

DR. CORY'S WELLNESS NEWSLETTER

EXTRA! EXTRA! READ ALL ABOUT IT

THE POWER THAT MADE THE BODY HEALS THE BODY

Volume 1, Issue 1

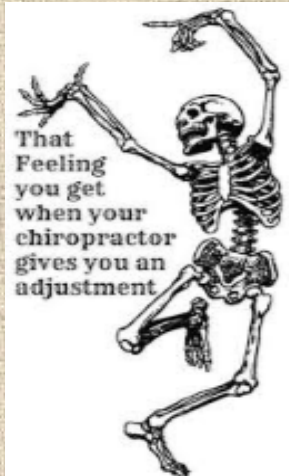
Fall Edition November 2019

THE MISSION

Our mission is to relieve unnecessary human suffering, disease and early death through the 5 essentials of maximized living.

Focusing on helping your body restore its own power and performance starts with optimal nerve supply. We believe this is achieved through core chiropractic care:

- Core Chiropractic
- Nutrition
- Mindset
- Oxygen & Exercise



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BRAIN BODY CONNECTION

In 1997, the Association of Chiropractic Colleges, representing 16 North American chiropractic colleges, reached a consensus that stated:

Chiropractic is concerned with the preservation and restoration of health and focuses particular attention on the subluxation (a slight misalignment of the vertebrae) that compromise neural integrity and may influence organ system function and general health.

The connection of the brain to the rest of the body is the most vital to our existence. Our brain will continuously communicate at a very high speed (over 200 mph) to our spine, down to our nerves, and out to all our organs.

This communication highway is vital for our organs to function at optimal capacity and promote constant healing, continually fighting disease.

COMMUNICATION IS THE KEY

Understanding how our body functions is key to following a path to healing. In an article written by Dr. Russell W. Margach, DC, chiropractic care is described with two basic premises:

1. Spinal misalignments (subluxations) which impinge spinal nerves cause an imbalance in nerve output to the body which results in an unhealthy body and disease.
2. These subluxations are "removed" by spinal "adjustments." Most chiropractors use a type of spinal manual therapy known as adjustments and are among the world's most highly trained in these skills. Consequently, prescription pharmaceutical products and surgery are not the typical therapeutic options for chiropractors.

Subsequently, In an article written by Dr. Michael Pardun, DC, "A bad back or neck will literally give you a bad brain...because many people suffer from undetected spinal imbalance and misalignments...nutrients are not delivered to the brain in the right quantity and quality. A poor spine-brain connection has been the cause of the average brain beginning to atrophy (shrink and deteriorate) ..." The brain keeps the body moving and functioning, but the nutrients that are produced by your body through eating, drinking, breathing, cellular function, keep the brain in a state of developing and moving forward.

DR. CORY'S COMMUNITY OUTREACH PROGRAM

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SUPPORTING LOCAL BUSINESSES & ITS MEMBERS

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IS IT A COLD, AN ALLERGY, AN IMBALANCE, A MISALIGNMENT?

Do you and/or your children have chronic pain, allergies, catch frequent colds etc.?

Have you explored what might be the cause?

Do you experience any of the following symptoms?

Allergies/asthma/frequent colds/sinus

High blood pressure, cholesterol, diabetes

Sleep issues, fatigue, pain, dizziness

Inability to concentrate, digestive, heart-burn

Menstrual problems

Tension/migraine headaches

Cancer, autoimmune, chronic illness



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Q: How do we get FREE advertising/exposure for our business?

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Q: How do I become a new patient of Dr. Cory?

A: Please call our office, Marissa will help you
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ASK US ABOUT OUR HEROES DISCOUNT!

KIDZ CORNER:

SPORTS, FUN & GAMES

A NORMAL DAY IN THE LIFE OF A YOUNGSTER - BUMPS & BRUISES AND SOME MAYHEM?

We all know that children can be very physically active and experience many falls and injuries from sports and basic daily activities. These injuries may cause symptoms including back and neck pain, stiffness, soreness or discomfort. Throughout pregnancy, birth, and childhood, the chiropractic lifestyle offers choices and benefits for your greater health and well-being. Chiropractic adjusting techniques are modified to fit a child's size, weight, and unique spinal problem.



WHAT IS A FEVER? WHAT SHOULD WE DO ABOUT IT?

"The body is amazing. The more we honor it, the better we are" says Dr. Dan Sullivan, chiropractor, speaker, author and one of the most sought after health experts in the United States. He's well-known for showing chiropractors the profound science and proof behind what they do to give them certainty in communicating to the public.

"It has been said that when a fever reaches 102 degrees, a group of proteins called interferons are produced that help prevent viral replications and inhibit cancer cells. And at 103 degrees, all nutrition to the spleen is shut down to starve any bad bacteria that are present or multiplying. Food for Thought:

If a fever is created to trigger healing, what are the consequences of artificially lowering it with patented chemicals?

There is no doubt that running a fever is often accompanied with discomfort, but it turns out that lowering it could delay discomfort and healing even longer.

