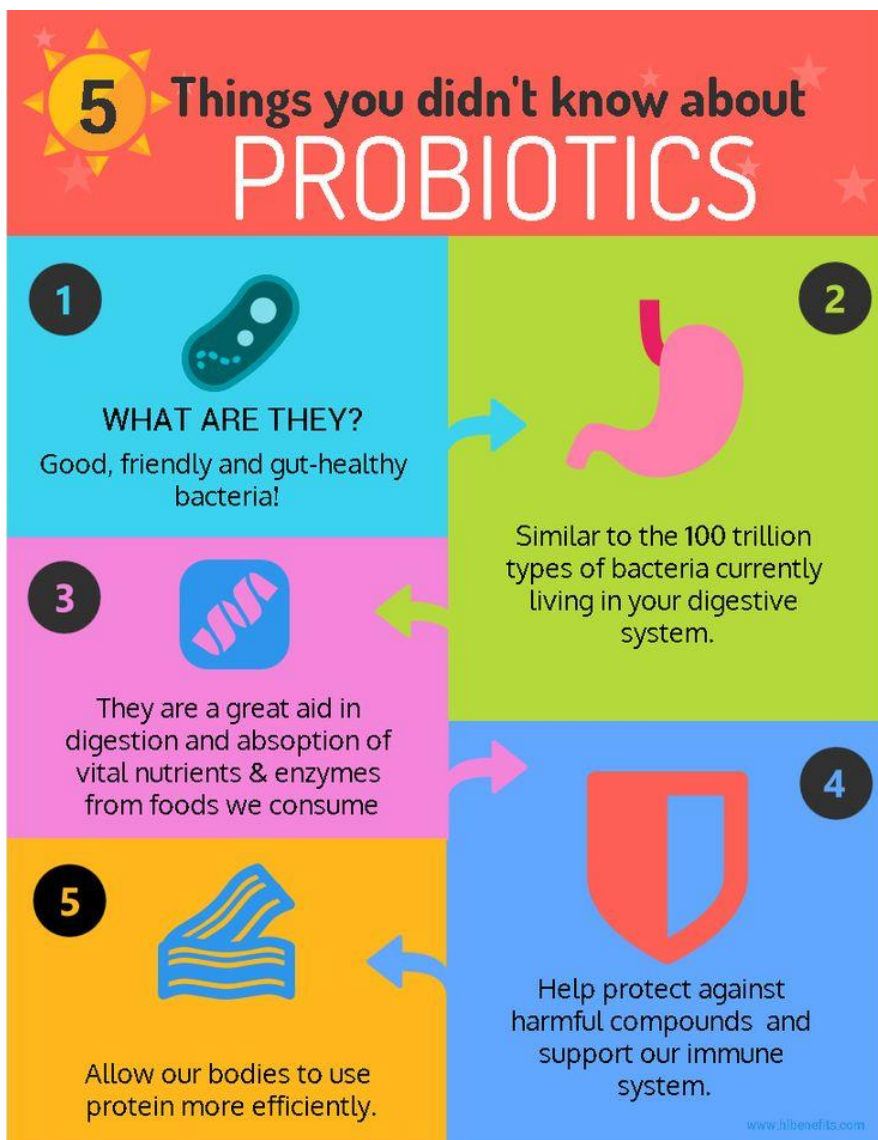


Probiotics – The newest information

You've heard of antibiotics, but what are probiotics? Simply put, Probiotics are beneficial bacteria that we need inside our body! Did you know that you have trillions of cells in your body, and that you have EVEN MORE (10 times more) good bacteria inside you right at this moment? That's right – you need these bacteria for normal, healthy living! The amount and type of bacteria we have inside of us is unique to the individual, like a bacteria fingerprint. Unfortunately, when we take antibiotics, we kill not only the bad bacteria that are hurting us but also the good bacteria that are trying to help us.

