

Village Chiropractic News

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Disclaimer: Information contained in this newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

A Laughing Matter

By Editorial Staff To Your Health February, 2008 (Vol. 02, Issue 02)

Everyone enjoys a good laugh. Why? The human body has a strong physical response to laughter - muscles in the face and body stretch, blood pressure and pulse rise and fall, and we breathe faster - which transports more oxygen through the body. Research shows laughter also strengthens the immune system, reduces food cravings and increases one's threshold for pain. While preschool kids laugh up to 400 times a day, adults laugh a dismal 17 times per day on average. Here are a few reasons to fight for a few extra laughs each day.

Balance Hormones

Laughter boosts the body's good hormones like endorphins and neuro-transmitters and reduces stress hormones like cortisol, epinephrine, adrenaline and dopamine. Breath by breath, laughter builds the immune system by boosting the number of antibody-producing cells and enhancing the effectiveness of T-cells.

Improve Heart Health

Like exercise, a long bout of heavy laughter can burn calories and provide a physical and emotional release. A laughter workout tightens the abs, diaphragm and shoulders, and can even improve heart health. In a study from the University of Maryland School of Medicine, researchers compared the effects of watching funny versus stressful films. Movies that elicited laughter caused blood vessels to relax and increased blood flow, which can help reduce the risk of cardiovascular disease.

Keep Perspective

A positive outlook can do wonders for your health. If you can look at tough situations as a challenge rather than a threat and take the focus off your anger, guilt, stress and negativity, even if only for a few moments, you'll have the perspective you need to make the most of hard times.



Make Social Connections

Laughter is contagious.

Not only can a good belly laugh improve your health, it can improve the health of those around you. Sharing a laugh builds strong social bonds and a mutual sense of community.

Researchers are becoming more and more confident that positive emotional states are beneficial to health. While scientists are busy trying to back these theories with concrete evidence, there's certainly no harm in filling your life with funny movies, comedy shows and good conversation with friends. Try the lighthearted approach to life's frustrations: Worry less, laugh more - no prescription necessary.

Pssst!

Discount Day!
Sat Feb 10th
10:00—noon

Office Hours
Mon
9:00-5:00
Tues
9:00—6:00
Thurs
9:00-3

ALL HOURS
ARE BY
APPT



Anti-Inflammatory Diet

101

Inflammation is your body's normal response to stress: it "turns on" temporarily to promote healing and then "turns off" when the emergency is resolved. However, chronic inflammation occurs when the emergency response does not "turn off", creating further stress in the body. Many diseases have been linked with chronic inflammation, including cardiovascular disease, obesity, type II diabetes, cancer, autoimmunity, hormone imbalances, and advanced aging.

Many things contribute to chronic inflammation: infection, high stress, environmental toxins, lack of sleep, lack of exercise, and a poor diet. While not all sources of stress are completely avoidable, there are many lifestyle changes you can make to reduce inflammation. An anti-inflammatory diet is a powerful way to reduce processed foods AND flood your body with nutrients it needs to heal and thrive.

INFLAMMATORY

highly processed & artificial foods

- **ADDED SUGAR**

sweetened beverages, candy, sauces & jams, cereal, corn syrup

- **TOXIC OILS**

corn, soybean, canola, vegetable, rapeseed, hydrogenated oils, margarine

- **PROCESSED MEAT**

hot dogs, bologna, sausage, bacon, charred & grilled meat

- **FRIED FOODS**

fries, chips, meat, donuts, fast food

- **GLUTEN**

wheat bread, crackers, baked goods, many processed foods

ANTI-INFLAMMATORY

whole foods as found in nature

- **COLORFUL FRUITS & VEGGIES**

leafy greens, berries, citrus, broccoli, cauliflower, winter squash, tomatoes

- **HEALTHY FATS**

olives, extra virgin olive oil, avocado, nuts & seeds

- **FATTY FISH & SHELLFISH**

salmon, mackerel, anchovies, sardines, herring, oysters, clams

- **FIBER**

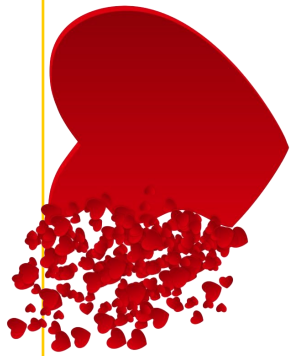
vegetables, mushrooms, soaked/sprouted grains, beans, & lentils

- **HERBS & SUPERFOODS**

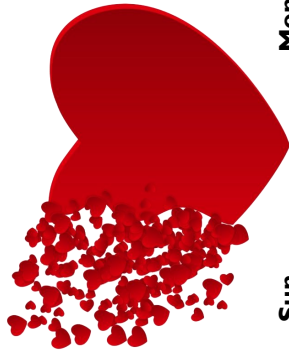
turmeric, ginger, peppers, fresh herbs

What about dairy?

Dairy tolerance is very bioindividual. For some people it is inflammatory. Once you have successfully eliminated these other inflammatory foods, test out your reaction by eliminating all dairy for 3 weeks. Then reintroduce a quality, low-lactose product like yogurt or hard cheese. If you tolerate that, gradually add in more dairy as your body readjusts to digesting it.



FEBRUARY



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3
4	5	6	7	8	9	10 Discount Day 10—noon Adjustments for \$35**
11	12	13	Happy Valentine's Day		16	17
18	19	20	21	22	23	24
25	26	27	28	29	**CASH OR CHECK ONLY! First come, first served. Due to time constraints, we are unable to accept new patients on Saturdays.	