

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

Wellness News You Can Use

Inspiring Health and Wellness

Each month as we sit down to figure out what to write about we try to come up with ideas that are current, relevant, informative, and interesting. Hopefully we are successful, and we would love to hear your feedback. This month, as we transition into summer, we want to highlight some important topics that will help you have a healthy and enjoyable summer.

One of the most important things we need to do this summer is protect our skin in a healthy way. As summer approaches we see more commercials for sunscreen and bug spray, and while these are helpful tools, not all sunscreens and bug sprays are created equal. We want you to know what to watch out for and offer some healthy alternatives in our first article, "The Dangerous Duo".

One of the great things about summer is the availability of fresh citrus. The varieties of citrus are as abundant as their

health benefits. Take the opportunity to enjoy your favorite "Summer Citrus" or get adventurous and try something new.

As the temperature rises everyone starts to shed the winter layers. However, no matter what the temperature is outside, certain clothes can be restrictive, and in some situations even cause health problems. Take our advice and, "Loosen Up".

Finally, it doesn't matter what time of year it is, there are always kids out there who could benefit from the influence of a loving adult. Times are tough for a lot of people, but we can always give our love, time, and attention to those in need. This is a great time to "Be a Mentor".

We hope you enjoy this information, put it to good use, and have a wonderful healthy summer!

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The Dangerous Duo

With summer quickly approaching, many of us are planning for barbecues, camping trips, and days at the beach, on the lake, or out on the golf course. Two essentials for an enjoyable summer outing are sunscreen and bug spray. But wait! Before you slather on the SPF 50 and spray yourself down with insect repellent take a minute to read the ingredient label and ask yourself, would I be willing to eat this stuff? More than likely your answer would be no! In most cases, though, you might as well be eating it because when applied to your skin it is being transferred directly to your blood stream! YES, many chemicals in products we put on our skin are absorbed directly into our blood. Think of nicotine, pain meds, and other medications that are available on a patch that can be stuck to the skin and absorbed. There is, however, considerable debate as to how and whether or not this affects our health.

For sunscreen, some sources point to studies performed on mice where cancer rates were much higher when they were exposed to certain chemicals present in sunscreen that behave like estrogen and stimulate tumor growth. Others argue that results from studies in mice can't be assumed to be true for humans. Another interesting argument is that skin cancer rates tend to be much higher in countries where sunscreen use is widespread and much lower in tropical countries where sun exposure is much greater and the sun's rays are stronger. Another caution with most



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The Dangerous Duo *...continued*

commercial sunscreens is the use of nanoparticles. Some active ingredients in sunscreens are artificially reduced in size to less than 100 nanometers, making them a nanoparticle, which allows the product to be applied easier. However, this process may allow the chemicals in sunscreen to absorb more easily into the skin and disrupt normal cellular function. One thing we know for sure is that sunscreen does inhibit your body's ability to produce Vitamin D by up to 95%, which is normally produced in the body when the skin is exposed to sunlight. I would like to note that Vitamin D is a potent "cancer-fighter".

The argument against most commercial insect repellants is a little easier to make. The majority of bug repellents contain DEET (N,N-diethyl-m-toluamide) as their active ingredient. The toxic effects of DEET are well documented and recognized by the National Institutes of Health. Most adverse reactions involve a mild redness or irritation to the skin. However, people who use high concentrations over a long period of time may experience more severe skin reactions such as blistering and even permanent scarring. Mood changes and insomnia have also been documented with use in high concentrations. If ingested, insect repellants containing DEET can lead to low blood pressure, low heart rate, permanent neurological damage, and death. DEET is especially dangerous for children. Seizures have been documented in children who are consistently exposed to DEET on their skin for long periods of time. Use on infants is discouraged.

So, how are you supposed to safely protect yourself this summer from those pesky mosquitoes and the sun's rays?

First, realize sun exposure is a good thing in moderation. Think of it as an essential nutrient for health. In fact, some sources indicate that sun exposure without sunburn may actually decrease your risk of melanoma. So after 15 or 20 minutes of sun exposure, cover up by using hats and light weight clothing whenever possible. Avoid sunscreens with the following potentially harmful ingredients:

Para amino benzoic acid Octyl salicylate

Avobenzene Oxybenzone

Cinoxate Padimate O

Dioxybenzone Phenylbenzimidazole

Homosalate Sulisobenzene

Choose a natural sunscreen brand that is nanoparticle free and contains natural active ingredients, such as Titanium Dioxide and/or Zinc Oxide. For bug spray choose a DEET-free product that uses natural repellants such as citronella and or lemongrass oil. Both can be found at your local health food store or natural market. If you are unable to find it locally many great products are available online. We must begin to raise our level of consciousness in regards to the chemicals we expose ourselves to every day. Most households are literally polluted with toxic chemicals that affect our health every day. Make an effort to reduce this load today by using natural sunscreens and insect repellants!

