

How Sweet it...isn't: The Dangers of Artificial Sweeteners

With the prevalence of cunning marketing campaigns that prioritize corporate profits over public health, it can be hard to know what eating healthy actually means these days.

A perfect example of a product that supposedly aids in maintaining a healthy lifestyle is the artificial sweetener. Most people are probably aware of the popular artificial sweetener brands; and at first glance, these products may seem like the ultimate salvation to a dieter craving a sweet treat since the sweeteners have low to negligible calories and are much sweeter than conventional sugar. But with these chemically-derived

products now appearing in over 6,000 products, it's important as consumers to arm ourselves with the knowledge of what these sweeteners could potentially do to our health.

Aspartame, which is one of the best known sweeteners on the market, is featured in 80% of the complaints to the FDA about food additives. Aspartame does not get metabolized by the body, which leads to symptoms ranging from headaches to more severe side effects like seizures. In addition, some artificial sweeteners have been found to reduce good bacteria in the gut. So before you reach for that packet of sweetener again,

you might want to consider sweetening your baked goods, drinks, and coffees with a natural alternative.

Goodness Me! Natural Food Markets have a large variety of sweeteners depending on taste and what you plan to use it for; agave nectar, stevia, maple syrup, honey, natural fruit juices, barley malt, coconut sugar, and rice syrup are just a few of the natural alternatives that are available. Though relying on artificial sweeteners can seem tempting, using natural sweeteners will be an investment in your health for the long term!■

I Wish I Could Get My Spouse to Come In!

It's something we hear all the time. If you've experienced great results from care in our practice, it's only natural to want someone you love to benefit too. Here are some approaches you may find more helpful than threats.

Ask questions. Rather than judge their unwillingness to try chiropractic, become curious. Since our behaviours are the result of our beliefs (conscious and unconscious), try to find out what belief(s) are standing in the way. Often it's some unfounded fear or misconception. Find out what the real issue is.

Supply information. One of the best ways to defuse irrational fears is by sharing information. Let us know how we can help.

What could we do to equip you with the information you need to make a difference?

Offer an invitation. We are open and welcoming to skeptics, doubters and cynics! We stand ready to field phone calls—even anonymous ones. Or bring your loved one with you to take a tour on your next visit.

Give it time. Change takes time. Whether it's making changes to the spine or changing someone's beliefs. Be patient. Trust that your friend or family member will choose chiropractic if and when the time is right.

Every bodily function, controlled by our nervous system, is the key idea behind chiropractic. And since we experience our lives

through our nervous systems, the decision to use chiropractic has huge implications. When you tell others, you're changing the world.

Remember with the dawn of a new year brings the start of most insurance benefit coverage for the year. Be certain to take care of your and your family's spines and nervous systems ... for LIFE!

For an introduction to chiropractic, encourage your loved one to attend one of Dr Brad's FREE Health Seminars at *Goodness Me! Natural Food Market* here in Burlington. You can Register online on the *Goodness Me!* website:

<http://www.goodnessme.ca/gmclasscal.php> ■



Sidney Crosby is verging on a comeback—and a little-known treatment by a Canadian-born chiropractor to the stars may be why...

Sidney Crosby, NHL superstar for the Pittsburgh Penguins, who has been sidelined with a concussion since January; is now Canadian-born chiropractor Ted Carrick's patient.

Maclean's obtained exclusive access to the lab where Crosby saw Carrick, and learned about his unique methods of treating brain injuries. During that time, an astonishing assortment of patients came through the clinic. A wealthy businessman and his son. A prominent NFL player. An NHL rookie and a teenage girl, each with a concussion. An aging biology teacher who'd had a stroke. A boy with brain damage sustained after a van ran him over. A middle-aged physician who'd lost his ability to talk or walk after a tick bite. Says one pa-

tient's relative, "We saw something like nine MDs, neurologists, cardiologists. I've seen nothing that compares to this."

The Penguins' medical team, who have been overseeing Crosby's recovery, also saw an improvement: they ran computerized tests called IMPACT to compare his current neurocognitive abilities with what they were before the concussion. The results were not quite "supernormal," but "the best we've seen" since Crosby got hurt, as Collins said at the September 7th press conference. Sidney Crosby was getting better, and this man, Ted Carrick, was a big reason.

