



Our Family Newsletter;

Sailer Family Chiropractic
234 Pinecone Road Ste. B
Sartell, MN 56377
Phone Number: 320-253-5255

Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to reach as many people as humanly possible, especially kids!

Tea Anyone?

Tea's most obvious asset is that it is a completely natural product and contains no artificial coloring, preservatives, or flavorings (except, of course, additional flower, fruit or spice flavorings in scented teas). It is virtually calorie free if taken without milk or sugar, and can play a major role in maintaining a bodily fluid balance.

Tea contains vitamins A, B1, B2 and E that are needed as part of the body's daily intake.

Tea also contains fluoride so can strengthen tooth enamel, which helps reduce the formation of plaque. It is thought to aid digestion, help reduce blood cholesterol, reduce fatigue and improve concentration.



Various research programs indicate tea's possible benefits against heart disease, stroke, and thrombosis. The reason for this is thought to be because the caffeine in tea acts as a gentle stimulant to the heart and

circulatory system, and thus helps to keep the walls of the blood vessels soft, so reducing the likelihood of hardening of the arteries.



Further research suggests that regular drinking of tea may reduce the risk of cancer. It is thought that components in black tea have an anti-oxidant effect, helping to prevent the formation of cancer-inducing substances in body cells.

Tea anyone?

Unusual Uses for Tea:

Here are some uses you may not have thought of;

- A strong foot bath of black tea will strengthen the pads of a dog's feet.
- To eliminate food odors on hands, especially fish odors, rinse hands with tea.
- To soothe a child after getting a shot, apply a cool wet green teabag to the shot site.

- Hot teabags make an excellent compress for the eyes to soothe pink eye. Cool teabags on the eye will reduce swelling and redness.
- Place hot teabags on canker sores or fever blisters to draw out infections.
- Wash face with tea to cure acne.
- Cold wet teabags will soothe bee stings and insect bites.
- Tea can be used to dye fabric, paper, or plastic to give an antique look.

Eat, Drink, but be Wary!

Mediterranean-type diets are healthiest, says a major study of cardiac risks.



A little red wine is in. Red meat is unquestionably out. And the Mediterranean diet is simply golden. That is the conclusion of a study out of McMaster University in Hamilton, Ontario, that seeks to offer the most definitive word yet on the foods that are good for your heart.

The study, which examined almost 60 years' worth of existing research on diet and

heart disease, attempts to separate the whole wheat from the chaff on foods in a way that doctors and consumers can swallow with confidence, says Dr. Sonia Anand, the study's senior author. It was published last month in the *Journal Archives of Internal Medicine*.

While the study's list of foods that protect the heart has few surprises – whole grains and vegetable are good, processed meats are bad – researchers found little evidence to support the claims of some highly proclaimed diets and supplements.

"One area that we did not find overwhelmingly strong evidence for would be the Omega-3 fatty acids," says Anand.



Those coming from fish seem to be heart-protective, while those from plant sources like walnuts and flaxseed have little supportive research.

And while there is "moderate" evidence that eating vitamins E and C in fruits or vegetables has some protective properties for the heart, she says, there is almost none to attest they are beneficial in pill form.

"The supplements have not panned out; they have not been associated with a lower heart disease risk and in some cases have been associated with a higher cancer risk," Anand says. The benefits obtained from vitamins likely come from some innate nutritional properties in the plants themselves, she adds.



Generally speaking, heart-friendly foods include familiar foods such as vegetables, nuts and Mediterranean diets. Indeed, the latter is one Greek gift that every heart

should welcome as a shield against coronary ailments, Anand says.



It typically included healthy portions of tomatoes and other vegetables, fruit, almonds, whole grain breads and mono unsaturated fat products like avocados, feta cheese and olive oil.

"First off we say, 'Picture what the southern Italians and the Greeks are eating,'" Anand says. "Picture taking a whole-grain piece of bread...dipping it in olive oil with a bit of feta cheese and some tomato as the typical kind of lunch you might eat in Greece."



Her study shows with greater than 90 percent certainty that such a diet is good for the heart.

The lineup of foods rated harmful to the heart also has usual suspects: trans fats, sugary confections and serving heavy on processed foods, red meat, butter and dairy. In other words – a typical Western diet.

"Hot dogs, baloney, red meat – that's associated with an increased risk of heart disease. And that's very consistent with what our colleagues in cancer are finding."

Anand questions the weight-loss success attributed to red meat-rich programs like the Atkins Diet, saying that simple calorie-cutting is the true key to slimming down. The McMaster researchers examined almost 200 research papers probing heart

and food relationships – good and bad – dating back to 1950.

Nutrition expert, Diane Finegood, said the study provides "a very careful synthesis of the studies specifically linking coronary heart disease and dietary components" but stressed that food risks and health protections differ among individuals, and that there may be differing links between the foods and other ailments like diabetes and cancer.



As for the McMaster study's take on red wine, Anand says there is evidence that moderate amounts can confer moderate cardiac protection. But she cautioned that alcohol is a double-edged sword, with research showing even modest amounts can increase cancer risks and lead to destructive drinking. "I never recommend to a non-drinker to start drinking to prevent heart disease."



Here is a great lunch for you to consider: Try a slice of an English muffin or pita bread, cover it with feta cheese, top with a few slices of tomato, cucumbers, onions and drizzle with some wonderful olive oil. Sprinkle with a bit of fresh basil or tarragon! Yummy! Now as for me, I am not a tomato or onion fan so even thou it may be good for you, some slight modifications may need to be done!

Forget that Grain of salt:

Pre-hypertension is when blood pressure numbers are just a bit high – 120 to 139 systolic or 80 to 89 diastolic – but not high enough to be officially classified as hypertension.



But research shows even slightly elevated pressure now boosts your risk of heart trouble in the future.

The solution? Dropping your numbers to or below the optimum 115/76 can slash your



risk of cardiovascular disease as much as 25 percent. You can further drive your numbers down by getting active. And try reducing your salt intake by:

- Eating home more often, when dining out, choosing meals with an eye to lower sodium.
- Relying on fresh foods, but when you do buy premade, pre-packaged or canned foods, watch for these ingredients on the label: sodium chloride, monosodium glutamate, baking soda (sodium bicarbonate), baking powder, disodium phosphate, sodium nitrite, sodium propionate and sodium sulphite. If the sodium content of any serving is more than 200 mg, forgo it.

- Cooking with a variety of spices and ingredients – pepper, garlic, curry, lime or lemon juice and red wine vinegar – rather than adding salt for flavor.
- Buy frozen veggies instead of canned ones!

Timing is Everything:

If you never skip a stretch before you workout, consider bending your rules. There's no good evidence that static stretching – the type where you hold a stretch for half a minute or so – reduces your risk of injury when you do it before a workout. And “ballistic” stretching, or bouncing, is a definite no-no, because it can actually hurt you.

Start a workout by doing a less intense version of the activity. But that doesn't mean you can skip the stretch. Stretching increases flexibility, which is essential in keeping your body young.

Since stretching works best for muscles while they're warm, it makes the most sense to do it after a quick warm up to get your muscles loose, 5 min should do it, then do your stretches and get back to it. Protect



your muscles by working to the point of moderate tension but not to the point of pain. You should feel the stretch, but it shouldn't hurt. And 30 seconds for each does the trick; more time isn't better.

Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....