

# The Wellness Family

Milestones Chiropractic Keeps You Informed



## HOW TO PROTECT YOUR BRAIN

As complex and amazing as the brain is, there are some very easy ways to both protect it and keep it healthy. By doing so, we are able to not productively function, but also preserve an independent way of life and longevity.

Methods by which we can do this range from what we expose ourselves to, to what we eat and how we exercise our brains.

It is common knowledge that exposure to certain chemicals is unhealthy for our bodies. This can include our cognitive function. Studies have shown that damage can begin as early as exposure during pregnancy when a baby is exposed to chemicals such as polybrominated diphenyl ethers (PBDEs) and perfluoroalkyl substances (PFASs). Children exposed in utero were shown to have lower behavior regulation and executive function. There are ways by which we can decrease our usage of them.

- Run a HEPA-filter air purifier in your home.
- Wipe down surfaces with an all-natural cleaner.
- Wash your hands regularly.
- Limit your use of microwave packaging. If you do microwave, transfer your food to a glass container first.

### What is EMF?

Another way to protect your brain is to cut down on your exposure to EMF, or electromagnetic fields. This is an area of electric and magnetic forces caused by electromagnetic radiation. This could be an MRI machine or your cell phone. Studies have shown that the brain can change when exposed to EMFs. This can mean you have headaches, insomnia, or even become depressed. In order to eliminate brain issues connected to EMFs try the following:

- Put your cell phone on airplane mode when you can.
- Use the speaker feature instead of holding it up to your ear.
- Replace microwaves with toaster ovens.
- Use laptops and other electronic devices on a desk or table instead of on your lap.

### Multivitamins to the Rescue

By taking a daily multivitamin, you can help fill the holes your brain might be experiencing. Consuming Omega-3 Fatty Acids is also important as they not only help in developing the brain but also help to protect it, slowing the loss of brain volume as we age. Omega-3 Fatty Acids include:

- Fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines)
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts)
- Plant oils (such as flaxseed oil)



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### Easy Peasy Brain Stimulus

1. Also, start moving! Research has found that memory can improve after exercising only once. Specifically, it can help improve motor-sequence memory. Some ways to do this include:
  - Walk up and down a flight of stairs.
  - Go on a quick walk.
  - Do a simple stretch routine or yoga.
2. There have been many studies looking at the health benefits of soaking in a sauna. Saunas actually helps protect brain function and routine sauna is correlated with over a 60% reduction in dementia risk. Saunas increases the circulation of blood all throughout your body and gets the blood pumping through your cardiovascular system, your muscles, your skin, your joints, your brain. This is particularly beneficial to people who have mobility issues or find that your job makes moving your body through the day impossible. Using a sauna is a great substitute (or addition) to any wellness plan. Because most of us don't have access to a sauna, you can try these ideas:
  - Use a microwavable rice pack and wrap it around neck and shoulders.
  - Use a hot water bottle on stiff lower back muscles.
  - Take a 15-minute hot bath with magnesium salts to relax all muscles.
  - Take a 5-minute hot shower to release tension from head to toe.

3. It might sound far-fetched, but getting in touch with Mother Nature can be incredibly healthy for your brain. Literally. Touch the earth. This is a holistic health practice known as grounding. This is a practice of putting our body directly in contact with the earth in order to draw from the earth's energy. You can walk barefoot in the grass or put your hands in the water. Doing things like this boosts brain waves and puts the brain in a more relaxed state. It helps to heal and rejuvenate the brain. Along those same lines, it is also important to find time in the day to meditate.
4. When individuals meditated, they enhanced blood flow to areas of the brain that often would be affected by Alzheimer's. Meditation also improved blood to the brain after only one session. Meditation can improve not only blood flow but increase oxygen and give your brain more nutrients. It is also a great idea to be curious. By using our brains to learn anything from a new hobby to a new language, we are exercising, and therefore increasing our brains capacity and capabilities.
5. Finally, listen to music. Listening to music can, in fact, improve memory, and help those who are already suffering from dementia. A good documentary to watch on the power of music is Alive Inside, which can be viewed on YouTube and Amazon Prime. Music has been known to:
  - Improve mood.
  - Increase sleep.
  - Decrease blood pressure.
  - Increase long-term recall.
  - Increase communication skills.

There are many ways you can both preserve and protect your brain with simple techniques ranging from exercise to sojourns in the sauna. By adding things like music

or nature to your daily routine, you are working the memory muscles in your brain- something it both needs and wants. Doing something as simple as walking up and down the stairs or running your hand through the water will increase your brain power, maintain old memories, and preserve the strength to create new ones.

*Adapted from 10 Highly Effective Ways to Protect Your Brain by Dr. Laura Koniver, M.D.*

### **The Chiropractic Factor**

Your Family Wellness Chiropractor, by definition, is committed to providing you valuable lifestyle education for you and your family that you can put to work for your wellness on the spot. By adding multivitamins, Omega-3's, meditation, movement, and music into your life, research has shown that it will help promote your brain health.

Your regular chiropractic adjustments are also a part of your wellness formula. When your brain can communicate via your nervous system to your organs, glands, and body systems as a result of adjustments that can relieve interference, you are optimizing your body's innate ability to heal itself.



*Dear Patient,  
Milestones Chiropractic is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.*

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