

Change Your Diet, Save Your Life!



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"You are what you eat" is a timeworn phrase that's been around for decades. And its relevance in our daily lives is just as important today as it was when it was first coined. If you eat things that don't feed your body properly, poor health, weight issues and illness are sure to follow. But if you eat a diet rich in healthy foods, you're sure to look and feel better, not to mention be sick less often.

It can seem difficult, if not impossible, to avoid over-processed and chemical-laden foods. Visit any

grocery store and a quick stroll down the aisles will open your eyes to the immense amount of less-than-wholesome foods we're encouraged to eat every day. Eating this way takes its toll on our bodies, most frequently raising cholesterol and triglyceride levels and destabilizing our blood sugars, paving the way for possible heart disease, type 2 diabetes and obesity. But there is hope.

At Crosby Chiropractic, we offer a wide-range of services from chiropractic and acupuncture to nutritional counseling. I enjoy nutritional counseling because it gives me the chance to help educate my patients not only on healthy eating, but on healthy living in general. Plus, by modifying the diet to better serve the body, other treatments applied tend to "take" better and the results last longer. Moving the body from status quo to an upward trajectory of healthful habits just makes sense.

The first step toward understanding how your body is processing the foods you feed it is blood work. This establishes your baseline measurements for cholesterol, triglycerides and blood sugars. We can test for absorption rates for vitamins and minerals, too. Once your baseline is complete, we can formulate a plan.

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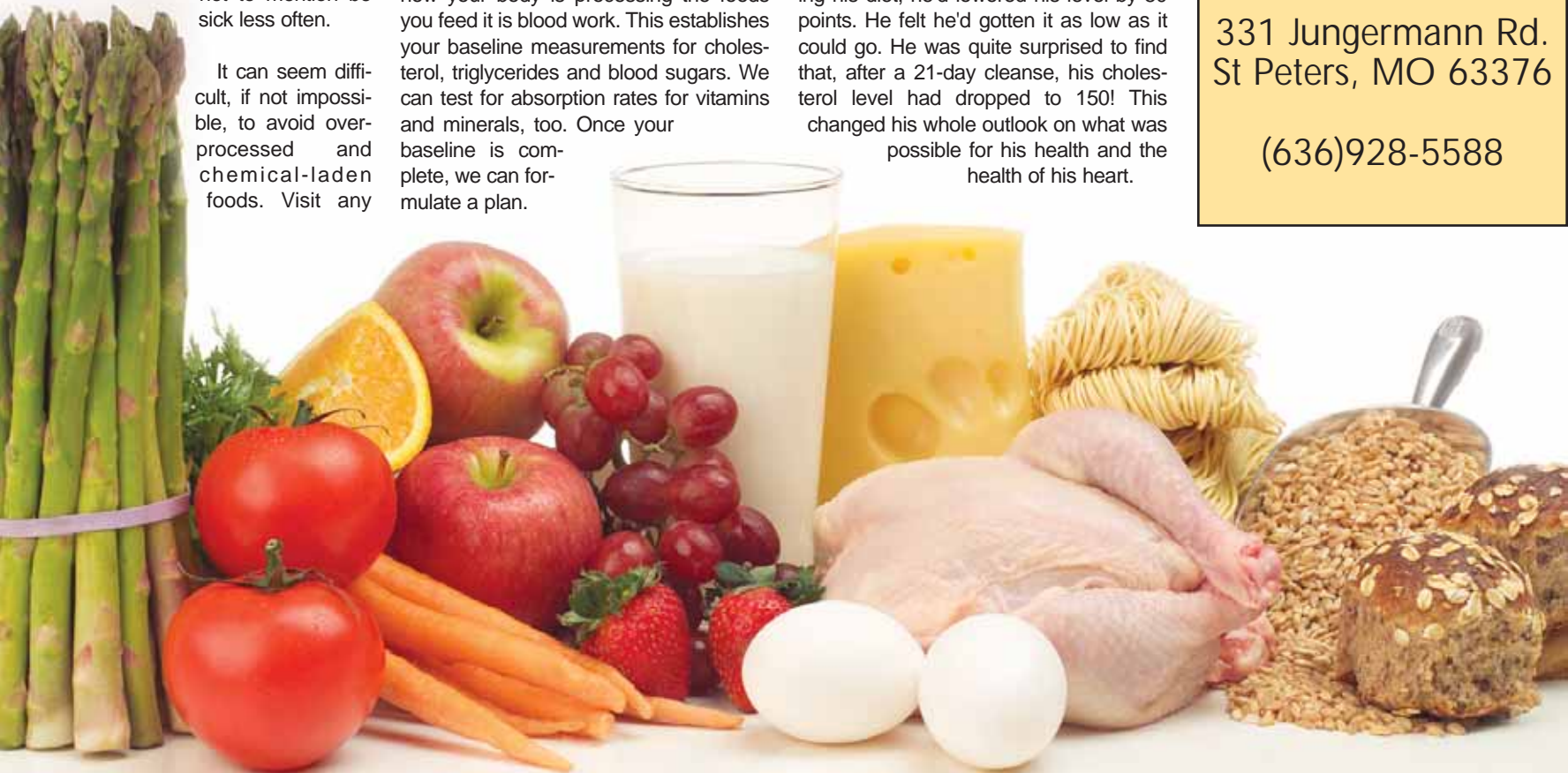
The second step typically involves some type of whole body cleanse. This step involves letting go of things such as processed foods, coffee (caffeine), alcohol and sugar and incorporating whole foods into your diet - basically, the foods you find on the perimeter of the supermarket. These include fresh fruits and vegetables, lean meats and dairy and limited grains. The cleanse can last from 21 to 28 days, depending upon your blood work numbers. Once your cleanse is complete, we redo your blood work to determine how the cleanse has affected you. It's always a delight to see a patient's face light up when they see improvement in their numbers.

Here's one example of how a whole body cleanse can completely change a person's physiology in just 21 days. My patient, "Bill", came to me with a cholesterol reading of 250. This was down from the high of 300 he'd been informed he had after routine blood work. By modifying his diet, he'd lowered his level by 50 points. He felt he'd gotten it as low as it could go. He was quite surprised to find that, after a 21-day cleanse, his cholesterol level had dropped to 150! This changed his whole outlook on what was possible for his health and the health of his heart.

Other patients have experienced a reversal in osteopenia and osteoporosis, a reduction or stoppage of statin (cholesterol lowering) medications, and a reversal of the onset of type 2 diabetes. Frequently, these patients view nutritional counseling as their last resort before moving into pharmaceuticals-for-life. By making simple, but effective changes in their dietary intake, patients often live issue-free with many never needing the prescriptions their doctors have suggested for them.

It isn't a given that we must resort to pharmaceutical intervention as we age. Improving your nutritional intake with whole foods, effective supplementation and an active lifestyle can reverse or prevent health issues that could, literally, stop you dead in your tracks. Give us a call today at (636)928-5588 to schedule a nutritional consultation.

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