

Subject: weekly health update-exercise helps depression; how to improve your posture



From the Desk of Dr. Clark

Issue No. 1

December 2008

Just [Click Here to Subscribe](#) to Dr. Clark's blog

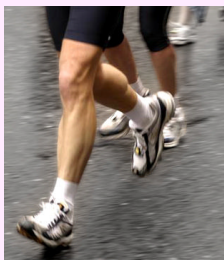
David

Hope you had a great Thanksgiving Holiday! Michele and I will be traveling this weekend to Denver to attend another seminar in Functional Endocrinology. This is an advanced course focusing on complicated cases like autoimmune conditions and severe hormone imbalances. I'll update you on what we learned on how it can help you when we get back.

--Dr. Clark

WEEKLY HEALTH UPDATE

Mental Attitude:



Run away from depression? A study from Duke University Medical Center reports regular exercise can help patients suffering from depression. Patients performed group-based exercise therapy three times a week, home-based exercise, took a typical antidepressant, or took a placebo pill. The researchers concluded group-based exercise worked every bit as well as typical antidepressant drugs. Using a home-based exercise program did not yield as much benefit as exercise in a group setting, but was still better than taking a placebo (doing nothing).

Psychosomatic Medicine, Sept. 2007

Why would this work? Pretty simple actually. Exercise increases the firing rate of your brain (stimulates it). Many cases of depression are caused by a 'weakened' brain--a brain that has slowed down. We as humans are meant to move. Your brain is literally kept alive by the signals coming from your joints and muscles--like a power generator. When the amount or quality of these signals is decreased, your brain suffers. This is why exercise is SO important and why getting semi-regular chiropractic care is SO important. You need to make sure all your joints and muscles are moving normally. Your brain will love you for it.

Diet:

Stay away from artificial colors! Most artificial colors are derived from coal tar, which is known to cause cancer. Generally, artificial colors are designated either as FD&C, D&C or as a color with a number after it, such as FD&C Red No. 40, D&C Green No. 5 or Yellow No. 6. *FDA, 2007*

Artificial colors can also cause symptoms of ADHD. The Feingold Diet is a special diet that eliminates

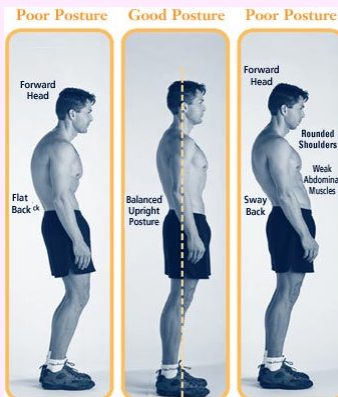


- **Artificial (synthetic) coloring**
- **Artificial (synthetic) flavoring**
- **Aspartame (NutraSweet, an artificial sweetener)**
- **Artificial (synthetic) preservatives BHA, BHT, TBHQ**

We use the Feingold Diet in our ADHD Treatment Programs and for about 20% of kids with ADHD symptoms the Feingold Diet helps.

[Click Here for more Information on the Feingold Diet](#)

Chiropractic:



How important is posture?

In 1981 Nobel prize winner Dr. Roger Sperry noted that "90% of our brain's energy is used for posture alone." So it's a big deal. Poor posture causes fatigue, neck and back pain, degeneration of discs and arthritis.

[Click Here to get Simple and Safe Posture Exercises](#)

Wellness/Prevention:

Tackle your New Year's resolutions all at once. People who tried to cut back on sodium and quit smoking at the same time were twice as likely to succeed as those who tried each goal separately, 6 months apart. For example, in the group of people who tried both goals at once, 30% lowered salt consumption, compared with 17% of the group that tackled one at a time. "There's synergy when you make several changes together," explains lead author David J. Hyman, MD. "Why keep puffing cigarettes once you've revamped your diet?" 44% of Americans resolved to fix at least one unhealthy habit in 2007. *Baylor College of Medicine*

****Why not let US help YOU keep your New Year's resolutions this year? If you want to lose weight call us and ask about our natural Detox & Weight Loss program. It's not starvation. It's not a fad diet. But it IS a safe to lose 5 to 20 pounds in 3 weeks. Plus it helps your liver, thyroid, pancreas, and intestines.**

[Email us and request a f.free informational DVD about our safe & natural Detox & Weight Loss Program](#)

Quote:

"Mystery creates wonder and wonder is the basis of man's desire to understand."

Neil Armstrong

And one more thing---don't forget to Subscribe to my blog!
Just [Click Here to Subscribe](#)

Or when you go to Dr. Clark's Brain-Based Blog at <http://www.drclark.typepad.com> it's super easy. Just enter your email address in the box in the upper right column. You'll be asked to verify your address. And that's it. You'll get automatic updates right to your inbox. You can always unsubscribe if you want.

Quick Links

www.northlakechiropractor.com
[Dr. Clark's Brain-Based Blog](#)

Contact Us

10233 E. NW Hwy Ste 508
Dallas, Texas 75238
214-341-3737

Subscribe to This Newsletter!

Dr. David Clark, Chiropractor | 10233 E. NW Hwy Ste 508 | Dallas | TX | 75238
