

# ANDERSON SPECIFIC CHIROPRACTIC

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As the New Year rolls in, I thought it would be a great time to address the information many people have about nutrition and how it affects our health. I thought we would play a little truth or fiction nutrition. We are having a contest and the winner will have circled the most correct answers. The winner will be announced the last week of January. Print out this copy or pick one up at the office. To enter the contest just drop off your completed quiz at the front desk.

## Truth or Fiction Nutrition Quiz

Name: \_\_\_\_\_

- T\_\_F\_\_ Fat is bad for our overall health and heart AND it makes us FAT.
- T\_\_F\_\_ Cholesterol is dangerous for our bodies and should be controlled by medicine and a low fat or no fat diet.
- T\_\_F\_\_ Moodiness and bloating are normal during your menstrual cycle.
- T\_\_F\_\_ The only way to “cure” female hair loss is with the medicine Rogaine.
- T\_\_F\_\_ The food you eat affects your sleep and/or stress level.
- T\_\_F\_\_ Acne is just something that all teenagers go through.
- T\_\_F\_\_ Poor sleep, brain fog, and senior moments are just a fact of getting older.
- T\_\_F\_\_ Depression and anxiety are a result of nutrient deficiencies or poor digestion.
- T\_\_F\_\_ Food and environmental allergies are genetic and you are stuck with them for life.
- T\_\_F\_\_ Acid reflux, belching, bloating and constipation and/or diarrhea can be caused by food allergies or sensitivities.
- T\_\_F\_\_ The food we eat often causes muscle pain, sinus problems and headaches.
- T\_\_F\_\_ At a restaurant, the best salad dressing choice is the fat free one.
- T\_\_F\_\_ At the grocery store you should buy food that says “low fat” or “fat free.”

The answers and winner will be announced in February’s newsletter.

**If you are interested in exploring how your health is affected by your diet and to reach your wellness goals, the “Get At The Roots Weight Loss System” classes will be starting the 1<sup>st</sup> Tuesday in February.**

*Make this year the start of the healthiest years of your life.*

- Tricia Allen