



of the Week...

Concentration Problems?

6T, at the base of the shoulder blades, is involved with providing the primary nerve supply from the control centers in the brain to the *Stomach and Pancreas*. When subluxated, 6T has been associated with common health issues like diabetes. Pre-diabetic symptoms include fatigue, light headedness, concentration problems, memory loss and craving sweets.

Boosting Brain Function

One of the most common comments heard from chiropractic patients is that they have more energy. This is because increasing the efficiency of the nervous system allows us to expend less energy in the activities of our daily lives. But, that only relates to more efficient communication between the brain and the body.

What do we call people whose brain's function more efficiently?

Right.....SMARTER.

How else can we boost brain function?

According to David Wolfe, author of the book *Superfoods: The Food and Medicine of the Future*, spirulina is one of the most nutritious foods in the world.

In addition to research published back in 2004 in **Biochemical Pharmacology**, that found spirulina useful in cancer prevention and a 2005 study published in **Current Pharmaceutical Biotechnology**, found spirulina rich in natural nutrients that can improve white blood cell activity and stimulate antibodies. These properties make spirulina an excellent guard against many serious viruses.

But for this week's HealthTIP, A 2005 study published in the **Journal of Experimental Neurology**, spirulina has the ability to improve recovery from strokes. This study found a connection between improved brain function and a "diet enriched in antioxidants and anti-inflammatory phytochemicals."

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

If all this wasn't enough, the December 2008 issue of **International Journal of Integrative Biology** found spirulina extracts contribute to improved liver enzymes, which, protects the liver itself. The researchers noted that spirulina's antioxidant concentrations were responsible for this benefit. Seems simple. A simple nutritional supplement like spirulina along with chiropractic care boosts energy levels and can contribute to better brain function.

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