

# *Wills Family Chiropractic*

## *January News Letter*

“Should auld acquaintance be forgot...”  
is the first line to the famous Auld Lang  
Syne. It epitomizes putting the past behind  
us in the New Year.

***“Therefore, if anyone is in Christ, the new  
creation has come: the old has gone, the new  
is here!”***

– 2 Corinthians 5:17

***“Brothers and sisters, I do not consider myself  
yet to have taken hold of it. But one thing I do:  
Forgetting what is behind and straining toward  
what is ahead....”***

– Philippians 3:13

“The object of a New Year is not that we should have  
a new year. It is that we should have a new soul.”

– G.K. Chesterton

“We will open the book. Its pages are blank.  
We are going to put words on them ourselves.  
The book is called Opportunity and its first  
chapter is New Year's Day.”

– Edith Lovejoy Pierce

“Character is the ability to carry out a good  
resolution long after the excitement of the  
moment has passed.”

– Cavett Robert

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## Things you may not know about your diet (part 2):

### 6) **Lean meat and low-fat milk should be avoided:**

Lean meat and low-fat milk will cause depletion of essential vitamins A and D, needed for protein and mineral assimilation, proper growth, thyroid function, healthy brain and nervous system and normal cell function.



- 7) **Hydrogenated and liquid vegetable oils contribute to heart disease and many other health problems:** During the period of rapid increase in heart disease (1920-1960), American consumption of animal fats declined, but consumption of hydrogenated and industrially processed vegetable fats increased dramatically. Processed vegetable oils have also been linked to cancer, bone problems, growth problems, learning disorders, autoimmune dysfunction and infertility.



- 8) **A vegan diet leads to serious nutritional deficiencies:** Vital nutrients found exclusively in animal foods include complete protein, cholesterol and vitamins A, D, B6 and B12. We can not get sufficient true vitamin A from plant foods, nor can most of us get enough vitamin D from the sun alone. Vitamin B12 is not absorbed from plant sources, and modern soy products actually increase the body's need for B12. Those who do not eat meat can have a healthy diet by consuming eggs and raw dairy foods from animals on the pasture, and by avoiding modern soy foods.



Early vegetarians returning from the kill

- 9) **Not all "organic" foods are healthy:** Organic pasteurized milk, breakfast cereal, chips, cookies, crackers and fruit juice are highly processed, refined convenience foods lacking vital nutrients. Although the organic label for meat and milk ensures the absence of hormones, antibiotics and pesticides, such products may still come from animals in confinement and therefore lack vital nutrients for growth and immune function.



- 10) **Breakfast cereal is a junk food:** Cold breakfast cereals are produced by a process called extrusion, which causes the deformation, disruption and dispersion of the proteins in grain. Unpublished studies indicate that these chaotic protein fragments are toxins, causing havoc in the gastro-intestinal tract and nervous system of test animals.

## Did you know?....

**Chiropractic Care Encourages Increased Physical Activity:** New patients frequently find that chiropractic care jump starts them toward a more wellness oriented lifestyle, simply because they can move more freely and easily, not to mention less pain. For instance, many chiropractic patients report improved function... and with that, an increased ability to stick to a regular exercise program.

Chiropractic care helps to improve your health from the inside out. Each adjustment builds on the one from before and each time you are adjusted, your nervous system (the master control system of your body) is functioning better than before.

[Http://drcaram.com/10-reasons-to-see-a-chiropractor/](http://drcaram.com/10-reasons-to-see-a-chiropractor/)

Top ten reasons to see a Chiropractor by Anderson Chiropractic Group



## Hours of operation

Monday 9am-noon      2pm-5pm

Tuesday 8am-noon      3pm-7pm

Wednesday      - CLOSED -

Thursday 8am-noon      3pm-7pm

Friday 8am-noon      1pm-5pm

Saturday      8am-11am

\* For emergencies email [drjason@willsfamilychiropractic.com](mailto:drjason@willsfamilychiropractic.com)

