

SUN Exposure

What the brain likes to eat

We've talked about the brain once before, and the importance of fats, especially saturated fats in the diet. They help the brain and all the nerves adequately process messages within themselves and all over the body. The brain also "hungers" for other important nutrients, that when deficient, become very apparent to the person as well as the people around that person.

The best nutrient for the brain comes in the yolk of an egg and the meat of most animals. This is the—drum roll, please—B vitamins.

B vitamins have played a very laid-back role in medicine and media-controlled nutri-

tion. Yet they pervade our everyday life. On a cellular level, without going into too much scientific detail, B vitamins are needed to utilize the glucose we acquire and turn it into energy—in every cell! That alone tells you that, not enough B's, not enough energy.

B's are also needed, in conjunction with amino acids (also brain food), to create nutrients for the brain. Without either of them, the brain can neither calm down, nor get "happy". B's also help regulate the sugar levels in the blood which in turn can have an effect on the brain in a big way. Erratic sugar levels, erratic behavior—easy peasy.

Because B vitamins are so intrinsically intertwined with

brain function, obviously there will be an impact to a deficiency throughout the body. How you ask? Nerves run all throughout your body and if the big guy upstairs (your brain) can't control himself, well, he's going to have a hard time regulating his nerve impulses. That's where you see signs of anywhere from tingling or loss of sensation anywhere, to extreme cases of neuralgias.

Another sure sign of a B deficiency is erratic bowel movements. Since the abdomen is rich with nerves, its entirety

covered in a nerve plexus, it is greatly effected by nerves not working right. A nerve misfiring somewhere in your colon means you might be constipated, and that's not fun. For a strong, tone intestine, think B vitamin, not fiber.

So simple answer—what your brain likes to eat is B vitamins, amino acids, and fats. Where can you get that in just one fork-full—a nice, juicy steak. Bon Appetite!

****DO NOT JUST GET ANY OLD B VITAMIN!! All vitamins are NOT created equal!**



Editor's note

Another note that was not added to last article of Dry Skin: the real remedy was that Petroleum-derived products breakdown the Vitamin E on your skin which lead to all sorts of skin issues including dry skin and dermatitis. - Dr. A

Now available:

Nut butters

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Why New Years' resolutions fail and what you can do about it

By Gary Rose, LMT, CPT

So you want to lose weight or get in shape? The sure fire way to do it is the gradual approach. Most people change things in their lives based on a whim and do not whole-heartedly believe things will change, and that potentially leads to failure. Instead try this 6 step approach:

- 1) Identify & Quantify goal: IT is not enough to say "I want to lose weight" or "I want to be rich", you have to give it meaning: "I want to lose 24 lbs" or "I want to make \$300,000 per year."
- 2) Set a long term timeline: Setting a reasonable timeline is crucial. For instance losing 24 lbs in 4 weeks is unreasonable, where as 24 lbs in 6 months is much more.
- 3) Divide goal by the timeline: This sets your short term goals on a daily, weekly, and

monthly basis and make it more manageable. In our 24 lbs in 6 months example, we divide 24 by 6, getting 4 lbs per month. 4 lbs divided by 4, that equals 1 lb a week.

- 4) Create 2 lists A=help and B=hurt: This helps identify behaviors contributing to your success and behaviors you need to lose to achieve your goals.

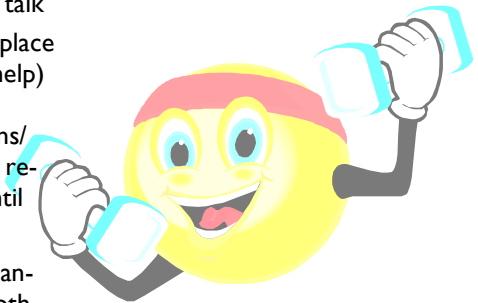
List A	List B
Proper nutrition	junk food
Exercise	Inactivity
Adequate rest	Self-defeating talk

- 5) Pick regular intervals to replace B(hurt) behaviors with A(help) behaviors: so you eat junk food, let's say soda at 3 cans/day. The object here is to remove 1 can every week until you're not drinking soda.
- 6) Take Action!: All of the planning in the world means nothing without action.

These guidelines will work for any change worth making in your life. I like this system because it will not come as a shock if you steadily sneak changes into your life. It's the little things that add up, good or bad.

"Water can curve rock if you give it time and persistence, which is exactly what it takes to reach your goals"

If you have a questions or need guidance in your work-outs, contact me at kinetikmassage@gmail.com.



Chocolate Truffles

GIVE 'EM A TRY!!

Want to enjoy a delicacy without the guilt? Try these handmade chocolate truffles, made with ingredients that contain many health benefits.



This variety box contains 6 truffles: 2 regulars, 1 with a sweet chili powder, 1 with walnuts, 1 with sea salt, and 1 with coconut.

