

“The Doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” -Thomas Edison

## SPINAL HEALTH AND CORRECTION CENTER

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### Points of Interest:

- **Nutrition Tips**

# Spinal Health and Correction Center

www.spinalhealthandcorrection.com

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## Nutrition Tips Part 1

We all know we should eat healthier and exercise more. Much of the food we eat has very low nutritional value, preservatives, artificial sweeteners and a lot of calories. Poor agricultural practices have decreased soil nutrients which decreases the nutrients in the food we eat. Our body has its own chemical factory and can make some of the nutrients it needs. However, some nutrients are required that our body cannot make. It is important to take supplements to give our body what it needs to heal and to have an overall **anti-inflammatory** effect since inflammation in the body results in many of the unwanted health conditions we suffer from everyday.

### MULTIVITAMIN

According to the Journal of the American Medical Association, “Insufficient vitamin intake is apparently the cause of many chronic diseases. A large portion of the general population is at risk for chronic diseases for this reason. Most people do

not consume an optimal amount of all vitamins by diet alone. In conclusion they recommended that all adults take a multivitamin/ supplement a day.”

The best natural way to get the vitamins and minerals you need, eat a lot of fruit and vegetables all day long.

### FISH OILS

Many studies have shown that fat in humans acts like an organ. As bad fat (trans fat) breaks down in our body it creates a pro inflammatory state and increases inflammation in the body ultimately leading to cell death. As good fat (omega 3) breaks down, there is an **anti-inflammatory** effect. So having more omega 3 and limiting trans fat will decrease overall inflammation in the body leading to a decrease in arthritis and muscle pain. Fish oils also lower bad cholesterol and increase good cholesterol which decreases cardiovascular disease. They also improve mental function.

Natural sources of omega 3 fatty acids include salmon, flax seed and walnuts.

Thank you for the referral of your family and friends.