



Living Well Chiropractic

140 Pleasant Street, North Adams, MA 01247

* 413-663-5500 * www.living-well.info

February 2012

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“Living Well Chiropractic, North Adams, Ma”

Sugar- Diabetes, Obesity and Cancer

The average American consumes 53 teaspoons of sugar per day. That’s a lot! Or is it?

In the United States, with about 18 percent of the average American diet coming from added sugar, this is becoming the rule rather than the exception. Many people eat their weight in sugar every year. You might be surprised to find sugar added to your pasta sauce, lunch meats, canned soups, condiments, and even table salt. When you think about starting your day with Starbucks and a morning pastry, a sweet tea with lunch, M & M’s for a mid-day snack at work, and pasta and garlic bread for supper, 53 teaspoons doesn’t seem like much now. The reality is, most Americans put these items in their mouths on a consistent daily basis.

Many people will say, “I don’t eat that much sugar.” The reason they’re wrong is that they’re not aware of the hidden sugars. There are obvious sources of sugars around us, but the real problem comes in the hidden forms that are added to everyday foods. Sugar is added to a radically high percentage of packaged, bottled, and canned goods. Sugar is loaded into your soft drinks, fruit juices, sports drinks, and hidden in almost all processed foods—from bologna to pretzels to Worcestershire sauce to cheese spread. It also goes by many, many names. Additionally, refined wheat, rice, and other grain flours turn almost immediately to sugar once they hit your system. These flour and grain “sugars” aren’t even included in the 90lbs/day!

In 1700, the average person consumed about 4 pounds of sugar per year. In 1800, the average person consumed about 18 pounds of sugar per year. In 1900, individual consumption had risen to 90 pounds of sugar per year. In 2009, more than 50 percent of all Americans consume one-half pound of sugar PER DAY—translating to a whopping 180 pounds of sugar per year!

So why does this matter? Sugar decreases your immune system function, is the primary source of obesity and diabetes, and is the source of food for viruses, bacteria, and cancers. Research shows that cancer cells have 8 times as many receptors for sugar as they do oxygen. This indicates that sugar can be a contributing factor in the spread of cancer. With the massive increase in sugar consumption, the rate of cancer has gone up exponentially since the 1700’s with 1 in 2 men and 1 in 3 women getting some form of cancer today.

Sugar is an addiction and part of a destructive lifestyle. While it may seem IMPOSSIBLE to avoid it, it’s not. As tough of an addiction as it seems, the craving for it also relinquishes quite quickly and there are many very tasty sweet, non-chemical desserts to make to satisfy you healthfully.

Excerpt from Dr. Brandon Vinzant’s Article, Maximized Living.

Success Stories from those we have helped

How was it before you came to see us?

J.F. 1/3/12

I did not have many physical symptoms. My thyroid gland was enlarged a little- enough to be visible and would get even larger under stress. When I started my thyroid blood work levels were very much outside of normal range.

How is it now?

Since getting the last round of blood work that was abnormal, I did a few sessions of EFT and nutrition response testing. My last blood work results were normal for thyroid levels. My thyroid is visibly smaller and does not enlarge when I am under stress.

How was it before you came to see us?

E.H. 12/1/12

I've had severe persistent acne that left huge, dark scars no matter what. I was also having intense indigestion. Sometimes I would wake up in the middle of the night because of it. I was experiencing pain in my ovaries. My primary care physician told me nothing was wrong. To me it was awful.

How is it now?

Acne is clear! Scars are diminishing, too! I haven't had indigestion in months and the pain in my ovaries is gone. I've lost a few pounds and overall have better digestion. Plus, I feel I have more energy. ☺

February Health Workshops @ Living Well **Diabetes**

How to control and prevent Type II Diabetes

Tuesday February 7th 6:30pm

Heart Health

Cholesterol, Heart Problems, High Blood Pressure

Tuesday February 14th, 6:30pm

Turn Up The Spice @ Wild Oats

Cooking with Spices for Better Health

At Wild Oats Market, Williamstown

Tuesday February 21st, 6:30pm

Stress and Fatigue

Recognizing and Handling Causes Naturally

Tuesday February 28th, 6:30pm

Limited space, call or email us today to reserve your seat.

LivingWell@Verizon.net or 413-663-5500

Living Well @



Six weeks of *Living Well* classes at Northern Berkshire YMCA

<p>February 8th <u>Week 1: What is good health?</u> Whole Foods vs Processed Foods Nutrient deficiencies</p>	<p>February 15th <u>Week 2: Food Labels</u> Essential Nutrients (Proteins, Carbs, Fats, Minerals)</p>
<p>February 22nd <u>Week 3: Tired of Being Tired?</u> How To Break the Cycle Decrease Anxiety Increase Energy, Improve Sleep</p>	<p>February 29th <u>Week 4: Weight Loss</u> When & What to Eat Tips About Detox</p>
<p>March 7th <u>Week 5: Nourishing Yourself</u> Take time for Self-Care Types of Exercise Benefits of Massage, Meditation...</p>	<p>March 14th <u>Week 6: Health & Wellness For Life</u> Sticking with It Preventative Medicine: an Introduction to Nutrition Response Testing</p>

All six classes are FREE, attend one, two or all six, open to the public

Classes will be held at the YMCA, 22 Brickyard Rd, North Adams

Time 6:30 – 7:15 pm

At each *Living Well* class you will receive a FREE Guest Pass for you or a friend to use the YMCA facilities (pool, gym, weight room) and great special classes like Zumba, Yoga, Spinning...

RSVP to LivingWell@Verizon.net or 413-663-5500

Anyone who attends a
Health Workshop at Living Well
will receive 50% Off
A Complete
Nutrition Response Testing Evaluation.

Business Hours

Francine Lajoie D.C.
Chiropractic Hours

Monday 9 a.m. - 6 p.m.
Wednesday 9 a.m. - 6 p.m.
Thursday 2 p.m. - 6 p.m.
Friday 9 a.m. - 12 p.m.

Nutrition hours:

Tuesday 2-6 p.m. & Thursday 9-12

Living Well Massage

by appointment

Elisabeth Salerno, LMT

Rates

Chiropractic:

New Patient Examination \$75
Regular Chiropractic Visit: \$40

Nutrition Response Testing:

New Patient Examination: \$120
Follow-up Visits: \$40

Massage:

Swedish Massage	Deep Tissue Massage
60 minutes- \$75	60 minutes \$75
90 minutes- \$95	90 minutes \$95

GIFT CERTIFICATES

Anniversary Holiday Birthday Recovery
A Relaxing Massage Always a Winner!
Credit, Flex Debit Cards, Cash and Checks

For your convenience, we accept.

Visa, MasterCard, American Express, Discover, Flex Debit cards as well cash and checks.

Office Closed Dates 2012

February 16th & 17th

Healthy Recipe of the Month

Ratatouille

Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped
- 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- 3 to 4 small zucchini, cut into 1/4-inch slices
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

Directions

In a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Serves 4.

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity"

What we eat is not the problem, it is the solution !

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Bring a Friend & Enjoy a Relaxing Massage &

SAVE \$50 With This Coupon

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for you and a friend, spouse or other... and SAVE!*

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Save \$50 off the standard massage rate of \$150 for two massages.
Expires 3/1/12. Offer cannot be combined with other specials or discounts.