

## of the Week...

### *Irritable Bowel?*

10T, just about at kidney level, protects the primary nerve supply to the small Intestines. The most common health problem found, when 10T is subluxated (producing interference with the signals going to the small Intestines), is irritable bowel syndrome. A common symptom is the formation of digestive complaints (usually 1-2 hours after eating).

### **Heart Health in General: Women in Particular**

Heart disease is considered the No. 1 killer of women and more deadly than all forms of cancer, according to the American Heart Association. Since heart disease can be an issue for both men and women, we want to offer some common sense tips to take better care of your heart.

1. If you smoke...stop. And if you don't smoke, don't start.
2. Make your health a priority...it is the single most valuable asset you have.
3. Rest. Sufficient rest/sleep has been associated with lower rates of heart disease. We recommend ~7 hours/night
4. Manage all forms of your stress... physical, chemical and emotional. Try chiropractic, massage, meditation, etc.

5. Supplement with flavonoids which are chemicals that are good for you found in cranberries, apples and red wine. Please keep all alcohol consumption to a minimum...no more than one glass/day.
6. Exercise. According to Dr. Tara Narula, a cardiologist at Lenox Hill Hospital in NY, "**Make time for physical activity in your life in any and every way.**" Exercise can improve your circulation, weight, cholesterol, blood pressure and stress levels. She recommends 30 minutes a day of moderate exercise and that walking is the easiest way.
7. Make sure the nerve supply to your heart is as good as possible with **regular chiropractic check-up/adjustments.**

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

Dr. Narula also recommends limiting you salt intake to a maximum of 1,500 mg a day. It would be wise to limit processed foods, choose fresh fruits and vegetables, and use spices, herbs, lemon juice to flavor your dishes instead of adding salt. Also, avoid Trans fats, and limit saturated fats and cholesterol. And, we recommend that you realize that every recommendation that we've made this week can fit into one tidy approach...make heart healthy lifestyle choices.

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