

Rector Chiropractic: A Creating Wellness Center (831) 899-5900

Wellness News You Can Use

Inspiring Health and Wellness

Happy New Year Everyone!

I hope 2011 brings you an abundance of health, wealth, and happiness. We will do our best to bring you nuggets of health-related information that are easy to digest and absorb. As always, we bring you four courses to sink your intellectual teeth into this month.

For our appetizer, Spice It Up, we look at the health benefits of Chili Peppers. Not only do they add a kick to your dishes, they add many health benefits too.

For our main course we have two articles regarding your mental health for you to chew on. First, we revisit the topic of laughter in "Some Day We'll Laugh About This". Life is hard, but it is even harder if you can't laugh about it sometimes. If you're not in the mood for laughter, but want to de-stress then "Get Creative". Laughter and creativity are

great ways to focus the mind on something other than the stress of the day.

Finally, we wrap up with dessert and throwing out the scale. OK, don't throw out the scale, just "Scale it Down". There are better measures of your health than simply what your scale says.

One last note, if you didn't meet your health goals in 2010, then regroup. Define your goals for the new year and get started today. The New Year always seems to be the time of year when people make commitments to make changes in their lives. If that works for you, great, but why wait. You can choose to make changes any time you want. Just create a vision for yourself, commit to it, and get busy.

Good luck!

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Spice It Up

Would you believe that spicy food, especially chili peppers, have physical and mental health benefits? It's true. If included as part of your regular diet, you may experience better moods, be more alert, get sick less often, and even increase your life expectancy.

Chili Peppers are a good source of vitamin C, containing approximately 91 mg. per ¼ cup of fresh peppers. Red peppers also have high concentrations of beta-carotene. The spicy heat from a hot pepper triggers pain receptors in your mouth, which causes the brain to release "feel-good" hormones. This reduces the feeling of stress or depression. So try starting your day by adding some hot sauce to your eggs, or ending your day with a fresh bowl of spicy salsa!

People that regularly eat spicy foods also have a lower incidence of everything from cancer to thrombosis (blood clots).

So, what makes a chili pepper hot? That would be the chemical Capsaicin, which is found in highest concentration in the membranes and seeds. Capsaicin is measured in parts per million. This is translated into Scoville heat units. For example and perspective; a bell pepper has 0 Scoville heat units and the hottest chilies known, such as the Bhut Jolokia, can exceed one million Scoville heat units. For practical purposes,

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Spice It Up

...continued

most of the hot chili peppers we consume will range from 100 to 50,000 Scoville heat units. Here's an interesting fact: Law enforcement grade pepper spray can exceed five million Scoville heat units...OUCH! Capsaicin is also responsible for many of the chili peppers' potential health benefits. Scientific research suggests that chili peppers have been found to:

- ~Reduce inflammation
- ~Reduce bad cholesterol
- ~Reduce triglyceride levels
- ~Reduce platelet aggregation while increasing the body's ability to break down blood clots.
- ~Clear congestion from the sinuses, nose, and lungs
- ~Boost immunity
- ~Reduce the spread of prostate cancer
- ~Prevent stomach ulcers by killing the H. pylori bacteria and by stimulating buffering secretions in the stomach

- ~Increase metabolic rate, which may aid in weight loss
- ~Aid in digestion
- ~Provide natural pain relief for osteoarthritis, diabetic neuropathy, and psoriasis when applied in a topical solution.

These health benefits may be achieved in fresh, dried, ground or pickled chili peppers, as well as in the powdered version or in a hot pepper sauce. Adding spice to food makes whatever dish you are preparing more satisfying for a longer period of time and reduces the need for salt, making it a healthy dieting aide.

There are many ways to incorporate chili peppers into your diet. I suggest visiting your local bookstore or logging onto the internet to search for recipes. Either way, make your life more healthy and exciting by spicing up your diet.

Dr. Brian P. Rector

Some Day We'll Laugh About This

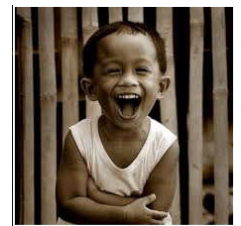
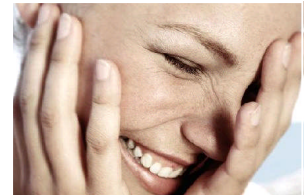
I once heard comedy described as tragedy plus time. The greater the tragedy the longer time must pass before you can see the humor in the situation. For arguments sake, let's agree that no matter how much time has passed, some things are never funny. However, you can probably look back at moments in your life that at the time may have been tragic, sad, frustrating, or infuriating but now seem funny...or at least certain aspects of the situation seem funny. That's the point of this article.

