



# Healthy Solutions

The Newsletter for Healthy Living from AlternaHealth Solutions

## Welcome Dr. Connell

Dr. Rachel Connell joined our team on May 1, 2007. She graduated from Palmer College of Chiropractic, Cum Laude, in October, 2005.

After graduation, she completed a residency at True North Health, in Penngrove, CA, where she gained certification in water-only fasting supervision and Natural Hygiene. At True North Health she worked exten-

sively with patients to naturally resolve health issues ranging from high blood pressure and type II diabetes to those with severe autoimmune disorders.

Upon completion of her residency, Dr. Connell returned to her home state of Minnesota to practice NUCCA chiropractic and utilize her knowledge in fasting and nutrition.



**Special Offer** To introduce Dr. Connell we are offering a special rate on the initial first and second visit. The introductory rate will be \$99 for the first 10 patients to schedule before June 15. This will include the initial consultation, exam, x-rays, first adjustment and post x-rays. Make sure to tell your friends and family about this amazing offer!!!

To Schedule, please call  
our office at :

404-459-6603

**Before June 30**

**First 10  
New Patients**

**\$99**

**(\$275 value)**

## Patient Spotlight

My name is Elissa MacLachlan. I am a spiritual psychologist and counselor. My work is best understood in the context of the popular movie, "The Secret". The movie demonstrates use of the Law of Attraction, a piece of ancient wisdom that says we manifest our life and everything in it. It is exciting to think that we have the power to reshape our old habits, be-

haviors and thought patterns we are guaranteed to be frustrated when we try to create that new reality. Identifying and changing these old patterns is not always easy.

My Transformational Solutions' program of workshops and individual therapy sessions helps students expose, examine, and release the old patterns that are keeping them trapped in circumstances that are less than ideal. Removing these

issues clears the way for them to reshape their lives. The students learn new ways to respond to any situation and build a life full of inner peace, love, abundance and richer relationships.

I work in the Heal Center, 180 Allen Road, Suite 101, North Building in Sandy Springs. More detailed information about the work I do is on my website [www.spirit leap.com](http://www.spirit leap.com).

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## Sleep...what's the big deal?

***We all know we need sleep, but what's the big deal if I miss a few hours here and there?***

Not only does sleep give our bodies a time of rest and recovery from daily life and stress, but research is showing that many vital activities occur during sleep. "New evidence shows that sleep is essential to helping maintain mood, memory, and cognitive performance. It also plays a pivotal role in the normal function of the endocrine and immune systems. In fact, studies show a growing link between sleep duration and a variety of serious health problems, including obesity, dia-

betes, hypertension, and depression." (Phillips, Gelula, p1)

### ***How much sleep do I need?***

Research shows that adults of all ages need, on average, 7-9 hours of sleep each night, teenagers need about 9.5 hours and infants generally require 16 hours per day of sleep.

"Sleep loss results in the accumulation of a sleep debt that must eventually be repaid. When we stay up all night, for example, our bodies will demand that we make up each hour of lost sleep, by napping or sleeping longer - or suffer the consequences." (Phillips, Gelula, p3)

### ***What are the consequences of sleep deprivation?***

- Impaired Alertness
- Impaired Sugar metabolism
- Decreased Immune function
- Cardiovascular disease
- Hormone & metabolism regulation
- Obesity & diabetes
- Decreased cognitive performance
- Adverse affects on Mood

(Phillips, BA, Gelula, RL. Sleep-Wake Cycle: Its Physiology and Impact on Health, www.sleepfoundation.org)

**"Happiness is where we find it, but rarely where we seek it."**

**J. Petit Senn**

## How to Stay Positive

Here are some tips on how to keep a positive mental attitude.

- |                           |                             |   |
|---------------------------|-----------------------------|---|
| 1. Smile                  | 8. Strive for excellence    | 17. Answer the phone with a smile   |
| 2. Laugh                  | 9. Be humble                | 18. Sit in the sun  |
| 3. Be enthusiastic        | 10. Be open-minded          | 19. Skip  |
| 4. Dream - aim high       | 11. Be open to change       | 20. Find something that makes you smile and keep a reminder of that in your pocket. |
| 5. Act - follow your plan | 12. Forgive and forget      | (Nagarajan, Srivathshan. Ezinearticles.com)   |
| 6. Be focused             | 13. Be dedicated            |   |
| 7. Show commitment        | 14. Be disciplined          |   |
|                           | 15. Be regular in your work |   |
|                           | 16. Be grateful             |   |

## Exercise and Alzheimer's?

Exercise is great for many aspects of health. It is essential in maintaining full use of our bodies as we age. It has been shown to increase energy levels, mood, and overall fitness.

Research is also showing that it may ward off one of the most unsettling diseases of aging - Alzheimer's.

"The results [of a recent study] suggest that lifelong regular exercise may be protective against the

development of Alzheimer's disease."

Favored activities of lower risk participants included:

- Running
- Swimming
- Tennis
- Weight training
- Biking
- Golfing

If you don't currently exercise, speak to a physician before you begin any exercise routine to make sure it's the right one for you.

