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Foods You Should Buy Organic

Aside from the fact that organic food contains higher levels of vital nutrients, organic foods are also lower in other residues and compounds that are seriously detrimental to your health, such as herbicide and pesticide residues, so buying or growing as much organic food as possible is not only best for your health, but for the health of the entire planet.

With food prices rising, many of us are looking for ways to buy the healthiest foods possible at the lowest cost. One way would be to focus on purchasing certain organic items, while “settling” for others that are conventionally-grown.

The highest concentration of pesticides is in non-organic butter. **If you can only buy one organic food item it should be butter.** The next priority would be meats and once those are addressed; you will want to focus on the fruit and vegetable list below.

The Dirty Dozen - These 12 fruits and vegetables have the **highest pesticide load**, making them the most important to buy or grow organic (listed in order from highest pesticide load)

Peaches, Apples, Sweet bell peppers, Celery, Nectarines, Strawberries, Cherries

Lettuce, Grapes, Pears, Spinach, and Potatoes

Locally-grown organics are your absolute best bet, but many times buying locally-grown food is your best choice even if it’s grown conventionally, since the environmental impact of shipping organic produce across the globe can cancel out many of its benefits.

Watch Out For Genetically Engineered Varieties by checking PLU codes:

A conventionally grown product carries a 4-digit PLU code (Ex: conventionally grown banana: 4011)

An organic product carries a 5-digit code, starting with the number 9: (Ex: organic banana: 94011)

A genetically engineered (GE or GMO) product has a 5-digit code, starting with the number 8: (Ex: GE banana: 84011)

Avocados, bananas, pineapples and kiwis are LOW in pesticide residue, and good candidates to purchase conventionally-grown, just double-check to make sure you’re not buying a GMO variety.

Saving Money While Buying Organic

organicgrocerydeals.com has a **coupon database** to find organic coupons that are out in the stores and the Sunday paper, as well as online printable coupons.

www.mambosprouts.com has printable organic food coupons for healthy, natural and organic foods and products. Sign up for their mailer and have organic coupons delivered to your door!

Don’t Stress It!

Stress is a normal physical response when you sense danger, real or imagined. The automatic process known as the “fight-or-flight” reaction, or stress response, is the body’s way of protecting you. When working properly, it helps you stay focused, energetic, and alert.

In emergency situations, stress can save your life. It can give you strength to defend yourself or enable you to react quickly enough to avoid an accident. Stress can also help you rise to meet challenges. Beyond a certain point, though, stress stops being helpful and starts causing major damage to your health, mood, productivity, relationships, and your quality of life. In our fast paced world, stress is so common that many of us live with it on a daily basis.

The body doesn't distinguish between physical and psychological threats. When you're stressed over a busy schedule, an argument with a spouse, traffic, or bills, your body reacts just as strongly as if you were facing a life-or-death situation.

Long-term exposure to stress can lead to serious health problems. Healthy muscles contract and relax as you move. But when muscles tense in response to stress, they can't relax fully. If stress persists, the muscles become tight, like knots in a rope. Tight muscles can pull joints out of alignment, irritating nerves and causing pain. If your spine is misaligned, the rest of your body becomes even more prone to stress and disease.

Spinal misalignment caused by chronic stress disrupts nearly every system in your body. It can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. Long-term stress can even rewire the brain, leaving you more vulnerable to anxiety and depression.

Stress management involves changing the stressful situation when you can, changing your reaction when you can't, taking care of yourself, and making time for rest and relaxation.

- **A strong support network is your greatest protection against stress.** If you have a network of friends and family members you can count on, life's pressures don't seem as overwhelming. Make it a priority to build strong and meaningful relationships and schedule time to hang out with friends.
- **Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, which is the opposite of stress.** When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. They increase your ability to stay calm and collected under pressure. When you feel a stressful situation arising, take a moment to breathe in deeply allowing oxygen to flow throughout your body, and then exhale slowly. Focus on your calm breathing and relaxing your muscles.
- **The more you put in to building your emotional health, the stronger it will be.** People with good emotional health have an ability to bounce back from stress and adversity. They remain focused, flexible, and positive in bad times as well as good. Invest in your emotional health by doing things that challenge your creativity. Find ways to relax, exercise, spend time with animals, or engage in work that ignites your creative energy.
- **Recognize when a stressful situation is about to occur or when you are in one.** Acknowledge it for what it is. Then calmly determine how you are going to handle the situation. This may mean taking a step back and reevaluating how to progress forward or it may mean taking a time out to listen to your favorite song (one that will pump you up and let you know you can handle it).
- **Be adjusted regularly.** When spinal bones lose their normal position and motion from stress, this disturbance to the spinal cord can profoundly affect delicate nerve tissue. The resulting interference with normal nerve flow starts a degenerative chain reaction that can affect the health and function of virtually every other cell, tissue, organ and system of the body. This is vertebral subluxation complex. It is one of the most damaging stresses you can experience. Untreated, it can limit your ability to react and adapt to other stresses you encounter in everyday life.

Thanks to you, we are rated #1 for the 2nd year in a row!

I would like to extend a big "Thank you" to all of my patients for their referrals and online testimonials. Your support is the best compliment! If you leave a testimonial, please call it to my attention, so I may properly thank you.