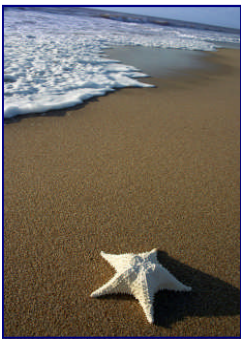


Active Chiropractic Wellness Center

Wellness News You Can Use

Inspiring Health and Wellness

It's Official...
SUMMER
Is Here!



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June is almost here, and that means the official start of summer, Father's Day, and enjoying summertime treats. In our ongoing quest to bring you helpful information on how to Eat Right, Move Right, and Think Right we are offering up an eclectic group of articles this month discussing topics ranging from fluoride to ice cream.

The article June Tune-up is a great opportunity to remind you that you should be deliberate when making changes in your life. Too often people try to make sweeping changes in their lifestyle only to end up doing the same old things they've always done. While some people have the discipline to make this approach work, most people will be more successful if they chunk it down. I've heard from different sources that it takes from two weeks to 90 days for a new behavior to become a habit. I imagine, like all things, it depends on the individual. So pick something you want to change and do it until it becomes a habit for you, and then move on to the next change you want to make. Within a year you will have made some significant changes in your lifestyle that will contrib-

ute to your health and wellbeing.

June is also the month when we celebrate our fathers. As fathers we have a great responsibility of being good role models to our children by teaching them how to live a healthy lifestyle through our example. We share some thoughts with you in A Father's Legacy: Lessons on Wellness.

Since it is summer we have chosen to offer up some healthy alternatives for one of our favorite summer treats in our article "I Scream, You Scream".

Finally, we have included an article that may be shocking to many of you. For years we have been taught that Fluoride is not only safe but it is good and necessary for healthy teeth. Municipal water supplies have been treated with fluoride for years; it is in our toothpaste and is a common treatment at the dentist's office. Unfortunately, new evidence shows that fluoride may not be all it's cracked up to be. As always, we hope you are well and keep enjoying the newsletter!

June Tune-Up

So, how is that New Year's Resolution to get into shape coming along? Not so good? That's OK, there's no time like the present to start. The weather is starting to get nice, and a June tune-up is just what your body needs. A few simple tweaks could get you well on your way to feeling great!

1. Drink plenty of water: Keeping hydrated



Take the family for a walk after dinner!

is one of the most important things to do to keep your body running at top shape. This especially applies if you are doing outdoor activities, as you need to maintain

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June Tune-Up

...continued

a good level of hydration as you sweat. Water also helps you to feel “full” so that you don't crave a lot of snacks.

2. Get out and exercise: You don't have to train for a marathon to get your cardiovascular system pumping. Take the family for a walk after dinner. Play with the kids or the dog. Play some pickup basketball or a game of tennis. All

of these will help to get your heart working and your blood pumping and help you to shed a few of those winter pounds.

3. See your chiropractor. In order to keep all of your joints healthy and let you do all of the summer-time activities that you want to do, you need to visit your chiropractor. They will make sure that your joints and nervous system are in

top working condition and make those resolutions that much easier.

There has never been a better time to get into shape! A few simple changes in your daily routine can make a big difference in your life. Make a few tweaks to increase your health potential. That way, when January 1, 2010 rolls around you can make a different resolution!

Dr. Brent Reiche

A Father's Legacy: Lessons on Wellness



Proper tooth brushing and technique...



Proper hand washing after restroom use...

As Father's Day approaches I start thinking about the day from both the fathers' and children's perspective. To my young son (Andrew) it means that Mom will help him make a card and they will plan to be “extra nice” to me that day. I certainly enjoy the extra attention but can't help thinking about my “scorecard” as a father.

A very large part of being a parent is to shield your children from, and teach them about harmful things in life. This seems to be second nature for most parents. These things we do automatically. But there are many other important jobs that we do as parents where we teach by example. We attempt to set Andrew up with good habits for when they leave the nest.

Below is my list of Lessons on Wellness which include but are certainly not limited to:

- *Taking a daily multivitamin and Omega-3.
- *Teaching ongoing education about nutritious choices in food. What to

avoid like soda, candy, processed food, etc.

- *Importance of proper tooth brushing and technique.
- *Healthy snack and lunch packed for school/work.
- *Proper dress for the weather.
- *Applying sunscreen.

(All of the above before 8 A.M.!))

- *Proper hand washing after restroom use.
- *Awareness on the dangers of smoking, drugs, and alcohol abuse.
- *Safety equipment for sports (helmets for baseball, bikes, and skateboards, shin guards, etc.)
- *How to cross the road safely.
- *Stranger danger- who we can and cannot trust.
- *Appropriate/Inappropriate touches.
- *Kitchen and garden tool safety.

