

# Diet for Optimal Health

## The 6 Keys to Health:

1. Proper Nerve Supply...Get your Nervous System Checked!!
2. Exercise for Detox ... 30 minutes per day
3. Real Food ...at least 50% raw, fresh
4. Water .... 50% of your body weight in ounces
5. Rest ... no TV before bed, and sleep by 10
6. Prayer and Meditation .... Daily

Supplements:

Everybody

Everyday

1. Fish oils

2. Pro-biotics

You may need:

1. mineral

Supplements

2. digestive enzymes

### Good Fats:

Saturated Fats from Raw Butter and Coconut oil.

### Bad Fats:

All vegetable oils except cold pressed olive oil

(Vegetable oils are soaked in solvents to extract the oil and then the oil is heated to burn off the solvents creating free radicals)

### Try to eliminate meat if you have to have it then Good Meats:

Hormone free, Grass fed beef/ lamb/ buffalo. Range free, hormone free chicken/turkey/duck. Wild salmon, Tuna and other wild fish are high in Good fats

### Bad Meats:

Grain fed beef, factory farmed animals, get sick and have to be fed antibiotics, sick animals give sick meat. Commercially produced pork is loaded with hormones and antibiotics. Commercially produced hamburger, hot dogs!

### Good Fibers:

Vegetable fibers (broccoli, raw carrots, bell peppers, apples, oranges, cauliflower, etc...) 1 lb of vegetables for every 50 lbs of body weight (Vegetable juicing). Eat a lot of nuts and salads. Bean salads ( Kidney beans, peas, green beans, garbanzo avocados, Anything that has a lot of color and grows in the garden, not processed.

**Soluble fiber** is found in oats, oatmeal, oat bran, beans, legumes, barley, citrus fruits and many other fruits.

### Bad fibers:

Cereal fibers, Fiber from most breads, rice (rice bran is good fiber).

**Dangerous foods/ products:** Aspartame, Splenda, trans fatty acids, All processed Soy products, any product containing hydrogenated oils, all fast food, All fluoride products, pasteurized or homogenized dairy products (raw dairy is ok for you)

For more information ask Dr. John Bergman  
714-962-5891 [www.bergmanchiropractic.com](http://www.bergmanchiropractic.com)

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eye sight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers Cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Help stop strokes	Controls blood pressure	Smooths skin
Bananas	Protect your heart	Quiets a cough	Strengthen bones	Controls blood pressure	Block diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes Blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Against prostate cancer	Combats breast cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats cancer	Helps Insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats cancer	Controls blood pressure
Chili Pepper	Aids digestion	Soothes sore throat	Clears sinuses	Combats cancer	Boosts immune system
Figs	Promotes weight loss	Help prevent strokes	Lowers cholesterol	Combats cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your arteries	Combats cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	Kills bacteria	Fight fungus
Grapefruit	Protects against heart attack	Promotes weight loss	Help prevent strokes	Combats prostate cancer	Lowers cholesterol
Grapes	Great for sight, antioxidant	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green Tea	Combats cancer	Protects your heart	Helps prevent strokes	Promotes weight loss	Kills bacteria

Honey	Heals wounds	Aids digestion	Guards against ulcers	Fights Allergies	Increase energy
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy ,wound healing
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops limes Disease, scurvy
Mangos	Combats cancer	Boosts memory	Regulates Thyroid	Aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthen bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	Prevents constipation	Smoothes skin
Olive Oil	Protects your heart	Promotes weight loss	Combats cancer	Battles Diabetes	Smoothens skin
Onions	Reduce risk of heart attack	Combats cancer	Protects your heart	Kills fungus	Kills bacteria and virus
Oranges	Supports immune system	Combats cancer	Protects your heart	Straightens respiration	Aids wound healing
Peaches	Prevents constipation	Prevents cancer	Helps stop strikes	Aids digestion	Helps Hemorrhoids
Peanuts	Protects against heart disease	Promotes weight loss	Combats cancer	Lowers cholesterol	Aggravates diverticulitis
Pineapple	Strengthen bones	Relieves colds	Aids digestion	Dissolves warts Helps diarrhea	Anti-Inflammatory
Prunes	Slows aging	Prevents constipation	Boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles Diabetes	Conquers kidney stones	Combats cancer	Helps stop strokes
Strawberries	Combats cancer	Protects your heart	Boosts memory	Protects your heart	Helps prevent birth defects
Sweet Potato	Helps eye sight	Lifts mood	Combats cancer	Strengthen bones	Slows weight loss
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	Aids digestion
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood	Protects against heart disease
Water	Promotes weight loss	Combats cancer	Prevents kidney stones	Smoothens skin	Detoxifies your system
Watermelon	Protects prostate	Promotes weight loss	Lowers cholesterol	Helps prevent stroke	Controls blood pressure
Wheat germ	Combats colon cancer	Prevents constipation	Lowers cholesterol	Helps prevent stroke	Improves digestion
Wheat bran	Combats colon cancer	Aids digestion	Promotes healthy arteries	Helps stop stroke	Improves digestion
CHIROPRACTIC	Restores normal motion to the joint	Turns the power of our nerves up!	Effective for over 20,000 different conditions	Prevents poor aging and arthritis	Keeps people in the state of wellness

