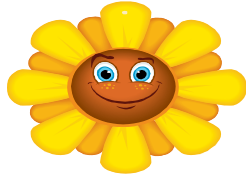


The Spinal Column June, 2008



Natural Healing With Omega 3 Fish Oil

Natural healing with omega 3 fish oil is amazing. Scientists and researchers are reporting more of the incredible health benefits of omega 3s every day. More than 85% of Americans are deficient in omega 3 fatty acids.

So what kinds of health condition does omega 3 fish oil have effect on?

Here are some recent scientific findings: Lowering blood pressure, preventing sudden death by heart attack, regulating the symptoms of ADHD, improving fertility, preventing premature birth, managing and overcoming depression, improving children's IQ, controlling and reducing inflammation and reducing the risk of asthma.

The far reaching health benefits and possibilities for natural healing with omega 3 fish oils are incredible. You get omega 3 fish oils by eating more oily fish like salmon, tuna, herring, sardines and anchovies. Experts are now recommending that you get 1000 mg of omega 3 fatty acids a day. The safest and easiest way to get your recommended amount of omega 3 fish oil is by supplementing your diet. Give your body the fuel it needs and it will reward you with good health you're looking for!



5 Ways to Feel Full

Naturally

Think low-calorie and nutrient-rich - Snack smart. By snacking on Strawberries, broccoli or sweet potatoes, you suppress ghrelin, a hunger hormone. Low - calorie, nutrient rich foods "make you feel satiated on a lot fewer calories.

Make time for breakfast - research has shown that people who start the day with a healthy, calorie-rich meal consume 5 % less calories throughout the day.

Don't skimp on complex carbs - include apples, sweet potatoes or lentils in your diet because foods such as fruits, vegetables, whole grains and legumes rank low on the glycemic index, they're less likely to cause blood sugar spikes and will make you feel full longer.

Give potatoes a chance - yes, you can eat white potatoes. They contain "natural resistant starch," a type of starch that acts like a fiber once it hits your digestive system. This will cause you to feel full longer while keeping your blood sugar level after a meal and may even reduce body fat.

Stop and smell the vanilla - the scent of vanilla unleashes neuropeptides, sending your brain into sensory overload and making you feel full.

"Chiropractic care is not aimed at disease because this requires waiting for human beings to become ill (lose health to the point of illness) and this is cruel, expensive, unethical, ineffective, and clearly within the allopathic rather than chiropractic paradigm.

Visit our website at

www.acchiropractic.com



James Chestnut, DC

