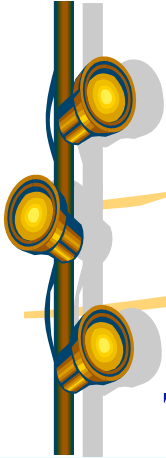


HealthTip

Feeding your hunger for information
about your health...

of the Week...

SPOTLIGHT



Natural Foods to Naturally Boost Your Stamina – Part I

Stress, lack of exercise and other unhealthy lifestyle and dietary choices can all reduce one's stamina and induce fatigue.

A good (real not instant) oatmeal breakfast is a great way to boost your energy and keep you going. It helps keep your blood sugar in check and this allows for a more even distribution of energy throughout the day.

The Nervous System and the 2nd Thoracic Vertebra

Last week, we re-started our exploration of the spine and nervous system with the thoracic or dorsal spine. This portion of the spine consists of twelve segments numbered T1-T12 and is in between the neck and the low back. Since we have now covered all the bones and nerves from the neck, last week we re-started with the first bone of the mid-back....T1 and this week we are up to T2.

The second spinal vertebra with a rib attachment, at the base of the neck, is called the second thoracic and T2 provides the primary nerve supply from the control centers in the brain to the *Heart* – more specifically, the myocardium. Nervous system malfunction in this area of the spine and nervous system may be found to be associated with heart

attacks, asthma, bronchitis, difficulty breathing, fatigue and fluid retention.

Like all subluxations, a 2T subluxation can be caused by physical, chemical, emotional and/or environmental stress or a combination of these stressors beyond the body's ability to cope. Common stressors affecting this part of the spine and nervous system include a lack of natural, non-synthetic Vitamin B. This results in a lack of proper muscle tone throughout the body including the heart.

Common signs of a T2 subluxation in addition to localized spinal tenderness include swollen ankles, swollen eyelids and low blood pressure; all potentially stemming from a Vitamin B deficiency. And the subluxation combined with the deficiency is a concern.

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

A healthy lifestyle and healthy lifestyle choices is not simply about what you will choose today but rather part of a long term plan to grow your health.

Thinking about how you want the next few months, year, and longer to be with regard to your health and then working backwards can clarify what next steps will bring you the kind of payoff that you want. Then decide which are the best choices for you to make today.

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