# A Secret of Anti-Aging

(By Stephanie Relfe & Michael Relfe)... revised by Dr. Jason

Anti-aging is possible. The body is designed to heal and repair itself. We like to call this ability innate. Everyone has an inborn capacity to heal and repair with the aid of *Proper* nutrition. The body requires two vital entities to complete this - energy and raw material. These two requirements are needed to maintain the cell's proper functions. The body is made up of living cells and these cells need food. *Proper* food to keeps them strong. Cells die and replace themselves constantly whether you like it or not. To understand anti-aging, you need to understand that when a cell replaces itself it has three options that it can replace itself with:

1. A cell may replace itself with a weaker cell each time. A cell will do this if it hasn't had the right **NURTITIONAL** foods available to it. This process is called **DEGENERATION**.
2. A cell can replace itself with the same strength cell. This means the body doesn't improve... or stays the same. That is what's called a chronic condition.
3. The cell is capable of replacing itself with a stronger and better cell. This will happen only if the cell has an abundance of energy and the correct raw materials. This process is called **REGENERATION**. It is the essence of anti-aging.

Many of the foods that we have been told are good for us in actual fact may cause degeneration. This can be shown by muscle testing. **Dr. Jason** can supply you with information on which foods to avoid to stop degeneration, and which foods to buy to aid regeneration and anti-aging.

Foods which usually cause degeneration and aging are:

- White Sugar
- White flour
- White rice
- MSG
- Caffeine
- Milk Chocolate
- Microwaved food
- Artificial sweeteners (esp. aspartame/nutrasweet)
- High levels of carbohydrates
- Milk(especially homogenized milk) and cheese
- Smoking cigarettes
- Processed foods of any kind
- Drinking alcohol
- artificial colorings
- additives
- Preserved meat
- Moderate to high levels of meat
- Meat from animals on unnatural diets
- \* Fried food
- \* Chips/french fries
- \* puffed grains
- \* Soy Products
- \* Seafood which are garbage eaters  
Foods with high levels of mercury  
Aluminium (cookware)
- \*\* Anything genetically Modified
- \* Margarine
- \*\* Vegetable oil, Canola oil,  
cotton seed oil, Hydrogenated oil,  
any oil not cold/expellerpressed

## #3 Reason To Get a Massage...

Improve Circulation of vital nutrients and removal of toxic waste:

Your massage therapist uses specialized techniques called effleurage to stimulate blood and lymphatic fluid circulation. The increase in circulation brings blood with oxygen and vital nutrients to the area that will help to heal and restore it and also removes toxic wastes that have accumulated.

[Http://www.rennwellness.com/the-top-7-reasons-to-get-a-massage-today.html](http://www.rennwellness.com/the-top-7-reasons-to-get-a-massage-today.html)

### Hours of Operation

Monday 2pm-close

Tuesday 3:15pm- close

Wednesday -Closed-

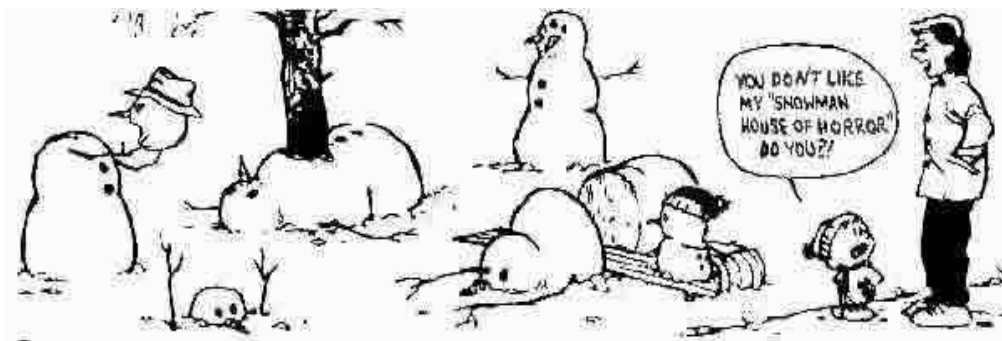
Thursday 3:15pm - close

(every other Friday)

Friday 1:15pm-close

Appointments are in 15 minute increments. (Please specify if you would like a time slot for more or less than an hour)





JUST  
4  
FUN



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