

This month we celebrate our moms. Moms share a very special place in our hearts. I am fortunate that my mom isn't just my mom; she's also my best friend. My mom and I have seen each other grow and change over the years. There's so many changes that a woman experiences throughout her lifetime. Each change ushers in a whole set of considerations that require careful assessment in order to make good and healthy choices. Sometimes those choices are difficult as a woman tries to make decisions based on what is best for both her and her family

It is important to recognize that each stage of a woman's life provides a window of change that acts as a springboard to reexamine and reaffirm one's commitment and dedication to a healthy lifestyle. Certain fundamental truths contribute to this wellness lifestyle and never change despite a woman's age. These truths include proper nutrition, daily exercise, the right amount of sleep and a positive mental attitude. At

the very core of a healthy lifestyle, is the maintenance of a properly functioning nervous system which is achieved by regular chiropractic care.

The foundation of the chiropractic wellness lifestyle is making informed health care choices for you and your family. Good health is a choice. The choices you make today will determine how healthy you will be tomorrow. As moms are given the tools to make healthy choices, two things will happen. One, mom can experience optimal health, and two, her family will always benefit due to mom's choices.

Current research gives us many clues to these

Health Wise

Healthy Moms Raise Healthy Families

by Howard Berg, D.C., CCSP

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proper choices. Proper nutrition is the foundation of a healthy life style. Natural foods are healthier than processed foods. Hormone Replacement

Therapy, once a staple of a woman's changing lifestyle, has been proven, more than once, to present more lethal risks than positive benefits.

When it comes to bone health, run, don't walk from canned sodas. These high-sugar drinks offer no nutritional benefits, leads to overweight and obesity, can cause hyperactivity and actually contribute to weakening of the bones by leeching calcium from within the structure.

And speaking of bones, milk does not seem to be doing a "body good." After generations of milk promotion, osteoporosis has now reached epidemic proportions in the West, while in countries where

milk is not consumed, osteoporosis barely exists. Milk is the most common food allergen in the Western world.

One last bone thing, physical activity, especially resistance training and walking has been shown repeatedly to increase bone-mass in both females and males. This is a lifetime commitment, but well worth your investment of time and energy.

I urge you to learn as much as you can about natural, drug-free approaches to your health. There is a time and a place for everything. But by honoring the healer within and making consistent, educated choices, you and your family will experience a lifetime of vitality, wellness and longevity. And I promise you, there's not a drug in the world that can deliver like that! **||**

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