

# 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.

## **Walking: The Power of Speed**

*By Editorial Staff To Your Health*  
January, 2024 (Vol. 18, Issue 01)

Walking is good for your health, pure and simple. The more steps you walk per day, every day, the healthier you are in terms of reducing your risk of countless health problems. The research is clear – and growing on a seemingly daily basis. But does it matter how fast you walk when you're getting your steps in? When it comes to type 2 diabetes prevention, the answer is an emphatic yes.

It's not going to be easy; according to new research, we're talking about at least 3-4 miles per hour; that's a mile every 15-20 minutes. If you think strolling through the park will get it done ... it won't (although walking at any pace is still better for you in terms of your overall health compared to sitting on the couch at home). This study is fairly definitive, in that it analyzed 10 previous studies involving more than half a million participants.

Results also proved "dose dependent," meaning the faster one walked, the lower their diabetes risk. For example, walking at a pace of more than 4 miles per hour reduced risk the most, while walking 3 miles per hour reduced the risk the least. The bottom line: If you're a regular walker, pick up the pace! If you don't walk often (or at all), now's the time to start – and as mentioned, not just to reduce your type 2 diabetes risk, but to improve your health and wellness on multiple levels.



## **Sleep Affects Your Gut**

*By Editorial Staff To Your Health*  
January, 2024 (Vol. 18, Issue 01)

With increasing research suggesting the gut microbiome exerts considerable influence over our health, and research also connecting the dots between sleep wellness and health, it's no surprise that the two may also be related. That's according to a new study that links irregular sleep patterns to higher levels of harmful GI bacteria.

In coming to their conclusion, researchers compared blood, stool and gut microbiome samples among two groups of adults: those with a routine (regular) sleep schedule vs. those with irregular sleep habits – the latter of which the research team termed "social jet lag" – sleep pattern changes between workdays and off days.



Published in the *European Journal of Nutrition*, findings revealed that a mere 90-minute difference in sleep midpoint (the halfway point between sleep vs. wake-up time) was associated with differences in the composition of the gut microbiome; specifically, more abundant "unhealthy" gut bacteria.

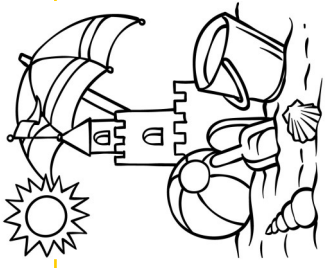
The takeaway: Your gut health and your sleep patterns are related! As such, it's important to prioritize both, starting with establishing a regular sleep pattern whenever possible. Talk to your doctor for more information, particularly if you can't seem to get a good night's sleep on a consistent basis.

Pssst!

Discount Day!  
Sat Jun 8th  
10:00—noon

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

ALL HOURS  
ARE BY  
APPT



# June

Sat

Fri

Thu 9-3

Wed

Tue 9-6

Mon 9-5

Sun

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2	3	4	5	6	7	8 Discount Day 10—noon Adjustments for \$35**	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30						**CASH OR CHECK ONLY! First come, first served. Due to time constraints, we are unable to accept new patients on Saturdays.	