

## COMMUNITY RESOURCES

## HEALTH TIPS


**From Your  
Neighborhood  
Chiropractor**

By Dr. Ross Royster,  
D.C.

**The Power That Made the  
Body Heals the Body**

This quote hangs in my treatment room. It is not a religious statement, it is just fact. To understand it and to understand what it is to be well, you will probably have to change the way you think about health. As Albert Einstein stated, "The world we've created is a result of the level of thinking we've done thus far, and it produces problems, the solution to which does not exist at the same level of thinking." And, we do have problems with our nation's health.

The *Journal of the American Medical Association* reports that of thirteen countries studied, we ranked twelfth (second from the bottom) in overall health. Yet, we pay much more for health care than anyone else: \$4,887 per person per year (Canada at a distant number two is \$2,792, and the Bahamas at number three at \$1,220). As *The New England Journal of Medicine* put it, "The American healthcare system is at once the most expensive and the most inadequate system in the developed world." The lesson to be learned here: Don't look to medicine for health. I believe that American medicine is the best in the world for emergency care, but leave it at that.

I think the crux of the problem with medicine is that it is geared to alleviate symptoms with medication. This doesn't make sense for two reasons:

1) Symptoms are the body's natural response to the environment or condition it is in. Automatically the body strives to function well. Symptoms are the natural signs of the body adapting.

For example, an elevated body temperature is a sign of the body speeding up its metabolism to control the spread of an unhealthy organism or to stop an infection. To lower the temperature with medication will interfere with the body's ability to do its job.

Another example is pain. Pain is an alarm system in the body that tells you that something needs attention, similar to the smoke detector in your home. You certainly don't want to disarm your smoke detector, and that would be your last thought if it went off in the middle of the night. Yet, how often do we take pain medication and do nothing to correct the cause of the pain?

2) All medication is, to some extent, poison, in that it all has some undesirable effects, especially if taken by the wrong person, at the wrong time, or at the wrong dose. Medication doesn't just affect the part of the body it is intended for, because it is distributed throughout the body by the bloodstream. Since the body is constantly striving to regulate itself, it will do its best to remove medication, like a foreign invader, from its blood. That is the job of your liver and kidneys. Ever wonder why so many medications cause liver or kidney damage? As the body struggles to remove medication, it shows other symptoms, or signs of change, which, unfortunately, are often met with other medication. And the vicious cycle keeps on going! In 2003, there were 11 prescriptions filled for every man, woman, and child in the country.

So, if medicine is not the answer to health, what is? Here's where the new way of thinking comes in. You must realize that health comes from within the body. Your body has a natural inclination to not just survive, but to thrive. You must trust that your body knows what it needs to do to be healthy, and this innate intelligence is far superior to your conscious intelligence, or that of any doctor.

## NUTRITION TIPS



By Deborah  
Roussos, MS,  
RD & Ann  
Martin, RD


**Holiday Eating Strategies**

**The Holidays!** These words bring to mind different images for different people. For many, the holidays are times of sharing and caring. Others find them to be full of rushing and worrying. Many folks are fearful at holiday time because opportunities to over indulge can seem overwhelming. Keeping a level head during the holidays will be easier if you take time to consider the following eating strategies. These tips may help you feel more comfortable and in control of your eating during the busy days ahead.

**Enjoy your favorite holiday treats.** Make food choices based on quality rather than quantity. Allow your self-permission to savor and taste every mouthful of that special food found at this time of the year.

**Eat to feel physically comforted and to nurture yourself.** Simply slow down the pace of meals and snacks so you will have time to realize and enjoy the foods you are eating. Relax and enjoy.

**Delay your decision to eat** when faced with tempting foods. Give yourself time to decide whether you really want the food or is it a means to relax or relieve anxiety. Imagine how you will feel after you have finished eating. You want to be comfortable and satisfied- not too full.

**Remember to exercise** as routinely

as possible. Be an active person when traveling and visiting.

**Set reasonable goals** for the holidays regarding foods and weight management

**Do not skip meals** in anticipation of larger or special holiday meals.

**Eating a variety** of low-fat, fiber-rich foods throughout the day will help you to curb and control your eating when the cocktails, appetizers, candy and nuts are served before the main meal.

**Establish new non-food oriented holiday traditions.**

**When bringing a dish to pass,** choose recipes that use low-fat ingredients, fruits and vegetables, herbs and spices that bring out special flavors but not unneeded calories. Everyone will enjoy your efforts.

**Plan how to use leftovers** in advance. Put them away right after meal; make up dishes to freeze for quick meals later.

**Plan your trip to the buffet line.** Walk through the line first to see what is available and what you really wish to taste, then start slowly with a salad or appetizer, return for the main portion, and then decide what you really would like for dessert.

**Remember:** The holiday season lasts a relatively short period of time. Concentrate on the remaining eleven months of the year. Keep your outlook positive during this exciting but maybe stressful time. Plan to practice sensible eating behaviors and regular exercise to help you have a **healthy and happy Holiday season. Eat as well as you can as often as you can.**

Your body does have basic needs to be in balance and function well. These include a healthy, natural diet (for life, not just until you lose weight), regular exercise with complete mobility, adequate rest, efficient breathing, peace of mind and strong relationships, and, of course, avoidance and reduction of medications and unnatural substances.

Your best defense from disease is to

be healthy in the first place, and when you have symptoms, you must understand what you did or didn't do to cause them. In other words, take responsibility for your own health. When you need professional help, seek out a healthcare provider who has respect and trust in your own ability to heal and who can help you understand how to be well.

Let your money  
**work** for you  
the  
**whole**  
year,  
not once a year.

**Think you need \$4,000 to make your IRA contribution?**  
Think again. You can contribute roughly \$333.33\* a month and still maximize your IRA for the year.

Making your contributions monthly allows your money to work for you throughout the year, rather than missing out on months of potential growth.

Systematic investing does not assure a profit and does not protect against loss in declining markets.

\*Eleven installments of \$333.33 each, one of \$333.37

**Jeff Prebish**

1732 Fordem Ave.  
Madison, WI 53704  
(608) 244-8793  
www.edwardjones.com

**Kevin Faulkner**

301 North Sherman Ave., Suite 200  
Madison, WI 53704  
(608) 241-4796  
www.edwardjones.com

**Call or stop by to learn more.**
**Paul Benrud**

4512 East Washington Ave., Suite 13  
Madison, WI 53704  
(608) 242-0591  
www.edwardjones.com

Member SIPC

**Edward Jones**

Serving Individual Investors Since 1871

**City of Madison Planning & Development  
Home Remodeling**

**LOANS  
4.25%**



TDD: 266-4747



- Windows & Doors
- Electrical
- Insulation
- Furnace
- Roofing
- Siding
- Plumbing
- Structural Repairs

**Terms: 20 Years • Available throughout the City of Madison**

Deferred payment and 1 to 8 unit rental rehabilitation loans also available  
<http://www.ci.madison.wi.us/planning/homeFund.html#assistance>

**266-6557 ext. 310 or 266-4223 ext. 302**