Previous studies suggest that in addition to exercise, individuals who maintain higher levels of social activity, possess higher levels of education, or intellectually demanding occupations are at a reduced risk for developing Alzheimer's.

(American Academy of Neurology)

## Are High Protein Diets Really All They're Cracked Up to Be?

**The American Heart Association doesn't recommend high-protein diets for weight loss."**

The diet craze of high protein, low carbohydrate has been particularly popular in recent years, such as Atkins, Zone, Protein Power and Stillman diets. Some of these emphasize foods like meat, eggs, and cheese which are abundant in protein and saturated fat, while restricting cereals, grains, fruits, vegetables, and low-fat dairy products. When these types of diets are followed for an extended time, they can result in potential health problems.

Most Americans already eat more protein than they need. High protein animal foods are also usually high in saturated fat. Eating too much protein, as well as saturated fat increases health risk of coronary heart disease, diabetes, stroke, and several types of cancer.

High protein foods such as meat poultry, seafood, eggs, nuts and seeds are high in purines. Purines are broken down into uric acid, excess high protein foods results in excess uric acid, and may cause gout.

Excess protein also increases calcium loss, and may contribute to or

speed osteoporosis.

When important high fiber plant foods are eliminated or restricted on these types of diets, deficiencies in essential vitamins, minerals, and fiber can have severely detrimental effects on long term health. These important plant foods can help reduce cholesterol and blood pressure, reducing the risk of cardiovascular disease.

The American Heart association recommends a diet rich in fresh fruits and vegetables as well as regular exercise to lose weight.

(Sachiko, et al. Dietary Protein and Weight Reduction. AHA Science Advisory.)

## Where Can You Find the Nutrients You Need?

**Antioxidants** - Prevents diseases such as cancer and heart disease.

- Apples
- Artichokes
- Beans
- Blackberries
- Blueberries
- Cinnamon
- Cranberries
- Pecans
- Prunes
- Russet potatoes

**Fiber** - Keeps digestion on track and helps prevent heart attacks, intestinal problems and some cancers.

- Artichokes
- Barley
- Cornmeal
- Dates
- Peas
- Oat bran
- Raspberries
- Tomato products
- Wheat flour

**Calcium** - Keeps bones and teeth strong and helps nerve and muscle function.

- Cornmeal
- Collard Greens
- Kale
- Rhubarb
- Soybeans
- Spinach
- Turnip greens
- Wheat flour

(Partners in Health, Georgia, Spring 2007)

**"Making sure your body has the proper nutrients is the key to a healthy diet. It's good to know which foods will give you what you need."**

**Partners in Health, Georgia**

## C-1 The Atlas

The nervous system, made up of the brain, spinal cord, and peripheral nerves, controls and coordinates every function of the human body. This includes the digestive and eliminative systems, circulatory system, endocrine - hormones, immune function, emotional centers, balance and stability, all our senses, muscle control, and every experience you have is controlled by your

nervous system.

When the **Atlas** or first bone in



your neck is out of its proper alignment with the head and the rest of the spine, the communication be-

tween the brain and the rest of the body is interrupted and symptoms can develop in any of the systems or functions of your body.

What happens if you kink or twist a hose, less water come out. The same is true of your nervous system. A kink or twist results in less nerve flow.

## AlternaHealth Solutions

270 Carpenter Drive  
Suite 530  
Atlanta, GA 30328

Tel: 404.459.6603  
Fax: 404.459.7019  
Email: [frontoffice@alternahealthsolutions.com](mailto:frontoffice@alternahealthsolutions.com)

[FeelGreatAtlanta.com](http://FeelGreatAtlanta.com)

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### Pita Pizzas

#### Pita Pizza

- 1 15-ounce can tomato sauce
- 1 6-ounce can tomato paste
- 1 tsp garlic granules or powder
- 1/2 tsp each: basil, oregano, thyme
- 2 green onions, thinly sliced
- 1 red bell pepper, diced
- 1 cup chopped mushrooms
- 6 whole wheat pita breads

Preheat oven to 375 degrees F

Combine tomato sauce, tomato paste, garlic granules and herbs. Prepare vegetables as directed, add additional vegetables as desired.

Turn pita bread upside down and spread with 2-3 Tbsp of sauce. Top with chopped vegetables. Repeat with remaining pita breads. Arrange on a baking sheet and bake until edges are lightly browned, about 10 minutes.

Enjoy!!



### Butterscotch Mousse

#### Butterscotch Mousse

- 1 cup raw cashews
- 1 cup soft packed, pitted dates
- 1 cup water
- 1/8 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 tsp butterscotch extract
- 6 kiwis, sliced

Grind cashews in food processor until consistency of ground meal. Add dates and process 1 minute or until pasty consistency. Gradually add water and blend until smooth and creamy. Add nutmeg, cinnamon, butterscotch extract and process until completely blended. Serve in chilled glasses layered with slices of kiwi.