Dr. Brian P. Rector

Summer Citrus

If you do a Google search for citrus fruit you will find that there are hundreds of varieties around the world. While some are more popular, common, and available than others, they all share many health benefits.

Citrus fruit are probably best known for their Vitamin C content, but that is just the tip of the iceberg. Citrus fruits

also contain many other essential nutrients, including both glycemic and non-glycemic carbohydrates (sugars and fiber), potassium, folate, calcium, thiamin, niacin, vitamin B6, phosphorus, magnesium, copper, riboflavin, pantothenic acid and a variety of phytochemicals. All of these nutrients are necessary for optimal health. Citrus also contains

no fat, sodium, or cholesterol.

While a complete list of the benefits of citrus would take volumes, we will touch on some of the highlights. For example, limes have flavonoids called *flavonol glycosides* that have been shown to stop cell division in many cancer cell lines. These flavonoids also have antibiotic properties.

Summer Citrus

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Since Vitamin C is synonymous with citrus we should mention that Vitamin C benefits include, but are not limited to, protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even [skin](#) wrinkling.

Lastly, we should mention that citrus fruits have great antioxidant properties. Antioxidants protect the body from the harmful effects of free radicals. Free radicals cause tissue damage and can even lead to cancer. This is a very short list of just a few of the wonderful benefits of citrus...and on top of all the health benefits, they

also taste great!

With all the varieties of citrus comes a wide variety of uses and flavors. Sweet varieties such as oranges and nectarines are great right out of the skin. Tart varieties such as lemons and limes are great for flavoring many of your favorite dishes.

So as you can see, there is no reason not to include some citrus in your diet. This summer be creative and enjoy the many varieties of citrus at your local market!

Dr. Brian P. Rector



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Loosen Up

Have you ever pulled your socks or bra off at the end of the day to find red marks and indentations where the garment rested all day? Have you felt the itchy feeling left behind as that area begins to re-saturate with blood? Have you ever wondered how tight and constrictive clothing might affect your health. The answers may surprise you!

It turns out that constrictive clothing helps create the ideal environment for yeast to grow and flourish, which leads to an increased risk of yeast infections, particularly in women during warmer months. Constrictive clothing can also increase intra-abdominal pressure leading to heartburn and acid reflux. Tight jeans, whether they're fashionable or because you need to go up a size, can put pressure on nerves going into the legs causing numbness and tingling into the thighs. For men, wearing collars and ties too tight has been shown to decrease mental clarity, cognitive brain function, and increases pressure in the eye, which is a precursor to glaucoma.

A more subtle problem with constrictive clothing is that it can affect the flow of lymph in your body. Unlike your arteries and veins which carry blood, your lymphatic system is responsible for removing wastes, carrying nutrients, and is an essential part of your immune system.

Unlike your circulatory system though, lymph is not circulated by the heart. It is circulated by slight muscle contractions and breathing. Wearing constrictive clothing such as bras that are too tight may interfere with the removal of toxins in the body which could increase your risk of cancer. It has been noted that women who live in cultures where bra wearing is uncommon are less likely to develop breast cancer. Now this doesn't mean you should avoid wearing a bra, just make sure it is not too tight and doesn't leave angry red lines. You could also take stress off your lymphatics by going a few hours a day or night not wearing a bra. The same goes for other clothing such as underwear and socks. As a chiropractor I routinely find that women have problems with their spine where their bras cross their backs. This may cause back pain there, but more importantly it can alter function of the nerves in that area of the spine which can affect optimal organ function and leave digestive challenges.

So, when you get home tonight inspect yourself for those angry red lines. If you have them or feel like your clothing may be too constrictive, loosen up! Your body may just thank you for it!

Dr. Brian P. Rector

Be A Mentor

You may have heard the phrase “It’s quality not quantity.” I believe that when it comes to relationships, it is both, especially with children. That is why this month we want to encourage our readers to consider being a mentor.

Centenarians, people who live to 100, often share traits such as having a positive attitude and being adaptive to change. Another common characteristic is strong social relationships. We are social beings, but in our fast-paced world we have lost a lot of those personal interactions. It certainly is strange that we can talk to a stranger on the other side of the world with a computer but many people don’t even know their own neighbors.

The benefits of mentoring can reach far and wide. B.J. Palmer, the developer of Chiropractic, once said “You never know how far reaching something you may say, do, or think today could affect the lives of millions tomorrow.” Think of the important people in your life and how your life would be different if it was not for them.