This isn't a complete list but represents a good start. The task seems daunting and endless but necessary as we guide our children in life.

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A Father's Legacy: Lessons on Wellness ...continued

There is one more Wellness lesson that I have not included in this list that takes center stage in our home. It is called the Chiropractic Adjustment! I have heard a wise person speculate that we can be balanced from a Chiropractic standpoint and not be Well, but cannot achieve true Wellness without Chiropractic. I believe this wholeheartedly.

We all know that the nervous system controls and coordinates every system, organ, tissue, and cell of our bodies. With nerve interference due to Subluxations, true wellness will never be achieved. My son Andrew (14 months) is adjusted regularly and loves it.

So, on this day, take a look at your

checklist. Are you teaching and guiding your children down a path of Wellness through example? Can you find a few areas that you could improve on? Remember that these lessons on Wellness will empower our children to make better choices as they grow up and someday begin to lead their own children through example!

Fluoride: Cut It Out

Since the 1950s we have been poisoning our drinking supply in an attempt to prevent tooth decay. Most Americans are unaware of the health hazards of ingesting fluoride. Here are some startling facts that may motivate you to cut fluoride out:

- *"Fluoride is neurotoxic and lowers IQ" – Dr. Phyllis Mullenix, neurotoxicologist and former director of the Forsyth Dental Center.
- *Fluoridated water has been linked to higher rates of Cancer, especially bone cancer.
- *Fluoride disrupts the formation of enzymes necessary for collagen production thus contributing to osteoporosis.
- *All recent large-scale studies of water fluoridation have proven it to be ineffective at preventing tooth decay.
- *Research indicates that ingesting fluoride may impair immune function contributing to the rise in chronic immune system disorders.
- *Fluoridation has been shown to cause dental fluorosis, a condition that weakens and discolors teeth due to hypo mineralization. This occurs in children 8 years and younger. The CDC recommends that concentrated infant formula be mixed with low fluoride water. Obviously you would also want to avoid fluoridated water for your older children as well.
- *A 2001 study published in Rheumatology International links fluoride exposure to osteoarthritis.
- *Fluoridation suppresses thyroid function. In fact, in the 20th century fluoride was prescribed for hyperthyroidism. This may be one factor in the rise in American obesity.

*Due to potential health hazards of fluoridation, it is banned in many countries

*Perhaps the biggest reason to be concerned about fluoridation is that it is unethical. As Paul Connett, PhD states, "fluoridation is unethical because:

- It violates the individual's right to informed consent to medication.
- The municipality cannot control the dose of the patient.
- The municipality cannot track each individual's response.
- It ignores the fact that some people are more vulnerable to fluoride's toxic effects than others. Some people will suffer while others may benefit.
- It violates the Nuremberg code for human experimentation".

If this information concerns you and you would like to start taking measures to avoid fluoride, here are some things you can do.

1. Avoid fluoridated tap water in humidifiers and by drinking and cooking with spring water or water filtered by reverse osmosis.
2. Avoid non-organic juices that contain fluoride from pesticide residues.

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The municipality cannot control the dose of the patient.

Fluoride: Cut It Out

...continued

- 3. Avoid fluoride toothpastes. I use Tooth Soap. It's toxin-free and works great.
- 4. Decline fluoride treatment for your kids at school.

and holisticmed.com are also a great resource for articles related to this topic.

Until next time...live well.

To learn more about this controversial topic, check out *The Fluoride Deception* by Christopher Bryson. There is a great interview with him on You Tube. Mercola.com

Dr. Brent Reiche

I Scream, You Scream...

...we all scream for ICE CREAM!

As the temperature rises it is tempting to look for ways to cool down. A trek to your favorite ice cream stand is as American as baseball and apple pie. Unfortunately, a growing obesity epidemic is also an American phenomenon. In our quest to offer up healthier alternatives to our favorite guilty pleasures, we are taking on one of our favorite frozen treats.

USDA estimates that every person eats about 23 quarts of ice cream each year. To give you an idea of what that equates to in calories for just one-half cup of regular vanilla ice cream, expect around 260 calories or 520 calories in a cup. If you multiply that by four cups per quart and 23 quarts per year it comes out to 47,840 cal. That is the equivalent of over thirteen lbs of fat. The numbers only go up from there when you start to add other ingredients and toppings.

In my quest to find healthy alternatives I was feeling less than excited by what I found. The options either seemed unappetizing or were not really any better than ice cream in terms of nutrition. The obvious choice of frozen yogurt turns out to be more hype than substance. Many frozen yogurts have as much fat as ice cream. Other varie-

...there are several recipes online for making homemade frozen yogurt that are much healthier...



ties with less fat often have high levels of sugar. However, there are several recipes on line for making homemade frozen yogurt that are much healthier from a fat and calorie perspective. Also, when making frozen yogurt at home I suggest replacing sugar with stevia and using fresh or frozen fruit instead of canned. This will cut back on unnecessary calories and provide more nutritional value.

