

# AC Chiropractic Life Center • 770-513-8922

## The Spinal Column February 2009



### Reduce Blood Pressure with Potassium

High blood pressure is among the most important public health challenges. More than 70 million Americans are estimated to have hypertension, but less than half achieve blood pressure control. A study by led Mark C. Houston, MD, reports that increased intake of potassium, (and possibly magnesium and calcium) by dietary means may reduce the risk of high blood pressure and decrease blood pressure in people with hypertension. High intake of these minerals also may reduce the risk of coronary heart disease and stroke.

According to the study, published in the *Journal of Clinical Hypertension*, if Americans were able to increase their potassium intake, the number of adults with known hypertension with blood pressure levels higher than 140/90mm Hg might decrease by more than 10 percent and increase life expectancy. Similar studies show that diets high in magnesium (at least 500 to 1,000 mg/d and calcium (more than 800mg/d) may also be associated with both a decrease in blood pressure and risk of developing hypertension. Commented Dr. Houston: "If we were to achieve the correct potassium/sodium ratio through dietary means, there would be less hypertension and cardiovascular disease in the population as a whole."

**\*\*GOOD FOOD SOURCES OF POTASSIUM: SWEET POTATOES, TOMATOES, TOMATO PASTE, SOYBEANS, BANANAS.**

**\*\*GOOD FOOD SOURCES OF MAGNESIUM:PUMPKIN SEEDS, BRAZIL NUTS, SPINACH, UNREFINED GRAINS.**

*To Your Health Newsletter.*

### Spinal Health and Your Heart

Chiropractic is not a treatment for heart conditions, and yet anyone with a heart problem of any kind desperately needs chiropractic care to ensure that he/she is free of vertebral subluxations. Subluxations can interfere with the nerves that supply the heart, the arteries and the autonomic nervous system, and affect the heart rate, the coronary arteries, and the strength of the heart itself

As early as 1921, autopsies on 75 cadavers revealed that those with diseased hearts had spinal misalignments in the area associated with the nerves that go to the heart.

A number of researchers have observed that the vertebrae of the middle and lower neck have structural abnormalities in people with heart disease

In one study of 150 cases of various types of heart disease, 92 to 93 percent showed evidence of spinal abnormalities in the area supplying the heart. In another study, three of four cases showed improvement of electrocardiogram (EKG), lowered blood pressure, better sleep habits, and decreased heart damage following chiropractic adjustments , diet, and exercise therapy. The fourth case also showed lessened heart muscle damage.

**To keep your heart functioning optimally, you and your family should:**

Eat a healthy diet consisting of lean meats, fruits and vegetables, and whole grains.

Exercise for at least 30 minutes a day

Maintain a healthy weight

Avoid smoking

Manage stress

Get your blood pressure and cholesterol checked regularly by a health care professional.

Get your regular adjustments and talk with your chiropractor about your concerns and the nutrients that support a healthy heart.



**YOGA**

Yoga practice has long been known to lower blood pressure and slow heart rate which lowers your risk of hypertension, heart disease and stroke. TRY YOGA TODAY, SIGN UP SHEET IS AT THE FRONT DESK.

Hours are:

Wednesday—6pm

Friday—6pm

Saturday—8am

Class Fees:

One class \$12.00

4 classes \$40.00 with a prepaid card



