

# Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”



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WORKS

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## ANTIOXIDANTS: FOCUSING ON VITAMINS C AND E

There are many different antioxidants but vitamins **C, E and beta-carotene**, which is converted to **vitamin A**, are the ones most people are familiar with. This article will focus primarily on vitamins C and E since those are the ones with the most written about them and the ones which are most often taken as supplements.

Antioxidants in general have **many** different functions in the body. In short they help to reduce the damage done to the body by **free radicals**. Free radicals are created in the body due to many different processes. Some would be considered harmful but some are difficult to avoid. Free radicals are formed in the body during **exercise** and even **every time we take a breath!**

Free radicals have the ability to cause damage to other cells in our body through a process called **oxidation**. Antioxidants step in and stop the cycle of damage. Interrupting the cycle of oxidative damage is how antioxidants have the ability to help in so many disease processes.

**Heart disease** is one of the top three killers in the United States. The ap-

proach to reduce the chance of developing heart disease is **multi-faceted** and does not rely with just one “magic bullet”. If you read the last newsletter you know the importance **fish oil** plays in reducing heart disease. Antioxidants play a role by **blocking the oxidation of fats** in the blood stream. Oxidized fats become **rancid** and can begin to clump together blocking blood vessels. Research has shown both Vitamin C and E can play a role in reducing heart disease. It is important to note that supplementing with these vitamins has some benefit but is not as effective as getting them from **natural sources**. (More on that topic on page 2!) Antioxidants protect against heart disease by **preventing the oxidation of cholesterol** in our blood stream. Protecting fat from oxidizing is why it is important to take vitamin E when supplementing with fish oil. The vitamin E protects the fish oil from oxidizing before it can perform its actions on the body.

Antioxidants have also shown **protective action against the ageing brain**. A study in the *American Journal of Clinical Nutrition* showed that women who took Vitamin E and C supplements **scored better on memory tests** than those that did not take supplements. These authors theo-



reached that the **antioxidants protect the brain by neutralizing the free radicals** that can damage the cells in the brain and the connections between these nerve cells.

Increased levels of antioxidants have even been related to **better glucose metabolism** in patients at risk of developing type 2 diabetes. Antioxidants may protect against developing diabetes by **enhancing** the bodies ability to clear glucose out of the blood stream.

This information should **not** be taken to mean that simply supplementing with antioxidant vitamins and not changing **diet and lifestyle factors** is enough to combat diabetes, reduce heart disease or protect our brains from Alzheimer's. Indeed the results from the studies could be attributed to the fact that those who had higher levels of antioxidants were just **eating more fruits and vegetables** in general, which is indicative of a **healthy lifestyle**.

## OFFICE UPDATES

With any luck everyone had **relaxing** and **enjoyable** Holidays. Now that the New Year is upon us I hope you all have **resolved** to take charge of your health by **eating healthy, exercising, and taking care of your spine** with natural Chiropractic care!

Those of you who are current patients may have noticed our newly revamped **kids waiting area**. Since we have so many young **children** coming into the office as patients then waiting while their parents get adjusted, we have added **all new toys** to the children's corner. We even have

great new **stuffed animal chairs** that the children love! We added all of these additions to



our office in mid December. This was our gift for the Holidays to all of our younger patients. You also may have noticed that our **website** is not currently active. We apologize for any inconvenience. We are in the process of completely recreat-

ing the entire site and moving servers. The new site will be full of great information. We plan to have pictures from all of our events, copies of all the past newsletters, links to other articles, and **much more**, stay tuned!

Last but certainly not least we wish to welcome the latest member of our healing team, **Lorrie Ellis**. Lorrie will be helping out our fantastic office manager **Connie** in the evenings. Her dynamic personality and energy have been a great asset to the office!

For more information attend our complimentary and informative "introduction to chiropractic" class held every Monday evening at 6:15.

Please register online or call the office as seating is limited.

## SOURCES OF ANTIOXIDANTS

As was mentioned in the front article the best source for getting the antioxidants we need are to get them **naturally**. This means eating lots of **fruits** and **vegetables**. Citrus fruits, broccoli and some greens are good sources of Vitamin C. Vitamin E is a little tougher to get enough naturally. It is found in some vegetable oils and a few greens. Supplementing with a **quality** vitamin E is a good choice for most people. There are **eight** differ-

ent forms of vitamin E. Most inexpensive brands have a synthetic form that may not provide as much, **if any**, benefit. Look for a **quality** supplement which contains d-alpha-tocopherol and mixed tocopherols, this is the most **natural** type and the one most easily **absorbed** and **utilized** by the body.

While supplementing is a good way to help give our bodies an extra boost and fill in the gaps

in a not so perfect diet, it can **never replace a healthy diet**. Fruit and vegetables contain many other **phytochemicals** that we are only beginning to understand the benefits of and can not be put into a pill. A supplement also does not provide all the **fiber** that the natural sources will.

Finally don't forget your tea! **Green and black teas** contain many antioxidants shown to be cancer fighters.

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