Carrick started out as a chiropractor, but has since developed an encyclopaedic understanding of the brain. "Carrick has a very prominent role in Sidney's current recovery status," Brisson, Crosby's agent, told *Maclean's*. "He progressed extremely well under Carrick." Just 10 days after the press conference, Crosby joined his teammates on the ice for the first day of training camp. Three-and-a-half weeks after that, Crosby was cleared for contact—the final step before returning to play. Now, after nearly a year of nagging symptoms that have included fogginess, light-headedness and nausea so paralyzing Crosby couldn't drive

or watch TV, and after a slew of setbacks each time he pushed too hard while exercising or skating, the greatest hockey player of this generation is verging on a comeback—perhaps because of a rela-

tively unknown therapy he received at a relatively unknown university from a relatively unknown man who isn't even a medical doctor.

One thing Carrick says skeptics fail to mention when comparing his methods to the current "rest and wait" approach, which is what Crosby ad-

hered to during most of his recovery, is that "the gold standard people had him for eight months, you know?" he says. "That's the gold standard, right?" ■

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INSIDE THIS ISSUE:

- 10 Reasons NOT to Eat Sugar
- Upcoming Events at Life Chiropractic
- 10 Foods That Taste Great – And Help You Lose Weight!
- How Sweet it...isn't: The Dangers of Artificial Sweeteners
- I Wish I Could Get My Spouse to Come In!



LIFE Chiropractic Centre

Visit our website:

905-335-LIFE (5433)

www.lifechiropracticcentre.ca

We help families build vibrant, healthy, drug-free lives

10 Reasons NOT to Eat Sugar!

Sugar, in its many forms, is an increasingly common ingredient in processed foods. Many of us eat the equivalent of 53 teaspoons of white sugar every day!

Ten reasons to avoid refined (white) sugar:

1. Sugar contributes to tooth decay. It decreases the effectiveness of a particular type of white blood cell that "eats" harmful bacteria.
2. Sugar causes the body to release more adrenalin, often causing hyperactivity in children.
3. Calcium loss in urine occurs when a person consumes a soft drink containing sugar.
4. Ingesting sugar makes the pancreas work harder to produce insulin. Diabetes results when the overworked pancreas can no longer eliminate sugar from the blood stream.
5. Bleached with chlorine, when white refined sugar is exposed to certain organic compounds it converts to dioxin, which is a lethal compound.
6. Sugar can hinder weight loss because high insulin levels (see number 4 above) cause the body to retain any excess carbohydrates as fat.
7. Sugar increases the likelihood of chronic fatigue.
8. Sugar increases mood swings, irritability and anxiety.
9. Sugar compromises the immune system. It lowers the efficiency of white blood cells for a minimum of five hours after ingesting the sugar.
10. Eating sugar can decrease good cholesterol (HDLs) and cause an increase in bad cholesterol (LDLs). ■

LIFE CHIROPRACTIC CENTRE: Upcoming Events

JANUARY

January 18th, 7-8 pm at Goodness Me! Dr Brad is hosting a FREE health seminar (details below). Register online on the *Goodness Me!* website: <http://www.goodnessme.ca/gmclasscal.php>

January 25th, 7-8 pm at Life Chiropractic Centre Dr Brad is hosting a FREE stretching clinic. Everyone welcome! Bring a friend! (Wear loose clothing.)

FEBRUARY

February 13th: Patient Appreciation Day at Life Chiropractic. Healthy snacks...*on the house!*

February 22nd, 23rd, and 25th: Family Day Posture Clinics. FREE Posture assessments for the whole family (\$85 value/person). Appointment required. Call 905-335-LIFE (5433).

TBA: FREE Bra Fitting Clinic. Encourage good posture and attend this FREE seminar with the staff from *Bocana Boutique*.

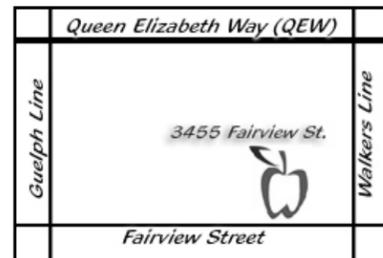
Know Someone Who Could Use Our Help?

WEDNESDAY, JAN. 18th
7pm—8pm

Recommend your friends and family attend Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me!®. *The topic of discussion will be:*

"Take Control of Your Child's Health"

GOODNESS Me!
natural food market



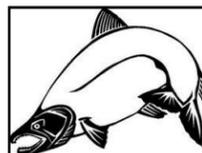
10 Foods That Taste Great - And Help You Lose Weight!