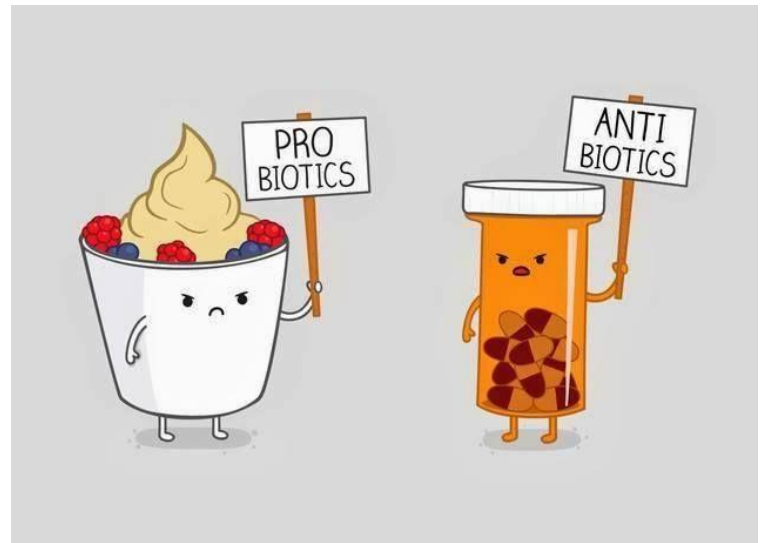
So what exactly do these little guys do? Among the myriad benefits:

1. Good bacteria are our 1st line of defense against respiratory and GI infections. This is especially important for newborns and infants. They get this bacteria from mom during vaginal birth and breastfeeding.
2. They help us to digest certain foods and keep our intestines healthy. By doing so, they can help us with metabolism, weight loss, sugar control, cholesterol levels, and even blood pressure.
3. They also make vitamins for us, like Vitamin K and some B vitamins.
4. One of the most important jobs they do is that they help to train our immune system and they also protect us from other bacteria and infections that could potentially hurt us. Plenty of research has shown that not having proper bacteria in your body can actually be linked with things like allergies, asthma, Crohn's disease, Parkinson's, Alzheimer's, Ulcerative Colitis, IBS, and many other problems.
5. A study that was just released this past December in the "Archives of Internal Medicine" noted how these bacteria help with healthy aging and could provide for better longevity by stating, "there are an increasing number of reports that have suggested potential mechanisms by which the microbiota promote human health span and aging. The study of the microbiota represents an important advance in the understanding of the aging process."



Probiotics (cont).

What happens if you don't have the right bacteria in your body? Well, plenty of research has shown that not having proper bacteria in your body can actually be linked with things like allergies, asthma, Crohn's disease, Parkinson's, Alzheimer's, Ulcerative Colitis, IBS, and many other problems. That's why it's important that all peoples, from the infant to the elderly, have a diverse and healthy supply of beneficial probiotic bacteria, and that's why this office carries different type of probiotic supplements to aid in regrowth of these bacteria. Yogurt is helpful, but it doesn't have nearly enough bacteria in it to help, which is why a supplement is usually the way to go.



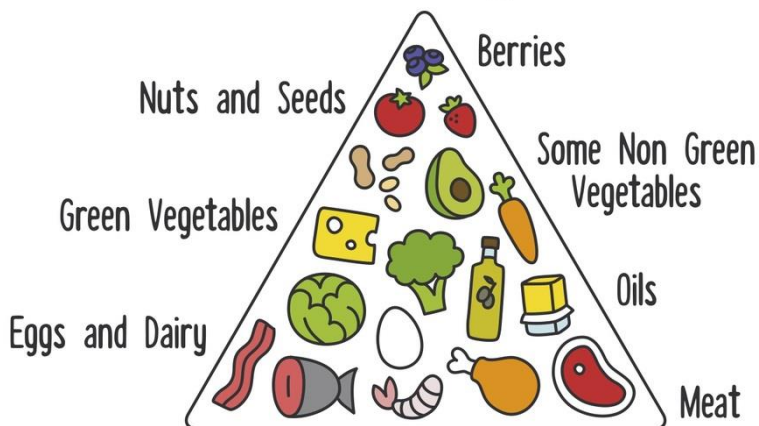
Diet advice: Ketogenic Diet

Trying to lose weight? You're not alone! The latest figures from the CDC as of 2014 show that more than one-third (36.5%) of U.S. adults age 20 and older and 17% of children and adolescents aged 2–19 years were obese. What's the best way to lose weight? Specific exercise and a good healthy diet are the answer. But, there are so many diets out there, which one do you choose? Well, the answer is different for each person's needs, which is why Dr. Marini always recommends a consultation with a nutritionist, but here's some info about a diet that many people use – the ketogenic diet.