Another fun option is Banana-sicles. Simply peel a banana, cut it in half and stick a popsicle stick in one end. You can cover the banana with some of your favorite pureed fruit, sprinkle with some crushed nuts if you like, and pop it into the freezer. If you want, you can even use a bit of dark chocolate to get that chocolate fix. Like many things that are good for you, this will take some pre-planning and effort on your part. If you have children around, get them involved in the process. Children are more likely to eat something if they helped make it plus you will be teaching them some healthy habits along the way.

Dr. Brent Reiche



Recipe of the Month:

In order to provide you with more wonderful information each month, we have decided to post our 'Recipe of the Month' on our blog site.

Visit www.actedc.wordpress.com for the recipe:

GRILLED PORTOBELLO MUSHROOM BURGERS



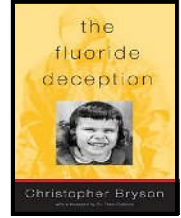
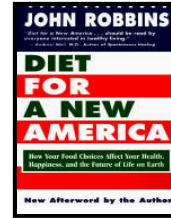
C3—A subluxation or interference at this spinal level can affect the cheeks, outer ear, face, teeth, trifacial nerve and lungs.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. For additional information go to:

www.activechiropractor.com

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit www.amazon.com.

- **Wisdom of Our Fathers**, by *Tim Russert*~ Lessons and letters from daughters and sons.
- **DIET FOR A NEW AMERICA**, by *John Robbins*~ How your food choices affect your health, happiness and the future of life on earth.
- **the fluoride deception**, by *Christopher Bryson*~ Investigative reporter Bryson revisits the decades-long controversy over fluoride.



Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

info@activechiropractor.com

or

Wellness Quiz
810 Portland Rd
Saco, ME 04072

Please include your name and phone number so we can contact you if you win. Your information will only be used to contact you if you are a winner. We will not contact you for any other reason unless asked by you to do so. Winner's first name, last initial, and place of employment will be listed in a future issue.

1. Name three steps you can take to 'Tune-up' in June.
2. List five lessons to teach your kids on wellness.
3. What are three facts about fluoride that may motivate you to cut it out?
4. Name three reasons why Paul Connett, PhD states that fluoridation is unethical.
5. What are two steps you can take to avoid fluoride if you choose?
6. How many quarts of ice cream does the USDA estimate that every person eats each year?
7. What organs/body parts could be affected by a subluxation at the Third (C3) Cervical Vertebrae?

May Answers:

1. Prolonged eating of microwaved food has shown in studies to possibly increase cholesterol levels, increase white blood cell levels, decrease the number of red blood cells and hemoglobin, produce radiolytic compounds, may cause permanent brain damage, alter male and female hormone production, may cause loss of memory, concentration, emotional instability and decreased intelligence, alter lymph glands and blood serum, increase your risk of developing cancer and remove or alter vital nutrients in food.
2. Your diet should consist of 70-80% vegetables, fruits, nuts and seeds, all which require very little preparation.
3. Lawns use ten times as many chemicals per acre as industrial farmland.
4. What happens to your feet can affect your ankles, knees, hips, pelvis and all the way up your spine.
5. American citizens consume an average of 3-6 cans of soda a day.
6. If you drink diet soda you are trading calories for neurotoxins, which can cause MS-like symptoms.
7. A subluxation or interference at the Second (C2) Cervical Vertebrae can affect the eyes, optic nerves, auditory nerves, sinuses, tongue, forehead, and heart.

Inside the July Issue:

- Eating Outside the Box
- Fearless Fries
- Protecting Yourself from Sunscreen
- Keep It Movin'
- Recipe of the Month Link
- Recommended Reading
- Health & Wellness Quiz

Active Chiropractic Wellness Center News & Updates

Dr. Brent is available to your child's school, or your business for informational health talks on various topics. From backpack safety to stress reduction there is a topic that you can benefit from. Have your PTO or HR representative call to find out more information

Join Us In Health!

At Active Chiropractic Wellness Center we work hard to 'inspire Health & Wellness', not only for our patients, but in our community. We are committed to educating and empowering community members through our community outreach program, available to all businesses, schools, groups and organizations free of charge.

For more information please call Dr. Brent at (207) 571-8028.

About Active Chiropractic Wellness Center



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At Active Chiropractic we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation, and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthy bodies and minds. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information, please contact us by phone, email or by stopping by our offices.

Our Mission Statement:

To provide excellent Chiropractic care, education, and support with the intent to stimulate, nurture, and facilitate growth, learning, health, and well-being for our patients and community, thus empowering and inspiring a new paradigm of health based on the philosophy and principles of Chiropractic.