# Abnormal Posture and its Affect on Stress and the Central Nervous System Function

Dr. John Bergman

**Autonomic Nervous system has 2 parts:  
SYMPATHETIC and PARASYMPATHETIC**

Abnormal structure Causes  
Abnormal Function

## SYMPATHETIC — *Fight or Flight*

Activated  
by :physical ,chemic  
al, or emotional

- \* Increases Heart Rate
- \* Increases Blood Sugar
- \* Increases LDL Cholesterol
- \* Decreases Blood to the Gut
- \* Increases Respiration

## PARASYMPATHETIC — *Rest and Digest*

Activated by :  
Rest, low stress  
**Vital for tissue  
Regeneration**

- \* Increases Tissue Repair
- \* Increases Digestion
- \* Increases Nutrient Absorption

## 3 Types of Stress Activate Sympathetics:

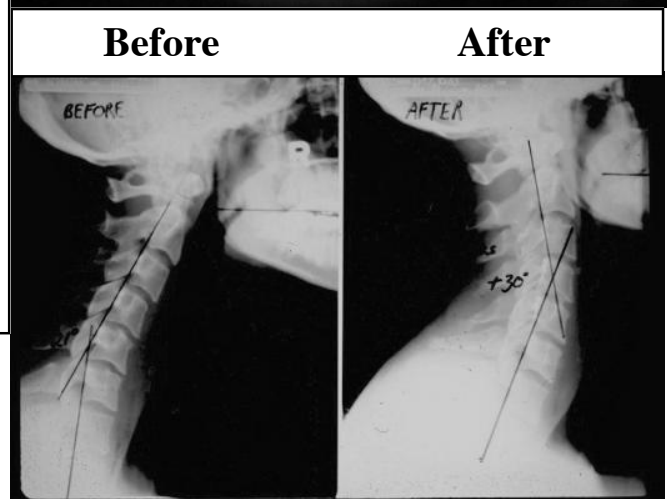
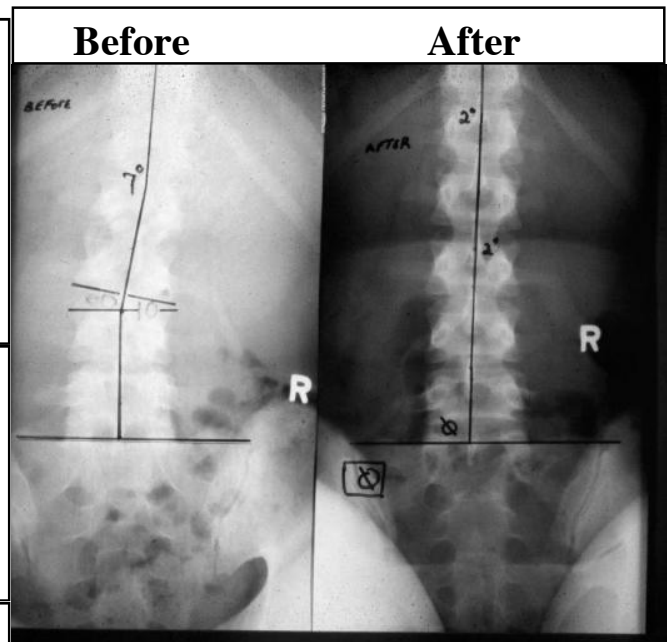
- **Physical** = Birth, Back Packs, Sports, Car Accidents, Poor Posture, Subluxations
- **Chemical** = Poor Diet, Vaccinations, Medications, Toxicities, Subluxations
- **Emotional** = Perception of Environment

### Biomechanical Facts

**Muscles**— 2 types: Postural & Phasic

**Postural** — Increase in Tone Under Stress

- Discs of the Spine can be reshaped by changing the force loading on them!
- Muscle Spasms only come from increased nerve signals !
- Abnormal Posture leads to increased muscle tone !
- Restoring normal structure may restore normal function !