WHAT DO WE REALLY KNOW ABOUT OUR IMMUNE SYSTEM AND THE SUPPORT IT NEEDS?

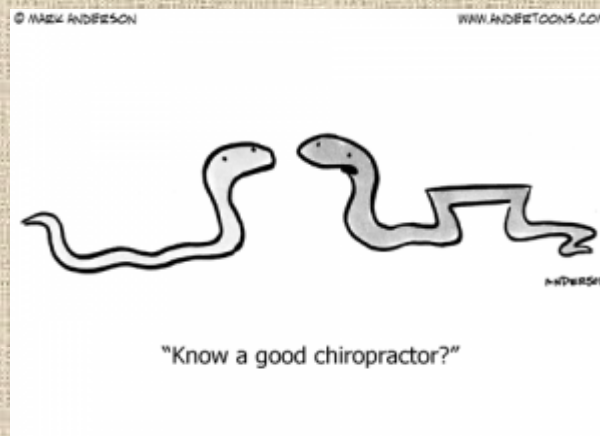
Chiropractic Care and Your Immune System

In an article written by Katie Gilbert published August 24, 2006, "Immune Boost: This is spinal Zap," she discusses giving your immune system a "leg up" with chiropractic care. Ms. Gilbert recants that chiropractic care was linked to an improved immunity as far back as 1917 during the deadly flu epidemic. It was discovered that chiropractic patients fared better during the epidemic than patients that did not receive chiropractic care. This realization prompted a study to be conducted which revealed that flu victims under chiropractic care had approximately 25% death rate, which was much lower than the normal rate of 5% among flu victims who did not receive chiropractic care.

Subsequent and more recent studies have also found that chiropractic care can improve immunity. The National College of Chiropractic in Lombard, Illinois, conducted a study and found that "disease-fighting white blood cell counts were higher just 15 minutes after chiropractic manipulation was applied to the back". In addition, a similar study "investigated the immune system response in HIV-positive patients under chiropractic care. After 6 months of treating spinal misalignment, the group receiving the chiropractic treatment showed a 48% increase in white blood cell counts. Conversely, the group that did not receive chiropractic manipulation experienced a 7.96% decrease in immunity cells". This is a very important distinction with patients receiving chiropractic care. Imagine the advantage to your immune system: For someone with a debilitating disease, how much improvement could be gained? For someone without a chronic or debilitating disease, how much improvement in overall general health and longevity?

In an article dated April 8, 2019 in ChiroHealthUSA, it was reported that "spinal adjustments have been shown to boost immune function because they serve to correct the spinal misalignments that cause neural dysfunction. Neural dysfunction stresses a body out, which may lead to a weakened immune system and lowered response to a foreign body such as the cold virus."

"Organs that have a strong relationship with the immune system, such as the lymph nodes and the spleen, communicate with your brain and nerves. If your nervous system isn't functioning at an optimal level, a communication breakdown can occur." Correcting a spinal misalignment that is stressing your nervous system and/or particular organs can bring about an immediate benefit to your immune system. Improving the connection from your brain to your spine and nervous system can only improve overall health and immune function.



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RESTAURANT & BUSINESS REVIEW

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Unleash LIFE

**JUICING - SHOULD WE OR SHOULDN'T WE?
COLD PRESSED OR HEAT PROCESSED?
GLASS OR PLASTIC?**

After meeting Tayana and Kelly, owners of **Unleash LIFE**, it was apparent that they share a true heart to help people with their organic, cold pressed, glass bottle, juice delivery service. It was easy to see how **Unleash LIFE** has had so much success throughout Broward, Dade and Palm Beach Counties.

After experiencing some debilitating injuries and health concerns, Tayana began her research and started on her road to recovery with cold pressed organic juicing. Tayana's research uncovered that the cold pressed juice process creates juice that is 3-5 times higher in nutrient and enzyme levels compared to juice made from a traditional or centrifugal juicer (heat processing) which can destroy or damage the live nutrients. Tayana found that cold pressed juicing is more conducive for the purest and fastest absorption of the nutrients for the body.

Her recovery was remarkable, Tayana experienced higher energy, mental clarity, improved sleep, increased motivation, decreased inflammation and pain. Co-owner, Kelly, experienced significant relief from her symptoms as well, which led to the creation of **Unleash LIFE**.

Their mission is to share the juice with thousands. The reason for glass bottles is to make sure that once the nutrient rich juice is bottled, that the chemicals from plastics do not seep into this wonderful elixir.

With incredible testimonials, Tayana and Kelly plan to continue to help as many people as they can with their nutrient rich juice delivery service! <https://unleashlifejuice.com/>

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HEROES CORNER

PARTNER WITH US ON THIS JOURNEY OF COMMUNITY OUTREACH OUR LOCAL HEROES!

POLICE, FIRE RESCUE, FIRST RESPONDERS, TEACHERS & OUR MILITARY - ACTIVE & OUR VETS.

