all. The symptoms (headache, stuffiness and pain) persisted for many years.

I had high blood pressure, IBS, sinus, and headaches. Every time I ate anything, I would have a huge bulge sticking out of my left side and it was very uncomfortable! The arthritis was in my back and neck which caused pain.

I noticed improvement in two weeks. In four weeks I felt like I did 10 years ago. I have so much energy. It is great! There have been many changes in other areas of my health, such as: I sleep better, I don't stay cold all the time and I have more energy. **B.P.**

After I got my first adjustment at Anderson Specific Chiropractic, all of my symptoms cleared up, and I have not suffered since. **J.C.**

The first time I was adjusted, I ate lunch and the bulge in my left side was gone! I could eat without feeling uncomfortable. The neck and back pain went away. My sinuses have improved. **J.M.**