

Active Living Chiropractic Weekly Handout

Dr. Philip A. Que



The Importance of Whole Foods & Whole Food Supplements

As a nation, we eat poor-quality foods that have been stripped of nutrients. We do not consume enough fresh fruits and vegetables. Many of us get our whole grains from instant rice, refined wheat breads, pastas, and cereal. We eat a tremendous amount of prepackaged, pre-made meals. One-quarter of Americans eat at fast food restaurants each day. *Americans are overfed and undernourished.*

We eat plenty but we are still starving

The foods we eat are not providing our bodies with the nutrition it needs to survive and be healthy. We are starving our bodies and we are sick. We suffer from diabetes, heart attacks, obesity, and the list goes on and on.

There is good news

Given proper nutrition, the human body has an amazing ability to heal itself. If properly fed and given the right nutrients, the human body is designed to repair itself. To do so, we need to *eat a healthier diet, exercise, and take high-quality supplements made from whole foods.* Whole food supplements supply our bodies with nutrients we are not getting from our diet, all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a way that nature intended, in a whole food form.

Only whole food supplements complete the nutritional gap

Whole food supplements are made by concentrating foods for use in supplements. When processed correctly, they supply a multitude of the plant's components. Foods provide nutrients that work synergistically. They work together to provide you with optimal nutrition for good health.

A word of advice: Not all whole food supplements are the same

Many whole food supplements available in today's marketplace range in quality. Companies are riding the wave of supplement popularity rather than focusing on commitment and quality.

If you have some nutritional gaps to fill, ask us about the Symptom Survey and our Standard Process whole food supplements!

How Does Chiropractic Help?

Chiropractic care is about much more than bones, joints, muscles, ligaments, and tendons. The focus of chiropractic is on the musculoskeletal system, and yet the benefits of chiropractic care extend far beyond these connective tissue structures.

Chronic musculoskeletal tension results in numerous biochemical changes such as excessive and prolonged build-up of lactic acid, a metabolic end-product of muscular contraction. These metabolites, which are accumulating wastefully and unnecessarily, irritate local nerve endings. *Nerve irritation leads to increases in local muscle tension, setting-up a vicious circle of muscle tension, nerve irritation, more muscle tension, and more nerve irritation.* Importantly, the irritated nerves send signals to all the other parts of the body, causing increased levels of activity and unnecessary use of precious resources. *In these circumstances, the person may become irritable, gets tired more easily, has sleep disturbances, and even may develop various diseases.*

Chiropractic care is a powerful healing method that affects many body systems as a result of addressing stresses in the musculoskeletal system.

Active Living Chiropractic

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~ Eat Well. Live Well. Be Well. ~

Office Hours:

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

Tues: 3:00pm-6:00pm

Sat: By Appt Only