



WEBER CHIROPRACTIC OFFICE, S.C.
Making a difference in the quality of people's lives
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation



It's Time to Re-Evaluate Your Health Status

It's the first of the year and with the economy changing how we look at virtually everything in our lives from retirement, car buying and certainly housing, it may be a **good time to look at how we can remain healthy** or get healthy if you're not there.

Let's first look at the economics of being healthy. Why, in a country that spends trillions of dollars on healthcare, are we ranked about the 43rd sickest country in the world? Drug prices rise about 8% per year. Co-pays, deductibles and out of pocket expenses increase yearly. It is an accepted fact that it is much cheaper to stay healthy than to get healthy after being sick. The cost of one MRI could purchase a year of appropriate nutritional supplements that would maximize your internal environment, promoting health from within. If you don't get sick, you save co-pays and deductibles actually keeping money in your pocket. **Good health is an investment** that pays big dividends.

Health is not just the absence of sickness. **Wellness is having all parts of your body, internally, structurally and mentally functioning at full capacity**, not just getting by. I believe that one of the largest factors in our gradually deteriorating health status is the food we eat, a good deal of it being processed from its original form with chemicals and sugars added to enhance flavor and preserve shelf life. Those words we cannot pronounce on our food labels and which our body cannot recognize, cause a variety of subtle yet damaging effects on the physiology within our body. As Dr. Oz states, "Many processed foods basically freak out your liver, which doesn't understand how to metabolize them. Also, they're loaded with simple sugars and syrups (high fructose corn syrup), which invites weight gain." Each time you introduce modified foods and other chemicals, including drugs, into your body, you run an experiment to see what your body will do with it and the results. Physiology is altered, not enhanced.

The answers aren't all that complicated. Again, Dr. Oz recommends, "Don't eat any products that list any of these in the first five ingredients: a saturated fat (fat from a four legged animal, palm or coconut oil); a trans-fat (often listed a partially hydrogenated oil); flour that's not 100% whole grain (avoid enriched flour); sugars and syrups (anything that ends in -ose is a sugar)." I will add to not eat anything white (bread, rice, sugar). These foods cause inflammation in the body which is now recognized as the basis for most of the chronic diseases like cancer, heart disease, diabetes and early aging.

The basic principle is to eat like our ancestors did. Don't eat things you can't pronounce. Give your body food it knows what to do with – whole food. One great place to find this food is the local farmer's market like the one every Saturday during the winter at the Colt's Center on Central and the regular market during the summer. You get non-processed eggs, natural baked goods, grass-fed beef, fresh greens and vegetables and other foods produced by local people so you know it's fresh. At the grocery store, choose the organic products to avoid pesticides and herbicides.

Keep structurally sound through periodic chiropractic visits. Get acupuncture every seasonal change to **keep your body energetically sound**. Get the exercise you need to keep **energy levels high**, maintain muscle tone and increase immunity at any age. You can choose to do things to keep healthy or choose not to. The biggest risk is doing nothing. **Wellness is living the way you want to**. Sickness controls you.

***Again, thank you for being our patient!
We appreciate you and look forward to serving you.***

David J. Weber, D.C., D.A.B.C.O.

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