THE MEN & WOMEN TO WHOM WE OWE OUR FREEDOM AND SAFETY

WHAT CAN THEY SHARE WITH US TO HELP KEEP US SAFE?

Our Heroes Corner focuses on men & women who have given so much to our country and the knowledge and experiences that they can share with us, along with their daily sacrifices.

We spoke with Javier Saavedra, a former Marine who has served our country with honor and humility. Javier is currently enrolled in medical school continuing his career to serve others. Javier talks to us about his experience in the Marine Corps as a Rifleman, Security Forces, and a Scout Sniper.

We asked Javier some questions about his experiences:

Q: What do you feel made the most impact on you or the impact that you have made?

A: Javier feels that the biggest impact he made during his service was with the Junior Marines in his command. He was a Platoon Sergeant in charge of all training as well as physical fitness training. Javier believes that he was a fair leader and that he trained the Junior Marines to pass the torch and carry the Marine Corps legacy to its highest standards. The biggest impact that the Marines had on him was teaching him how to stay calm during chaos. Javier also feels that the strong lesson of discipline is carrying him through medical school which is noticed by his professors.

Q: During your time in the Marines, can you describe an event that sticks out for you?

A: Javier recants his first day in Iraq, getting hit with indirect fire of mortars and rockets, a scary and pivotal time for his first day of deployment. Javier explains that this first experience put into perspective how his deployment would play out for him and his platoon; it was dramatic and impactful.

Q: Can you describe the comradery and emotions that were involved with your service?

A: "Brotherhood is a big thing and we all looked out for each other...but our immediate family is our squad." Javier explains that his best friends are all Marines due to the deep friendship of caring about somebody else more than you care about yourself. "You are never alone; there is always someone willing to carry your pack for you until you get back on your feet. Our internal struggle is the hardest. Reach out to those who have been in the military to get the help you need."

Q: Can you give us some safety tips for the holidays?

A: Javier reminds us not to drink and drive. For veterans, he wants to stress that there are always places to go with veteran hosted events. During the holidays especially, veterans can get lonely and depressed; being around like-minded veterans helps a lot. Javier explains that he is a huge advocate of suicide awareness and that the suicide rate is much higher for veterans around the holidays.

While interviewing Javier, what stood out most was his modest and soft-spoken nature about his journey. Javier speaks openly about going to therapy and talking about what he saw and the impact it has made on him. He wants to send a message to veterans to always seek help with Facebook groups, VA groups, and family. Javier went to Washington, DC to talk to Marines and kids that were interested in joining the Marines, to give a pep talk and guidance how he felt he matured from his service. He wants to let veterans know that they are not alone and to get help.

THANK YOU TO ALL OUR HEROES FOR THEIR SACRIFICE AND SERVICE!

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OUR LOCAL HEROES

POLICE, FIRE RESCUE, FIRST RESPONDERS, TEACHERS,

AND OUR MILITARY – ACTIVE AND OUR VETS

SILENT HEROES

ELITE FOUNDATION

Educating, empowering, equipping, and leadership training; these are the pillars that Dr. Jessica Vera, Ph.D., founder of *Elite Foundation*, uses in her practice of co-creating a future for victims of human exploitation and trafficking. Out of all of the silent heroes that are often overlooked, this writer found this very important and life changing organization. The *Elite Foundation* is saving lives every day, helping to prevent and helping with the aftermath of human exploitation. There are several forms of exploitation: labor, sex, drug, debt, etc.; Dr. Vera utilizes her training and personal experience with abuse, to help victims and those who have been affected.

The holiday season is an important time to bring awareness to prevent our loved ones from coming into contact with any traumatic encounter of human trafficking or abuse. Dr. Vera's personal experience with a tragic, close call, with her daughter put into perspective how close these predators can come. Her daughter had been conversing online with someone she thought was a boy her age, sixteen years old. Unfortunately, this "sixteen-year-old" was part of a sex trafficking ring in the Aventura area, seeking to recruit her daughter. Teaching young adults to be vigilant on social media and how to identify important signs is a crucial part of preventing them from becoming a tragic victim. Coaching our children to follow their instincts, not to meet people they met online, and to get an adult and/or the police involved when something seems questionable, are integral components of awareness. This will aid in the prevention and exploitation by these invasive traffickers.

Dr. Vera was a victim of traumatic events as a child that led her to create the non-profit foundation and to the position of leadership she holds today. Powered by people coming together to put an end to human trafficking, the mission is to raise awareness, empower survivors, and fund the freedom of the victims. Dr. Vera is a survivor of incest, significant sexual abuse and violence and has been involved in many aspects of social awareness and victim support in her lifetime. She chose the path that would allow her to be an advocate for those that may not have had a chance to live a normal life after their experiences as victims of human exploitation. *Elite Foundation* is a nonprofit organization whose "vision is to co-create A Future for Every Survivor." The organization hosts events for both men and women as well as finding the best, personal restoration services for each survivor.

Contributed by Tori Christensen



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