The ketogenic diet is similar to the low-carb diet, but in addition to that, it emphasizes high-fat instead of the traditional low-fat diet. The theory behind this diet is that it forces the body to burn fat instead of the normal burning of carbohydrates. From an energy stand-point, Fat gives you more energy per gram than both protein and carbohydrates combined (that's why we store so much fat in our bodies). There has been a great amount of research supporting low-carb diets for healthy weight loss, but studies have also showed that the additional high-fat diet had more benefits than the low or no-fat alternatives. The Annals of Internal Medicine in 2004 showed that people who followed the ketogenic diet lost more weight and had better cholesterol levels than those who ate the low or no fat diet.

If you're planning on starting a diet, we always recommend you speak to the doctor before trying any new regiments. But if there is one thing you can take home, in regards to diet, healthy fats are not the enemy. Sugar is...but that's a discussion for another time.

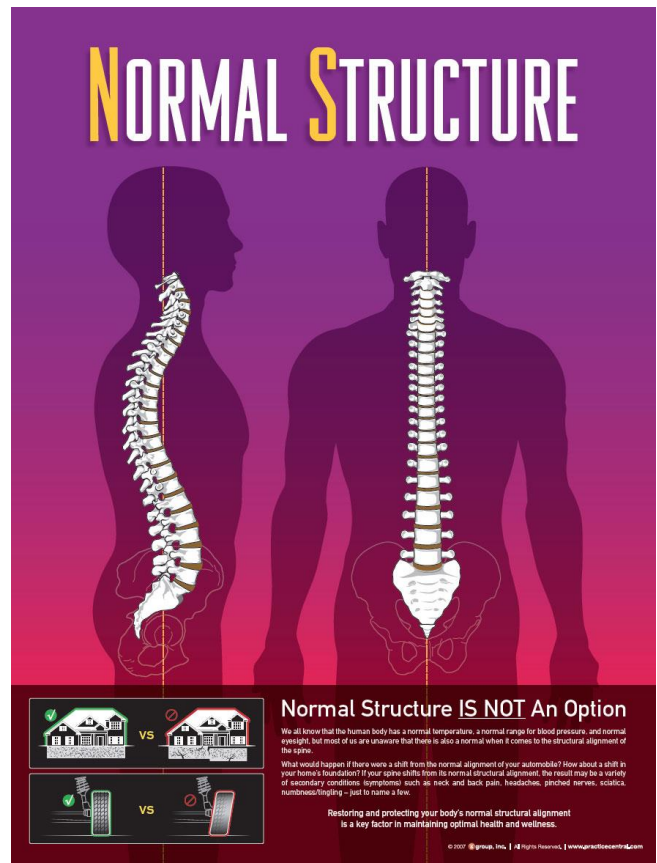
KETO Food Pyramid



Structural Pattern: What is it?

The definition of the word pattern is defined as “an arrangement or sequence regularly found in comparable objects or events.” You may have heard one of the doctors use that term when describing your structure, so you may ask yourself, “What does he mean by ‘my pattern?’” For structural chiropractic, pattern describes which sections of your spine are shifted away from normal position, which may be causing your secondary pains and tensions. For instance, if it’s been determined that A, B, and C are shifted in your spine, THAT is your pattern. Our goal is to see a CHANGE in that pattern, which means your body is healing and your structure is holding normal position. Therefore, if we see (instead of A, B, and C) just A and C, or C and D (or other combinations), we know you are improving!

The overall goal of Structural Chiropractic is to take abnormal structural findings in your spine that are causing you problems and correct them! For some people, it takes longer than others, but the goal is always the same: Change the pattern and look for improvements!



My Experience: Personal Trainer



Normally, in our newsletters, we talk about the newest health news, information about structural chiropractic, or to shed light on other aspects of health and science. But today, I wanted to take a moment to talk about the amazing experience I had recently with a personal trainer, Matthew Greskiewicz.

Not only was he friendly, he showed incredible knowledge and thoroughness. His first session was based on getting firm measurements – firm absolutes – that would serve as the foundation of our journey together. Comparisons to these original measurements would be made periodically to ensure that we were achieving the goals we set out to achieve. I found it strikingly similar to the examination we conduct at this office!

From there, we went through every exercise, every form, and he even took the time to answer every question I had. It was the most positive experience I had with any type of personal trainer.

In order to maintain the health of your body, you have to employ healthy habits. Having normal structure is essential for a properly strong and healthy body, and vice-versa. To help your body heal structural shifts and keep them from coming back, having a personal training plan that is designed specifically to you and your needs is the way to go! I can think of no higher praise than I would recommend him to anyone and everyone who needed not just a good personal trainer, but a GREAT personal trainer.