

# **NATURAL HEALTH**

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**[www.naturalhealthquincy.com](http://www.naturalhealthquincy.com)**

Hello Everyone in Natural Health Nation-

I hope that everyone enjoyed the weekend. It was a little rainy but still not too bad. Myself and soon to be Dr. Chip, were in Chicago for an Activator Methods seminar. The theme of our class was called Clinical Topics. Everyone told of personal experiences with helping their patients with many more conditions than just neck and back pain. The instructor gave us lots of information on how to help people with all kinds of problems. We even saw research on how using an activator adjustment can help people with osteoporosis as the release of the normal nerve flow helps to bring healing back to the area of involvement. Unfortunately, when Chiropractors started accepting insurance, we got pigeonholed into the neck and back pain categories, but a good adjustment and the further release of normal nerve energy to heal the body, can help with so much more. Everyone should get adjusted from time to time, even if they don't have pain. The adjustments are very preventative and health promoting.

Our theme this month is Electromagnetic Frequency pollution, so we will be looking at some energy topics. The 1<sup>st</sup> article this week looks at Water and Homeopathy: Latest Discovery at Sciences Cutting Edge. This article dives into the real science behind homeopathy and how water can retain memories. The video that goes with it is a hoot as the presenter is one of those Einstein brainiac types.

The 2<sup>nd</sup> article this week looks at the Ketogenic Diet Protecting against Alzheimer's Disease by Keeping Your Brain Healthy and Youthful. In case you didn't know it, the brain is 60 to 80% cholesterol by weight. The ketogenic diet helps your body to make good cholesterol from the good fats and proteins that you consume. People that eat a lot of carbohydrates, especially refined, have lots of problems with this. Refined sugars are very inflammatory and cause all kinds of problems in the body. The ketogenic diet is very low-carb and has been used for many problem conditions like epilepsy and cancer prevention.

The bonus article this week is called Your Gut Is Your 2<sup>nd</sup> Brain. The article talks about the quality and quantity of good bacteria in the gut. Did you realize there are 100 trillion bacteria and fungi that live there, 200 million neurons which are basically the size of a dog's

brain, and that the immune system is educated by the bacteria that pass through the gut? It's very interesting. **Get Healthy, Stay Healthy, and Live Well**

-Dr. Mark

Health Education Workshop: Tonight, November 5 at 6:00 pm – Toxins in the Home

Chiropractic Education workshop: Tuesday, November 6 at 5:00 pm – Spinal Degeneration

Patient Testimony: ***What was it like before I came to see Dr. Mark?:***

*I was tired all the time, couldn't sleep well. I was bloated. My joints hurt. My sinus was a big problem.*

***How is it now?:***

*I have more energy and I sleep great at night. I am no longer bloated. My sinus are greatly improved. (M.M.)*

Please click links below to read articles from Dr. Mark

[Water and Homeopathy: Latest Discoveries at Science's Cutting Edge](#)

[Ketogenic Diet Protects Against Alzheimer's Disease by Keeping Your Brain Healthy and Youthful](#)

[Your Gut Is Your Second Brain](#)