What if I told you there was a magic food that would make you drop the pounds and get healthy just like that? Wouldn't that be wonderful? Unfortunately, there is no magic weight-loss food - if there were, the battle of the bulge would not be so hard for some of us. There are some foods that can help you slim down though, if you include them in a healthy, balanced diet. Listed below are

ten for you to try, and better yet, they're all delicious! Get creative and dig in.

SALMON:

Salmon is one of the best and purest sources of omega-3 fatty acids. Though there's the misconception that all fats are bad, the truth is that some fats are good for you. The fats in salmon are



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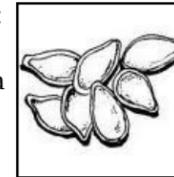
great for digestion, gut integrity, and increasing fat burning, therefore helping support weight management!

ALMONDS: Healthy fats, vitamin E, antioxidants, magnesium... these little wonders have it all! Almonds deliver a powerful heart-healthy punch in a small, rather tasty package. And weight loss? Since almonds are packed with healthy fats and protein, grabbing a handful as a snack will keep your blood sugar balanced and your appetite under control.



PUMPKIN SEEDS:

If you're going to have almonds for a snack, throw in some pumpkin seeds as well! They're loaded with zinc, magnesium, iron, and healthy fats to keep your appetite at bay and your cravings down - which means less aimless snacking. Pumpkin seeds also release serotonin (your happy hormone!), so you'll feel good about your choice.



QUINOA: A delicious, gluten-free treat! Quinoa (pronounced *keen-wa*) is an excellent source of complete proteins, which means it helps you stay full for longer. Try it in place of pasta or rice to add more nutrition and less empty calories. Adding cooked quinoa to a veggie stir fry with balsamic vinaigrette dressing is a complete and healthy meal!

EGGS: I know what you're thinking... aren't eggs high in saturated fat and cholesterol? Sadly, the egg has become misunderstood. One

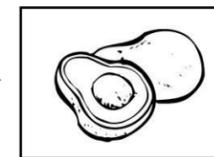


egg carries about 6g of protein along with beneficial fats, making eggs filling and satisfying. And with so many ways to enjoy them (hard or soft boiled, poached, in a nourishing veggie omelette) go ahead **and crack a few!**

SPINACH: Spinach just doesn't get the praise it deserves. It's low in calories while being extremely nutrient-dense, giving your body much of the nourishment it needs, leaving you feeling satisfied after a meal. It's also very versatile: it makes for a great salad, tastes great in stir fries and omelettes, and is great in energizing green smoothies. Try using spinach in one meal a day!

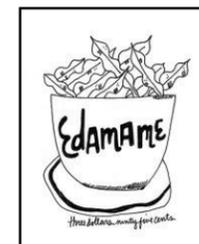


AVOCADOS: Another food high in healthy fats, but also high in fibre! The fat and fibre content in just one avocado helps keep your blood sugar stable, boosting energy and killing cravings. The fibre aids your digestive system, keeping things moving and healthy. Turn to page 14 for an amazing guacamole recipe starring these weight-busters!



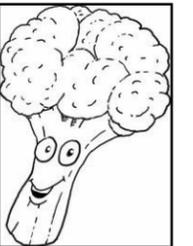
EDAMAME:

You may be familiar with the soybean, but how about its green brother, edamame? Edamame is an excellent source of low-calorie protein and essential amino acids. It's also loaded with heart-healthy fats and tons of flavour!



Try boiling about 1/2 cup of these tasty pods and then seasoning them with Herbamare. Delicious and filling!

BROCCOLI: You've heard it all before: vitamin C, folic acid, potassium, fibre... but are you eating broccoli yet? Broccoli is such a great choice because it's versatile, filling, and nourishing for your body. It offers a satisfying crunch when raw, bursts with flavour when steamed, and tastes great in soups, stir fries, or casseroles. Say goodbye to those late night hunger pains.



WATER & HERBAL TEA: Did you know that often when you feel hungry, you may actually be thirsty?

Drinking about eight glasses a day will keep you more full than you might realize, which means less snacking in between meals. The next time you feel hungry, reach for a glass of water instead, drink, and wait 20 minutes. Still hungry? Or, if you want something a bit more exciting, herbal teas are also a great choice. They count toward your H₂O intake while offering many other benefits, flavour, and comfort.

Getting in shape and feeling healthy isn't always easy - but it doesn't have to be impossible. Try incorporating some, or all of these powerhouse foods into your diet, and you'll be rewarded with benefits.

Bon appetite! ■