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Recipes for Health

STUFFED AVOCADOS



2 avocados, ripe sliced in half and pit removed

1 tomato, chopped

1 cup cilantro (or basil) chopped

1/4 tsp of sea salt

2 tablespoons apple cider vinegar

1 cup red onions, chopped

2 tablespoons Extra virgin olive oil

Mix all the ingredients a bowl, thoroughly. Taste and see if you want to add any more salt or vinegar.

Carve the halves of avocado out, whole. Place all 4 halves side by side and spoon in mixture in the pit hole. Put on plates and serve.

You can replace vinegar with lemon or lime juice for a more tropical flavor. Instead of mixing in the onions you can use them to decorate before serving. Have Fun!

Kinesiology Corner with Dr. Michael Minond

The definition of insanity is to do the same thing over and over and expect a different result or outcome.

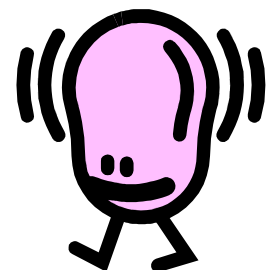
It is hard for me to count the number of patients that come into my office with the complaint of "I feel out of balance" or "I used to do (some activity) since I was a kid with no problem and now I end up with pain after" or "I used to eat like this all the time, and all of a sudden now I have problems with XYZ" or "I think that my metabolism isn't as good as it used to be". Why would anybody think that if they are doing something that is less than optimum for their body, that the deficiency would not catch up to them? You may get away with it once or twice and maybe even for a few years, but believe me it will catch up to you. I like to tell my patients that G-d may forgive you but your nervous system never will, your friends and family may forget your misdeeds but your nervous

system never will.

If the definition of insanity applies to patients then it should also apply to your doctor. Many patients come to my office because they have found no results from their traditional medical doctor, or other chiropractor. If you go to your Dr. with a complaint, your doctor should address that specific complaint, **follow your progress** and modify your therapy as you progress and improve. If you feel no change, whether you have musculoskeletal issues, complaints about your metabolism or cognitive moods, your doctor should adjust your therapy in order to address the problem. If you are taking a prescription medication for your complaint and it doesn't help (odds are it will not) why would the doctor think that another prescription would have a positive result? This train of thought will only end up with a long list of medications for you to take. If you

are seeing a chiropractor, acupuncturist or physical therapist and you have been a "good patient" and feel no improvement in your condition after say a dozen visits, why would another dozen result in a different outcome? **INSANITY!**

If you are tired of being treated by the insane maybe you should try something that sounds logical. With Applied Kinesiology we treat each patient as an individual no matter what your complaint is. We evaluate each patient every visit and therapies are very specific to what you and your body need that visit. We do a truly complete physical exam, not only do we address your complaint but we examine all the systems of the body to see that everything is in proper balance. This way we can get to the root cause of your complaints.



YOGA for Body and Mind

Volume 2, Issue 1

Tree Pose—VRKSASANA

This pose is great for stretching the legs and creating balance. This also helps with concentration.

Start with mountain pose
Lift 1 leg up and bend it to the knee of the other leg (without disturbing the other leg). Hold the ankle and make sure it is planted in the leg and the toes are pointing to the floor.

Inhale and bring the arms over head and then exhale and bring your hands together and to the

center of your chest, in prayer form. Hold for 30-60 seconds. Exhale, lower your arms and legs and repeat on the other side.

Modification: try it up against the wall, to get the feel of keeping your body straight and everything aligned.

Breathe!



Did You Know?

Did you know that aluminum robs the body of phosphorus? Every time you cook on an aluminum pan or use aluminum foil, a little bit of aluminum is added to your food, especially if you use any acids in the mix. Once absorbed the aluminum shuttles the phosphorus out. Phosphorus is needed for bone strength, tooth strength, all cellular function and maintenance, as well as keeping calcium from depositing into lumps in your body. So next time, keep in mind what aluminum does and remember, most restaurants use aluminum cookware!!

Every human being is the author of his own health or disease. - The Buddha



What is this?

WATER, WHEAT GLUTEN, CORN SYRUP SOLIDS, GUM BLEND (METHYLCELLULOSE, CARRAGEENAN, XANTHAN GUM, POTASSIUM CHLORIDE), CONTAINS TWO PERCENT OR LESS OF SALT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, WHEAT GLUTEN, TORULA YEAST AND BREWER'S YEAST), DEXTROSE, EGG WHITES, BROWN SUGAR, SOY PROTEIN ISOLATE, SPICES, TORULA YEAST, **NATURAL FLAVORS FROM NON-MEAT SOURCES**, ONION POWDER, AUTOLYZED YEAST, PAPRIKA, GARLIC POWDER, NATURAL SMOKE FLAVOR, DISODIUM INOSINATE, DISODIUM GUANYLATE, AUTOLYZED YEAST EXTRACT, GUM ARABIC, SOYBEAN OIL, PAPRIKA EXTRACT FOR COLOR, **NONFAT DRY MILK**, RED #40, SUNFLOWER OIL, BLUE #1

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