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Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”

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Why Take a Multi-Vitamin?

The majority of people feel that either their diet is adequate in providing the nutrition they need or they pop a one-a-day vitamin that they saw on T.V. and feel that will fill in any gaps that they may have in their diet.

Nutritionally the goals should be to get as much of our daily requirements of vitamins and minerals from our diet. However there are a few obstacles to reaching that goal.

First most of us just do not eat enough fruit and vegetables. The USDA guidelines recommend at least 3 cups of vegetables per day and at least 2 cups of fruits per day.

Even if you are getting close to the recommended amount you may not be getting all of the nutrition you expect and could be getting some things you don't want. Some reports have suggested that non organic fruits and vegetables do not have the amounts of vitamins and minerals you would expect them to have. Over farming and poor practices have depleted our soils of the vital nutrients our crops need. They can also be contaminated with excess pesticides and other chemicals.

When shopping for fruits and vegetables you should always choose organic whenever possible. If you can't find organic use the guide inside of this issue to see which products are the least contaminated and safest to purchase non-organic.

Taking a multi-vitamin to fill in the gaps in our diets is a good choice however you must make sure you are taking a quality brand. Vitamins are not regulated by anyone and there is no way to tell if what is on the label is in the product.

Deficiencies of key vitamins and minerals in our diets have been shown to lead to a host of problems:

- Inadequate folate intake is associated with neural tube defects during pregnancy and some cancers.
- Decreased folate, B6, and B12 levels are associated with coronary heart disease.
- Vitamin E and lycopene may decrease risk of prostate cancer.
- Vitamins B6 and B12 levels are linked to neurologic (nerve) problems.
- Vitamin A plays key roles in the immune system, skin cell growth and repair, and possible links to decreased risk of breast cancer.

The bottom line is suboptimal vitamin status is associated with many chronic diseases, including cardiovascular disease, cancer, and osteoporosis.

The majority of vitamins and minerals should come from a healthy diet however a supplement is necessary for most people to fill in the nutritional gaps. That supplement should be a quality brand that has the amounts of vitamins and minerals contained in it verified.

Have we got a speaker for you!

Book:

Dr. Scott Szela D.C.

As a speaker for your organization!

Inside this issue:

- **Why take a Multi-vitamin?**
- **The Dirty Dozen Fruits and Vegetables**
- **Choosing the Proper Booster Seat for Your Child**
- **Healthy Recipe: Pineapple Carrot Salad**

Topics include:

- **What is Chiropractic?**
- **Posture and Ergonomics**
- **Nutritional Concepts:**
 - > **Vitamins: How do they work, which ones and how much?**
 - > **Fad Diets: The Facts**



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The Dirty Dozen Fruits & Vegetables Containing the Most Pesticides

If you're concerned about food safety, you probably already look for organic produce at the supermarket. But if you can't always buy organic, you can still dramatically lower your family's exposure to chemical pesticides by choosing the least pesticide-contaminated fruits and vegetables with the Shopper's Guide to Pesticides in Produce.

The Shopper's Guide is a handy, wallet-size card that lists the "Dirty Dozen" most contaminated fruits and vegetables, as well as the 12 most "Consistently Clean" items. It's available for free download at www.foodnews.org.

The Shopper's Guide was developed by Environmental Working Group (EWG), based on the results of nearly 43,000 tests for pesticides on produce by the Department of Agriculture and the Food and Drug Administration between 2000 and 2004. EWG's computer analysis found that consumers could cut their pesticide exposure by almost 90 percent by avoiding the most contaminated fruits and vegetables and eating the least contaminated instead.

Eating the 12 most contaminated fruits and vegetables will expose a person to about 15 pesticides a day, on average. Eating the 12 least contaminated will expose a person to fewer than two pesticides a day.

There is growing scientific consensus that small doses of pesticides can adversely affect people, especially during vulnerable periods of fetal development and childhood when exposures can have long lasting effects. Because the toxic effects of pesticides are worrisome, not well understood, or in some cases completely unstudied, shoppers are wise to minimize exposure to pesticides whenever possible.

While washing and rinsing fresh produce can reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

Choosing the Proper Booster Seat for Your Child

Automobile seats are designed to comfortably contain adult occupants. The seat belt and shoulder harness, were designed to optimally protect adult occupants in the unhappy event of a high-velocity crash. Are children at a disadvantage? Yes, for two reasons.



One reason is that the lap portion of the safety webbing is designed to distribute high-acceleration loads across the bony pelvis in the event of a frontal collision. In youngsters, this belt will typically ride up over the pelvic brim such that the child bears all of the force over the soft abdomen. In more severe loading, spinal injuries can occur.

The other reason kids are at a disadvantage in high-velocity crashes is related to the shoulder sash or shoulder harness. Whereas in adults, it crosses safely over the shoulder in the region of the collar bone, in children sitting lower in the seat, it crosses dangerously across the neck.

There are two kinds of booster seats. The most basic kind is the so-called backless booster seat. The other type is a seat bottom/back combination: the high-back booster. Most also have lateral head protection to prevent lateral flexion excursions in the even more unhappy event of a side-impact collision.

A recent study demonstrated that the high-back booster reduced injuries by 70 percent, while the backless booster was shown to be no more effective at reducing injuries than seat belts without the booster.

Children should ride in a booster seat until they are at least 57 inches tall. Once they have reached this height, if the child cannot sit all the way back

against the vehicle's seat back and bend the knees over the edge of the seat, he or she should remain in a booster. If the seat belt rides up over the abdomen or if the shoulder portion rides over the neck, the child needs to remain in a booster seat.

The Dirty Dozen (buy these organic)

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (imported)
- Spinach
- Lettuce
- Potatoes
- Onion
- Avocado
- Sweet Corn (frozen)
- Pineapples
- Mango
- Asparagus
- Sweet Peas (frozen)
- Kiwi fruit
- Bananas
- Cabbage
- Broccoli
- Papaya

The Cleanest 12 (lowest in pesticides)

- Pineapple tidbits, raisins and grated carrots are mixed with pineapple yogurt and chilled before serving this salad.
- Makes a great sweet summer salad!
- Yields approx. 5 servings
- Ingredients:
 - 1/2 cup raisins
 - 2 cups pineapple tidbits, drained
 - 1 pound carrots, grated
- 1 cup pineapple yogurt
- 2 Tbls. raw sugar
- 1/8 tsp. salt
- Soak raisins in hot water for 30 mins. Drain and dry.
- In a mixing bowl, combine the raisins, pineapple and carrots.
- Mix together the yogurt, sugar and salt. Add to carrot mixture, mix well, cover and refrigerate.

Healthy Recipe: Pineapple Carrot Salad