

AC Chiropractic Life Center • 770-513-8922

The Spinal Column



Harmony and Balance

Harmony is the inner song of happiness we feel when the melody of our life is in tune. When we can balance the expectations of our family and our responsibilities on one hand, and in the other our inner needs for spiritual growth and personal expression.

This is one of the most difficult challenges that we face because it involves us making choices about our priorities every day and often we are too tired at the end of the day.

Perhaps this is why we often drown out the symphonies that our souls long to compose. Usually when the distractions of daily life deplete our energy, the first thing we eliminate is the thing we need the most: quiet, reflective time, time to dream, think, time to contemplate what is working and what's not, so that we can make changes for the better.

An essential lesson in life is to learn to pause. Then we begin to balance demands with pleasures, moments of solitude with our needs for companionship, work with play, activity with rest and our inner being with the outer package.

Today just try slowing down. Listen to music that soothes your soul and uplifts your spirit.

With harmony and balance as our guides—little everyday moments will renew themselves to us and offer new insight to our purpose for living.

Body Zone 2008



Shaking your salt habit

The average American gets about twice as much blood pressure boosting sodium a day as the recommended 1,500 to 2,300 mg limit.

Even if you never lift a shaker, you may be eating much more salt than you think. It lurks in many processed foods, even those that don't taste salty. Right now there's no specific limit on how much salt manufacturers can put in their products, but the American Medical Association and other groups are pushing the FDA to change salt's "generally recommended as safe" status, which could give the agency more power to restrict sodium levels.

Salt adds up fast, so skip foods with more than 500mg of sodium per serving, and be aware of these shocking sources:

Bread: A bagel has upward of 450mg, twice the amount in a medium order of McDonalds fries. Two slices of Pepperidge Farm Whole Wheat bread has 360mg.

Dairy: A half cup of cottage cheese has 460mg; two slices of American cheese, 540mg.

Poultry: A four-ounce chicken breast contains as much as 350mg—and that's before you doctor it up.

“Instant” options: It's not just the well-known culprits (canned soup, flavored rice, pasta sauce). Four small pancakes made with Aunt Jemima's Original mix contain 740mg of sodium, and a half cup of Jell-O Instant Lemon Pudding has 310mg.

So watch that salt and remember the healthier choice for your salt shaker is sea salt.

Readers Digest



Herb of the Month

Chlorophyll Benefits:

Helps promote the natural blood-cleansing functions of the body.

Strengthens cells.

Promotes strong immune response.

Deodorizes the body, including the bowel.

Helps maintain bone density.

Helps promote kidney health and prevents kidney stones.

Helps maintain normal cholesterol

Provides natural estrogen to help with menopause symptoms.

For those who have anemia they will find chlorophyll will help more than taking iron.

It will also help fight fatigue.