

# **NATURAL HEALTH**

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

Hello Everyone in Natural Health Nation-

When is winter ever going to stop? I don't think the groundhog got it right this year. This is an old-fashioned winter and we're getting our fair share this year. We're finding a lot of people having trouble with colds and pneumonia type symptoms due to viruses. At the end of the week, I am headed to more classes to hopefully understand why this has been such a problem this year. I know that winter has been long, but this problem is worse than in other years and we're hearing a lot more about it from other folks. What I learn I'll bring back to the office to help all our patients and their friends and families.

Following our February theme of Brain Fog and Forgetfulness, this week's article is a great one to help understand how the brain works and what we can do to help it work better. The article is called A Woman's Brain Looks 3 Years Younger Than a Man's at the Same Age. This goes into an explanation of what fuel source the brain uses and prefers. The article discusses the use of ketones, which comes from a low carb diet, as the preferred source of energy for the brain. We work with this a lot at the office, getting people off refined carbohydrates, but see that we need to work even harder to get people into ketosis and away from all the simple sugars that cause so much inflammation. We also find that women, in general, are more concerned with their health and that men in general are looking for pain relief. There is no reason that men can't catch up by being more aware of what they do with their diet and lifestyle. We do have the ability to change our future when it comes to getting healthy, staying healthy, and living well. It's so important to work towards true health when you can so that as we age, we're not headed to the nursing home or living in a state of poor health and can't enjoy our later years. Just like saving money for retirement, being truly healthy is a wise investment in your future and worth some time and trouble. And just to realize, being pain-free is not being healthy. We help patients monitor their health here at Natural Health every day.

**Get healthy, stay healthy, and live well. -Dr. Mark**

Health Education Workshop: Monday, March 4 at 6:00 pm – Eliminating Food & Sugar Cravings / Food Allergies

Chiropractic Education Workshop: Tuesday, March 5 at 5:00 pm – Headaches / Dizziness

Patient Testimony:

**What was it like before I came to Dr. Mark:**

Before seeing Dr. Mark I was tired, my joints hurt, everything gave me indigestion or heartburn. My hair was dry like straw. I had a craving for anything with sugar.

**How is it now:**

After seeing Dr. Mark I wake up like a twelve year old, full of energy. My joints seldom ache, my indigestion is gone. My hair and fingernails grow quickly, my hair is normal. I no longer wear glasses. I do not crave sugar. I feel fine. (B.D.)

Please click links below to read article from Dr. Mark

[A Woman's Brain Looks 3 Years Younger Than a Man's of the Same Age](#)