**What you can Do!!!**  
**Know that SYMPTOMS** indicate a problem of structure or function !!!  
**Know that the Nervous System** controls and coordinates **ALL** the systems of the body!!!  
**Know that the Human is a Self Repairing and Self Healing Organism !!!**

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## Diet Change is Part of the solution to Arthritis

A synovial joint is where two or more bones meet and are lubricated with blood plasma filtered through a synovial membrane. Most of the joints of the body are synovial, such as the hip, elbow and wrist. Synovitis is an inflammation that prompts swelling of the synovial membrane. And as you can imagine, it can be quite painful.

Published in the American Journal of Clinical Nutrition, researchers at the University of Manchester report that dietary carotenoids may be associated with a lower risk of developing synovitis, called inflammatory polyarthritis, which is a form of rheumatoid arthritis.

The Manchester team examined dietary intake of carotenoid's by more than 25,000 subjects. All of the subjects were followed up to identify new cases of synovitis. Nearly 90 cases were reported. When the dietary data was scrutinized for and matched with synovitis data, the researchers came up with these results:

- Average daily intake of carotenoids was 40 percent lower in subjects who developed synovitis compared to those who did not

Subjects who consumed the most foods that contained both of these carotenoids had a significantly lower risk of developing inflammatory polyarthritis than subjects who consumed the least of the two carotenoids

In their conclusion the authors noted that, "a modest increase in carotenoids intake, equivalent to one glass of freshly squeezed orange juice per day, is associated with a reduced risk of developing inflammatory disorders such as rheumatoid arthritis."

In addition to protection against inflammatory polyarthritis, studies show that beta-cryptoxanthin contributes to respiratory health. According to a 2004 study, subjects with the highest intake of beta-c had 30 percent lower risk of developing lung cancer.

As with other carotenoids, the best sources of beta-cryptoxanthin are **fruits (oranges, tangerines, watermelon, peaches, papaya, plums, nectarines, and apricots) and vegetables (sweet red peppers, pumpkin, squash, corn, carrots, cilantro and pickles).**

And if you eat a good mix of all these foods you'll be getting a variety of carotenoids, such as zeaxanthin, alpha carotene, lycopene, lutein and others. Which is why a rich diet with a full array of carotenoids may provide more health benefits than isolating and supplementing with any one individually."

# Natural pain relievers and anti-inflammatory

**Ginger:** This herb is anti-inflammatory and offers pain relief and stomach-settling properties. Fresh ginger works well steeped in boiling water as a tea or grated into [vegetable juice](#).

**Boswellia:** Also known as boswellin or "Indian frankincense," this herb contains specific active anti-inflammatory ingredients. This works well with many of my rheumatoid arthritis patients

**Fish and Krill Oils:** The omega-3 fats EPA and DHA found in fish and [krill oil](#) have been found, by many animal and clinical studies, to [have anti-inflammatory properties](#) that reduce joint inflammation and promote joint lubrication.

**Bromelain:** This enzyme, found in pineapples, is a natural anti-inflammatory. It can be taken in supplement form, but eating fresh pineapple may also be helpful.

**Cetyl Myristoleate (CMO):** This oil, found in fish and dairy butter, acts as a "joint lubricant" and an anti-inflammatory. This will also relieve ganglion cysts and a mild annoying carpal tunnel .

**Evening Primrose, Black Currant and Borage Oils:** These contain the essential fatty acid gamma linolenic acid (GLA), which is useful for treating arthritic pain. It is reasonable for many to take these as a supplement, particularly if you struggle with dry skin in the winter, as this is a strong indicator that you are deficient in these fats. GLA supplements from evening primrose oil but borage oil contains a higher concentration of GLA, which means you need fewer capsules, and it tends to be less expensive.

**Cayenne Cream:** Also called capsaicin cream, this spice comes from dried hot peppers. It alleviates pain by depleting the body's supply of substance P, a chemical component of nerve cells that transmits pain signals to the brain.

**Moist Heat :** place a damp cloth in the microwave for a few seconds until hot be careful to not get burned place the moist heat directly on the affected area, this will increase blood flow and increase inflammation and that is how the body heals!