

## of the Week...

### *Baby Boomer Alert: To those born between 1946-1964*

Older Americans tend to be more politically active, and such a large voting block carries a lot of influence with elected officials, especially when many of those elected officials are themselves nearing retirement age.

It may well be time that this generation makes themselves known at the ballot box...especially when it comes to their health!

### How YOU Can Control Your Blood Sugar

According to a recent article on PRWEB.com, there may be ways to naturally reduce one's blood sugar and lower the risk of diabetes.

It is a simple article and, in a nutshell, the premise that they are working from makes perfectly good common sense.

"There are several natural steps that will regulate blood sugar and reduce the risk of diabetes, often more effective than medications.

Tips to reduce blood sugar and reduce diabetes risk include removing simple carbohydrates from the diet, reducing stress levels, increasing exercise, and improving gut health."

We would, of course, add that appropriate chiropractic care would be a catalyst for the success of this program for anyone wishing to

undertake making these healthy lifestyle changes.

Why does it make sense?

1. Simple carbs turn to sugar so remove simple carbohydrates from the diet.
2. Reducing stress reduces cortisol which, in turn, reduces the likelihood of fat accumulation which reduces the risk of diabetes.
3. Increasing exercise has been reported on in the HealthTIP dozens of times over the years.
4. Improving gut health and improving nerve system control to the pancreas and the gut will allow for more normal rather than stressed functioning.

### The Bottom Line...The Bottom Line...The Bottom Line...

There really is little difference here from the blood pressure study published years ago that found that upper cervical chiropractic care was at least as effective as a two drug cocktail for reducing high blood pressure...without the high cost or the dangerous side effects of the drugs.

By pro-actively engaging in healthier lifestyle choices, including nutrition and chiropractic care, people would be healthier...naturally. No one said it would be easy but look at the alternative!

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