

Active Living Chiropractic Weekly Handout

Mind-Training Exercises

Keep Your Brain Fit as You Age

Researchers found the reason why older people easily forget things is because they memorize too many unimportant things. Experts claim that when muscles aren't exercised, they become stunted; therefore keeping mentally fit throughout our lives increases the chances of staying mentally fit during older age. Experts believe the degeneration process begins at the age of 40, but people begin to notice once they retire, a slowing down due to the lack of using concentration and memory skills. Research has shown that memory can be activated with simple exercises such as searching for famous people whose first names begin with the letter A. Other research has shown instances of older people remembering better with sound, rhyme and picture associations. It has been discovered that older people learn by repeating material frequently and excel if the material is well structured in a quiet environment. Also, breaks in daily routines with the course of taking on a new hobby have shown to be beneficial in keeping the brain active.

~ Independent Online

Sugar is one of the main culprits linked to memory loss. Studies have proven that people with the inability to rapidly bring down elevated sugar levels are more likely to experience memory loss. Just for this reason alone, it is of utmost importance to eliminate toxic sugars from your diet. Additionally, please definitely consider optimizing your intake of **omega-3 fats**. The best way to get a routine dose of omega-3 fats is through a high-quality fish oil or cod liver oil as a lack of omega-3--and most Americans are lacking in this important fatty acid--seems to be a strong indication of those who struggle with memory problems.

~ Dr. Joseph Mercola

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the past issues!**

Dr. Philip A. Que

Walking As Little As 1-Hour a Week Reduces Cancer Risk

"Women who walked for 1 to 1.9 hours each week were 31 percent less likely to develop colon cancer than those who didn't walk at all, the researchers found. And women who exercised at moderate or vigorous intensity for more than 4 hours weekly were at 44 percent lower risk of colon cancer than those who exercised for less than an hour a week." International Journal of Cancer, December 15, 2007 "A new study suggests it's never too late to start an exercise program to help **prevent breast cancer**. Researchers at the Fred Hutchinson Cancer Research Center and several other institutions found that postmenopausal women who **exercised regularly** reduced their risk of breast cancer by about 20%. Women whose current physical activity was equivalent to a couple of hours of brisk walking every week had an 18% lower risk of breast cancer than sedentary women. Women who got more than 10 hours of this type of exercise each week lowered their risk by about 22%."

~American Cancer Society

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Office Hours:

Mon/Wed/Fri: 9:00am-12:00pm & 3:00pm-7:00pm

Tues: 3:00pm-6:00pm