

HealthTip

Feeding your hunger for information
about your health...

SPOTLIGHT

of the Week...

Feeling Puffy?

11T houses the primary nerve supply to the Kidneys. Subluxations here are associated with the diverse series of health complaints resulting from being unable to filter waste from the blood and/or with the output of urine and toxins from the body. These include swelling in the body-particularly ankles and feet, puffy eyelids and altered (usually decreased) urination.

Stroke and Vitamin C

According to the February 16 issue of Tech Times, preliminary research to be presented at the annual meeting of the American Academy of Neurology (to be held at the end of April this year), concluded that that eating food rich in vitamin C can keep the risk of stroke at bay.

The French researchers involved in the study found that deficiency of vitamin C can create a higher risk of bleeding in the brain (also known as hemorrhagic stroke).

The study's lead author, Dr. Stephane Vannier, reported that about 15 percent of all strokes are hemorrhagic strokes and they usually are more dangerous than ischemic strokes, which occur when a blood vessel in the brain is blocked.

The researchers pointed out that vitamin C

can be effective at lowering blood pressure and may also be instrumental in maintaining the health of blood vessels. Vannier claims his research found an association between vitamin C levels and the risk of hemorrhagic stroke.

According to the Tech Times report, Dr. Ken Uchino, (stroke specialist at the Cleveland Clinic), indicates that other studies will also have to confirm the possible relation between vitamin C levels in the body and brain bleeding...BUT, and most importantly...this will not come as any surprise to our readers:

“He also says that vitamin C deficiency also points towards an overall unhealthy lifestyle of a person, which puts the person at risk of a stroke.”

Just add Vitamin C to your healthy lifestyle.

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

Vitamin C, which is usually found in fruits and vegetables such as papaya, oranges, strawberry, pepper, and more can be a safe and healthy way to reduce blood pressure, maintain healthy blood vessels and reduce the risk of stroke. Obviously, you can also supplement with Vitamin C. But please realize that its not just Vitamin C but rather Vitamin C as part of an overall focus on establishing and maintaining a healthy lifestyle...and that's where we fit in. Talk to us!

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