History is filled with stories of people, often of little means, that were able to overcome great obstacles to



There are millions of children out there who are just waiting for you and me to just show up.

accomplish great things. In every such story there was someone along the way who offered a helping hand, some great advice, a wakeup call, or nudge in the right direction. What do you have to offer so that you could be that person for someone?

If you feel compelled to be a mentor there are plenty of opportunities. Big Brothers Big Sisters, Scouts, or church groups are just a few of the opportunities for mentoring.

There are millions of children out there who are just waiting for you and me to just show up. The rest will take care of itself!

Dr. Brian P. Rector



Recipe of the Month: Melon & Apple Granita



Prep & Ready Time: 4.5 Hours

Yields: 8 Servings

Ingredients:

- 4 cups cubed ripe melon
- 1 cup unsweetened apple juice
- 1/4 cup lime juice
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- Fresh mint leaves (garnish)

Directions:

1. Combine melon, apple juice and lime juice in a blender; puree until smooth. Pour the mixture into a 9x13 inch glass pan.
2. Place the pan on a level surface in your freezer. Freeze, stirring and scraping with a fork every 30 minutes, moving the frozen edges in toward the slushy center and crushing any lumps, until the granita is firm but not frozen solid, 3-4 hours.
3. Remove from the freezer; use a metal spatula or large spoon to break up the frozen ice into small slivers. Pack into an airtight plastic container and freeze for at least 1 hour more.
4. Remove from the freezer about 20 minutes before serving to soften slightly. Use a wide spoon or ice cream scoop to scrape the granita into shallow bowls. Sprinkle blueberries and raspberries over each portion and garnish with mint leaves, if desired.
5. Enjoy!



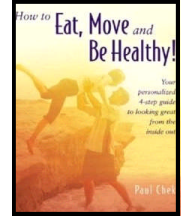
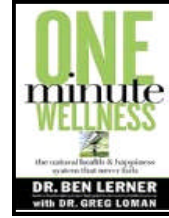
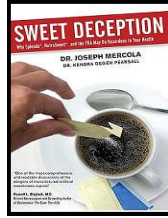
C3—A subluxation or interference at this spinal level can affect the cheeks, outer ear, face, teeth, trifacial nerve, lungs.

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.

- **Sweet Deception**, by Dr. Joseph Mercola & Kendra Pearsall ~ Why Splenda, NutraSweet, and the FDA may be hazardous to our health.
- **One Minute Wellness**, by Ben Lerner~ The natural health and happiness system that never fails.
- **How to Eat, Move & Be Healthy**, by Paul Chek~ Your personalized 4-step guide to looking great from the inside out.



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. Name five of the ten potentially harmful ingredients you should avoid in sunscreen.
2. The toxic effects of _____ are well documented and recognized by the National Institutes of Health.
3. Limes have _____ that have been shown to do what?
4. What is responsible for removing wastes, carrying nutrients, and is an essential part of your immune system?
5. Wearing constructive clothing such as bras that are too tight may interfere with the removal of toxins in the body which could increase your risk of what?
6. What did B.J. Palmer once say?
7. What organs and/or body parts could be affected by a subluxation at the third (C3) Cervical Vertebrae?

May Answers:

1. Arthritis is often referred to as a single condition. However, it can be a component in over 100 conditions that affect 46 million adults and 300,000 children in the U.S.
2. The Arthritis Foundation lists five risk factors for developing OA: age, obesity, injury and overuse (as well as underuse), genetics, and muscle weakness.
3. Not only will strength training help with your arthritis, it will strengthen your bones and muscles which will also help protect your joints.
4. For osteoarthritis, consuming a diet that allows you to maintain a healthy weight is paramount.
5. Remember the golden rule in nutrition, if you put garbage in you should expect to get garbage out.
6. The common theme for dietary therapy of both RA and OA revolves around reducing inflammation and maintaining a healthy weight, both of which are necessities in maintaining healthy joints.
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:

- Supplement, Don't Replace
- Otitis Media: What You Should Know
- Health Care Revolutionaries: What Will History Say About Chiropractic?
- Wash Your Hands of It
- Recipe of the Month
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Rector Chiropractic News & Updates

Triathlon Training Is Rolling Now!!!

“You never know how far reaching something you may say, do, or think today could affect the lives of millions tomorrow.”

~B.J. Palmer

Congratulations Erin W., from Savings Bank for answering the wellness quiz and winning the free massage for May!!!

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 at Sandra@rectorcreatingwellness.com or call (831) 899-5900

About Rector Chiropractic: A Creating Wellness Center



Sports & Family Chiropractic:
A Creating Wellness
Center

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.



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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.**