Life is full of challenges and despite our best efforts to avoid them we will have more obstacles to overcome in the future. Sometimes it is appropriate to feel sad, frustrated, angry, or whatever emotions you are having in the moment. Just don't stay in that space. Deal with the situation, come up with a

plan or solution, and get to work at it. Also, try to laugh if possible.

Laugh at the situation or laugh at yourself. Laughing helps change your frame of mind and clears your head. In the moment of laughter you are not thinking about the stress of the day. Think about it, when you are laughing you are caught up in the moment and at that moment all the stress melts away.

One of the greatest traits of a good friend is someone who can help you see the humor in difficult situations. Surround yourself with the type of people that can make you laugh no matter what you're going through. Remember, no matter how difficult life gets in the moment, you'll probably laugh about it some day.



***Laugh at the situation
or laugh at yourself.***



Dr. Brian P. Rector

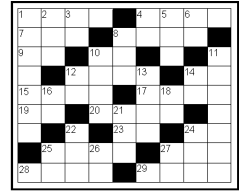
Get Creative

We all have our own ways of coping with daily stresses. The question is, are they healthy or destructive.

Unfortunately, many people adopt unhealthy behaviors to cope with stress, such as overeating and smoking, while others adopt healthier outlets, such as exercise. Another method for reducing stress is to get creative. You could write poetry, play the guitar (a favorite of mine), or paint to help relieve stress and express your creativity. If you don't know how to play an instrument, or paint, or know how to write poetry, etc, then learn! At the same time, creativity doesn't have to include what we classify as an "Art". The portion of our brain that is responsible for creativity is also active when we "think outside of the box" or use creative problem solving to come up with a solution to a problem.



Immersing yourself in a creative outlet several times per week will allow you to take a break...



You could write poetry, play the guitar, or paint to help relieve stress...

Creative problem solving is a form of problem solving where one independently creates a solution to a challenge or problem that creates value and is appreciated by other people. Like forms of art, this is a skill that can be learned and applied both personally and professionally. There are many techniques for creative problem solving, such as Mind Mapping and Brainstorming. Also, it could be as simple as looking at a problem from a different angle or approaching the solution from a new angle, resulting in a more desirable outcome. Too many creative techniques exist to list here, but if you Google creative problem solving you will find plenty of information. When fully engaging in a creative outlet you are able to achieve a state of intense focus and consciousness similar to that achieved during meditation. Immersing yourself in a creative outlet several times per week will allow you to take a break and let go of the stresses in your life. This will create a healthier attitude and outlook while also stimulating areas of your brain that are not as active, which has been shown to increase cognitive function.

No matter how you choose to get creative it will help you cope with the stresses of daily life and, who knows, you may even develop a skill or passion you didn't think was possible!

Dr. Brian P. Rector

Scale It Down

Have you ever started a diet or fitness plan and found yourself getting on the scale every day, or even several times a day? We are bombarded with images of how we should look. The popular press is full of people that appear slim and fit. They look healthy, and that is the image the marketers want to portray, but is that the only image of health? No, it's not.

For example, many teenagers look the part of a healthy person because they are young, slim, and the effects of poor lifestyle have not yet caught up to them. However, I have witnessed many such teens that drink loads of soda, eat mass quantities of processed foods, and would be hard pressed to run a mile. Yet, to look at them you would say they look healthy.

Scale It Down

On the other hand, I have seen individuals that are in great physical condition but don't fit the Hollywood mode of beauty. I had a patient who was told that based on his height and weight, he was obese. This type of measurement is known as BMI or Body Mass Index. It just so happens that he was very fit, worked out regularly, lifted weights, and did plenty of cardio. No one in their right mind would look at this guy and think he was obese. In fact, his body fat percentage was about 12%, well within the healthy range.



...you shouldn't base your health solely on what the scale says.

Maintaining a healthy weight is important for good health, but don't become obsessed with your scale.

The point of all this is that you shouldn't base your health solely on what the scale says or even your BMI. Maintaining a healthy weight is important for good health, but don't become obsessed with your scale. Talk to your chiropractor or find a trainer that can help you develop a plan that will help you set realistic goals based on your health status and body type. Focus more on reaching a

body fat percentage goal instead of a weight goal.

If you eat right, exercise, manage your stress and generally live a healthy lifestyle your body will find a balance point at a healthy weight. Then, when it comes to jumping on the scale, you can Scale it Down.

Dr. Brian P. Rector

Recipe of the Month: Lemon-Garlic Marinated Shrimp

Prep & Ready Time: 10 minutes

Yields: 12 Servings

Ingredients:

- 3 tablespoons minced garlic
- 2 tablespoons extra-virgin olive oil
- 1/4 cup lemon juice
- 1/4 cup minced fresh parsley
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1 1/4 pounds cooked shrimp

Directions:

- Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute.
- Add lemon juice, parsley, salt and pepper.
- Toss with shrimp in a large bowl.
- Chill until ready to serve.
- Serve as an appetizer or with your favorite salad.
- Enjoy!





