

## of the Week...

### What You Should Know About T4...

is involved with providing the primary nerve supply from the control centers in the brain to the *Gall Bladder* – It is commonly found to be an area that is subluxated (misaligned producing abnormal nerve system transmission of information) and associated with such common health complaints as gallstones and gallbladder diseases.

### 7 Healthy Lifestyle Changes For A Longer Life

Everything you put into your body has some effect on your health and well-being.

Some foods may lower the risk of cancer. While there's nothing you can eat that will insure you don't get sick, you can stack the odds in your favor by adjusting your diet.

According to [www.mythirtysot.com](http://www.mythirtysot.com) you may be able to reduce your risk of cancer by eating these foods:

**Garlic** - More than a dozen studies have confirmed eating 1 clove of garlic daily, or taking a garlic supplement can cut the risk of stomach, colon and bladder cancers by at least 30%. It has also been proven to destroy up to 98% of breast cancer cells on contact. Garlic's natural ingredients strengthen the immune system and help destroy abnormal cells.

**Oregano** - Just 1 tsp of dried oregano leaves has as many antioxidants as 3 oz. of almonds, 1/2 cup of chopped asparagus, and 30 times more cell protecting antioxidants than blueberries. The main antioxidant in dried oregano is called rosmarinic acid and has also shown to help fight the growth of bacteria.

**Carrots** - Carrots contain carotenoids which provides the orange pigment to them. It is also a powerful antioxidant that can cut your risk up to 70%. You can also get a supplement named "mixed carotenoids."

Simple suggestions. Tasty foods. And, more information available on the referenced website. Just as important is whether your body can take in the nutrients from the foods you eat...ask us about how you can improve!

### The Bottom Line...The Bottom Line...The Bottom Line...

As promised, we have integrated the spinal levels with your HealthTIP and hope you prefer this new format. If you have questions about any of the articles, feel free-of course, to ask. And, if you want to know more about each of the spinal levels and how they relate to the different organs and systems in your body, by all means, let us know. Becoming healthy and staying healthy involve making healthy lifestyle choices...we're here to help you do that!