

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



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REMEMBERING

November 11 is dedicated to remembering those who have made the ultimate sacrifice to assure we can live in a free world today. "Lest We Forget." Remembering is a very important thing for us to do.

What happens when we want to remember things but we can't? A person looks familiar, but what is their name? Where did I leave my keys? Why did I come into this room? When a person's memory doesn't work as well as it use to, it can be very frustrating. How well our memory working can be an indicator of overall brain function.

In recent years our understanding of how memory works has improved exponentially. The process of memory requires two things to happen. First what we want to remember needs to be encoded in the cells of the brain. Then the information has to be retrieved. Both steps require complex neurotransmitters in order to be successful. Unfortunately, for many reasons these transmitters may be in short supply or interfered with producing subsequent memory failure.

Modern diets are often lacking the building blocks necessary for producing neurotransmitters and they contain substances that destroy or inhibit neurotransmitters. Either way what we eat or don't eat can have a profound effect on the way the brain works. Unfortunately getting good brain food is becoming harder and harder to get through diet alone because we consume more and more processed foods.

The best way to prevent and reverse memory loss is by eating a diet high in unprocessed foods. Vegetables, fruits and free range meats contain most of the building blocks for the brain's neurotransmitters. For most people however, the easiest way to get the necessary building blocks is to take nutritional supplements. For memory and brain health, a high quality multivitamin/mineral along with additional EPA/DHA from fish oil, antioxidants, and Coenzyme Q10 should be taken. Two supplements that specifically help memory are Acetyl-L-Carnitine (ALCAR) and Phosphatidylserene (PS). (Don't let the big names scare you. These are naturally occurring compounds that are essential for the brain to work.)

You may be wondering why a chiropractor is interested in memory and brain function. The reality is that the brain along with the spinal cord are the central part of the nervous system and chiropractors focus on the proper functioning of the nervous system. When the nervous system functions without interference the body has the opportunity to be healthy. Is your forgetfulness a sign that your nervous system needs some help? Perhaps, we can help.

Chiropractic for a better you



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