

Simple Steps to a Healthier You...

A HEALTHY HAPPY SUMMER

18 million people suffer from hayfever in the UK to some extent. For some it can be life changing and for most just annoying. Hayfever is triggered when pollen proteins are recognised by an over-sensitized immune system.

The result is an aggressive response by your immune system to neutralise what it thinks is a mass invasion. Symptoms from allergies are many and varied. A reaction can be so severe that it is life threatening or it can result in a minor rash, sinus problem or other minor symptom. Allergies can also be the cause of chronic health problems like colitis, eczema, migraine headaches or other, often mysterious health problems.

Most medical treatment of allergies is directed toward the symptoms. This is a good approach if the symptoms are life-threatening. If the symptoms are chronic, it is good to also find the underlying cause of the allergy. Even patients with severe reactions who take medication will do better if the underlying cause of their allergic symptoms is addressed.

Recently scientists in the US reviewed 23 studies involving 1900 people and found that those who took a probiotic every day had a significant reduction in symptoms.

It is now thought that a variety of allergies are triggered by a lack of good bacteria in the gut. Overzealous cleaning, antibiotics and lack of exposure to naturally occurring pathogens in the soil and on our food have led to a reduction in our gut flora. This news is further evidence that a healthy gut flora of probiotic bacteria can help normalise your immune system.

Why does the immune system get sensitive without the bacteria?

A gut that is populated with good bacteria is less inflamed and the endothelium or lining of the gut is healthier. An inflamed gut can lose its ability to protect and can become "leaky". This simply means that larger molecules can cross its wall and enter the body than normal. As around 70% of your immune system

is sensibly placed where it is needed most i.e. around the gut, it can easily be stimulated to attack larger molecules such as proteins. The result is the body's policemen get carried away and indiscriminately go on patrol attacking things that are in effect harmless. In severe cases the immune system can start to attack the body itself. Indeed there has been a large body of evidence recently where this association has been noted.

The friendly bacteria also help to breakdown food stuffs that we are unable to deal with. So that can aid digestion and reduce the feeling of bloatedness. A word of caution though, the Yakult, Actimel type handy shots contain a lot of sugar and should be avoided. It is much better to supplement with a broad spectrum or high concentration probiotic. Alternatively live cultures of natural yoghurts should be used. Again beware some have a lot of sugar added. At Lifetime Wellness Chiropractic Clinics we stock or can order a variety of high quality probiotics as this is such an important contribution to overall health.

It is good to relieve symptoms – it is better to fix the underlying cause. As a clinic focused on restoring the health of individuals, families and the communities as a whole - our aim is on optimising nervous system control and regulate a healthy immune system.

When combining effective and important lifestyle guidance, to complement your precise spinal adjustment program (to normalise control, healing and regulation of all your body systems) we can move our community towards a better, healthier future.



Drink Plenty of Water

Why Water is So Important

Water is the main component of the body. It is necessary to every cell, tissue and organ. Water is required for basic body functions like the circulation of blood, digestion of food, elimination of waste and regulation of metabolism. Water is also critical for the distribution of nutrients and the removal of toxins.

Even mild dehydration (1-2% loss) causes problems in your body. When you allow your body to become dehydrated, it affects your physical performance. Spinal discs require proper hydration to protect the spine from the many physical impacts of daily activity. Dehydration can lead to loss of mobility and increased stress on joints and ligaments.

Mild dehydration also affects your mental functioning. It can result in being less alert, fatigue, impair short-term memory and cause headaches. Long-term dehydration can lead to digestive problems, kidney stones, urinary tract infections, constipation, asthma, hypertension, blood clots, strokes, coronary heart disease, cystic fibrosis and complications from diabetes.

How Much Water Do You Need?

You need enough water to replace what you

lose daily through excretion, perspiration and respiration. A good rule of thumb is to consume 1/2 ounce of water for every pound you weigh. In other words, if you weigh 140 pounds, you probably need to drink 70 ounces of water. Just make sure to drink enough to keep your urine a light colour.

You will need less water if you eat a large amount of raw fruits and vegetables. However, you will need to drink even more water if you:

- Engage in strenuous exercise or physical labor
- Spend time in warm environments
- Drink a lot of caffeinated or alcoholic beverages
- Have a high level of stress

What Kind of Water Should You Drink?

City and well water supplies can contain dangerous levels of toxins, including arsenic, aluminium, fluoride and even drugs. Bottled water isn't a safe option if the bottles are plastic, as the toxic chemicals from plastics may leach into bottled water. We recommend using a water filter to remove toxins from city or well water.

Stay Hydrated to Stay Healthy!

A simple step to insure you're drinking enough water every day is to fill a pitcher with the appropriate amount of water for yourself each night and refrigerate. Then, make sure to drink the entire amount before refilling the next day. You'll be surprised how easy it can be to form a new health habit!

Already well-hydrated? Adopt a different simple step to a healthier you this month relating to nutrition, supplements, fitness, stress management or any other aspect of a healthy chiropractic lifestyle! Please pass this onto a friend, co-worker or family member.

Stay hydrated!

This Months Wellness Tips

Stay Motivated, Positive and Healthy

Every month we'll give you helpful tips and advice for you to implement into your life to make a positive change...

EAT WELL

One of the most important nutrients for optimal health is vitamin D. We suggest a daily intake - from food/supplement and sun - should be 10,000iu per day.



MOVE WELL

Low intensity aerobic exercise resets stress response without overloading the nervous system - improving control of immune system responses to things like pollen.



THINK WELL

Spend time in the sun - it elevates mood (opposite to SAD) and naturally produces vitamin D. Make sure to always wear a good sunscreen to avoid burning.