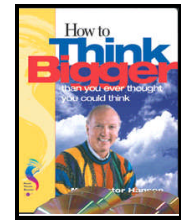
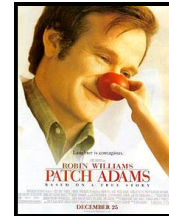
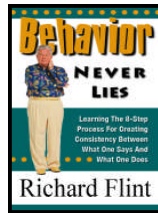
L3—A subluxation or interference at this spinal level can affect the sex organs, uterus, bladder, knees, prostate, large intestine.

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

rectorcreatingwellness.com
or
831-899-5900

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

- **Behavior Never Lies**, by *Richard Flint*~ The real definition of who a person is— is defined by their behavior. You will explore the eight steps to balancing words with behavior.
- **Patch Adams (Movie)**, by *Tom Shadyac*~ Based on a true story, *Patch Adams* combines sidesplitting humor with an inspiring story...
- **How to Think Bigger Than You Ever Thought You Could**, by *Mark Victor Hansen*~ This audio book will transform your idea of what is possible for you in all aspects of life.



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:

drbrian@rectorcreatingwellness.com

or

Wellness Quiz
775 Kimball Ave. Suite 101
Seaside, CA 93955

We will enter your name in a monthly drawing to win a 1/2 hour massage with one of our Licensed Massage Therapist

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. If you include this food as part of your regular diet, you may experience better moods, be more alert, get sick less often and even increase your life expectancy.
2. The spicy heat from a hot pepper triggers pain receptors in your mouth, which causes the brain to release " _____ " hormones.
3. What helps change your frame of mind and clears your head?
4. Name several ways to get creative.
5. Immersing yourself in a creative outlet several times per week will allow you to do what?
6. What do you need to do for your body to find a balance point at a healthy weight?
7. What organs and/or body parts could be affected by a subluxation at the Third (L3) Lumbar Vertebrae?

December Answers:

1. Your physical and emotional sense of wellbeing results from the cumulative effect of the things you do with your body, what you put into your body, and how you think or the attitude you approach life with.
2. The field of Neuroimmunology studies the interactions between the nervous system and the immune system.
3. Dr. Ron Pero of New York Preventative Medicine Institute and Environmental Health at NYU found that individuals under long term chiropractic care had an immune competency 200% greater than the average population not under chiropractic care.
4. Give your immune system a boost by taking plenty of Vitamin D, take it easy on the sugar, manage your stress, and get adjusted!
5. The dirty dozen fruits and vegetables include celery, grapes, nectarines, peaches, potatoes, bell peppers, strawberries, kale/collard greens, spinach, apples, cherries and blueberries. The Clean 15 fruits and vegetables include onions, honeydew melon, kiwi, avocado, sweet potato, cabbage, sweet corn, grapefruit, asparagus, pineapple, watermelon, eggplant, mangos, cantaloupe, and sweet peas.
6. There is a brain and spinal cord that make up the Central Nervous System (CNS). All of the nerves that branch off the CNS are known as the Peripheral Nervous System (PNS). The CNS is protected by the skull and vertebrae of the spine.
7. A subluxation or interference at the Second (L2) Lumbar Vertebrae can affect the appendix, abdomen, upper leg, urinary bladder.

Inside the February Issue:

- Black History in Chiropractic
- Thank You
- Random Acts of Kindness
- Life Long Learning
- Recipe of the Month
- Recommended Reading
- Health & Wellness Quiz

Rector Chiropractic News & Updates



HAPPY NEW YEAR

Our Gift to You

We are excited to launch our New Wellness Program
For the New Year get the edge on health and receive our complete wellness assessment for **FREE** value \$120.00
YOU HAVE TO SCHEDULE BEFORE January 31st, 2011
Make your appointment now (831) 899-5900

Congratulations Paul B., from IRS, for answering the wellness quiz and winning the free massage for December!!!

NEW~ ~ On-site chair massages for local businesses~ Invest for a Healthy Business~ Improves alertness, reduces physical & mental effects of stress experienced by employees, increases good feelings about the workplace & loyalty to the company! ~Contact Sandra for more information

About Rector Chiropractic: A Creating Wellness Center



Sports & Family Chiropractic:
A Creating Wellness
Center

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At Rector Chiropractic Wellness Center we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultations, 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 office.

Our Mission Statement:

Rector Chiropractic is committed to helping all individuals achieve and find their desired health. Through our loyalty, passion and teamwork we support our patients on their challenging journey. We guide and teach our patients, their families and our community the responsible health skills needed to provide a happy, healthy and efficient wellness lifestyle. **Our belief is to Be fit, Eat Right, Think Well and Live Better.**

