

Bedford Hills Family Chiropractic — Dr. Stuart Weitzman

Wellness News

You Can Use

Inspiring Health and Wellness

Love The Skin You Are In



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This month our theme is all about the skin. The skin is the largest organ and it has many roles. Just to name a few of its functions, the skin is important for how we see ourselves and our self-esteem, temperature control, immune function, and sense of the environment through touch. In fact, as we develop in the womb the skin and nervous system develop from the same tissue called the ectoderm. There is a very intricate connection between these two systems. It's no wonder that so much in our lives is experienced through our sense of our environment that we experience through the skin.

Because our skin is so important we should nurture it the way we should nurture

the rest of the body. Think about your relationship with your skin. How do you care for it from a physical and biochemical perspective? What kind of mental or emotional reactions does your skin stir up for you? Do you love and appreciate the skin you're in? I hope so.

So I hope you enjoy the information we have put together for you this month on how to nurture the relationship you have with your skin physically, biochemically, and emotionally. And don't forget that you have the opportunity to nurture other people in your life through loving touch that they experience through their skin.

Recipe of the Month... Compliments of Brigit Cavanagh, Nutritionist

Orange ~Sesame Asparagus

Asparagus is the epitome of spring. This easy and delicious springtime side dish has the ability to refresh the body by acting as a mild diuretic. It can also direct our energy up and out, so we feel lighter and fresher. The result is fresh clear skin and features, and a spring in your step.

Makes 4 servings

- ~1 pound fresh asparagus with ends snapped off
- ~1-teaspoon light sesame oil

- ~2 to 3 shallots, finely minced
- ~1 carrot, finely minced
- ~Tamari
- ~1 to 2 teaspoons black sesame seeds, lightly toasted
- ~Juice of one orange
- ~Orange slices for garnish

In large pot of boiling water cook asparagus until bright green and tender~ crisp, about 4 minutes.

Drain and set aside.

Heat sesame oil in a sauté pan over medium heat. Add shallots and sauté 1 minute. Add carrot, season with Tamari,

and sauté 2 minutes more. Add sesame seeds and orange juice, stir to combine, remove from heat.

To serve, lay asparagus spears on a platter and spoon carrot mixture over the top.

Garnish with peeled orange slices and serve.



Love The Skin You Are In

By: Dr. Stuart Weitzman

We've all seen the airbrushed models on the covers of magazines that fill the shelves in front of the cashier at the grocery store. Do you find yourself judging your body to theirs? How often do you look in the mirror and not like what you see? Is your self-talk filled with negative comments about your appearance? Are you constantly trying to find that perfect diet that will take off ten or fifteen pounds?



Pamper Yourself...
List ten things you like
about yourself...
Stop making unfair comparisons
about your
body!

If you answered yes to any of the following questions you are likely suffering from a body image issue. Today's society is very much influenced by media. Think about it, what do you do with the majority of your evenings? If your answer is, "I watch television", then you're exposed to the image of what the media thinks people should look like. In fact, the average adult watches 4.8 hours of television per day, while children watch just over 3 hours per day. Don't you find that startling? What would you be like if you spent over four hours per day doing something positive and productive?

Traditionally women are more affected by body image disorders than men. However, more and more men are falling victim to this self-destructive thought pattern. So, here are six strategies

that will help you love the skin you're in.

Focus on how your body functions. Stop worrying so much about how you look and focus on what you can do with your body. Do you get winded from walking up the stairs? Would you have trouble running or walking a mile? If the answer is yes then you need to exercise for your health, not your figure.

Buy clothes that fit. Wearing clothing that fits you is much more appealing and you will be less self-conscious.

List ten things you like about yourself that have nothing to do with appearance. Stop focusing on the things you don't want and start focusing on the things you do want.

Stop making unfair comparisons. The average American woman is 5'4"

and weighs 140 pounds. The average American model is 5'11" and weighs 117.

Ditch the stinkin' thinkin'. Develop healthier thought patterns by using daily affirmations and visualizations to reprogram the way you think about yourself.

Pamper yourself. Get a massage, pedicure, manicure, facial, etc. Do something that honors your body every week.

If you have determined that you are struggling with a body image issue, please try the strategies above. Pick one and go with it. Once you have that down, pick another. If after that you are still struggling, please seek professional help.

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt"

The Secret to Beautiful Skin

By: Mona Corro & Erin Shiells

Beautiful skin begins with the lifestyle choices we make. There is no potion that can replace good, healthy living, so honor and protect your body by choosing a healthy diet of antioxidant rich foods, exercising daily, drinking plenty of water, adding supplements as needed, getting plenty of rest, and allowing enough time every day to have FUN! Once you commit to living a healthy lifestyle, there are a few other "secrets" we can offer that will support healthy and beautiful skin for a lifetime.

20s and 30s

You are setting the stage for your later

years. Your skin is more resilient than it will be later on, so establishing good habits now will pay off later when the skin's metabolism starts to slow down and the signs of aging start to show.

Now is the time to:

~Use sun protection - SPF 15-30 - every day

~Consider a "professional" line of skin care products - they will make a huge difference over the long haul

~Consult with a skin care professional (aesthetician) to help you determine your skin type and choose appropriate skin care products

~Switch to mineral makeup

~After 30, consider an AHA toner and the addition of antioxidants

40s, 50s and beyond

During our forties and fifties, our skin starts to journey towards menopause.

Now is the time to:

~Introduce an anti-oxidant cocktail of vitamins A and C and peptides into your skin care program

~Treat hyper pigmentation (dark spots)

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The Secret to Beautiful Skin

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and sun damage with vitamin A
~Consider a light or aggressive peel to lighten pigmentation and soften lines and wrinkles
~Use a "lipid-based" moisturizer to battle dryness - especially during the winter
~Commit to a monthly facial

~Get a makeup makeover; softer colors will make you look naturally more vibrant.
Do you still have questions or need guidance? Call your local Spa. Support local businesses.



The Healing Power of Touch

We have all seen and most likely experienced the scene where a child scuffs a knee and is soothed by the gentle touch and kiss from a parent. In fact, children learn early that having mommy or daddy kiss the booboo will make things better. That is the healing power of touch. Research shows that touch is an important aspect of our development. A baby denied appropriate tactile stimulation will become susceptible to developing a host of physical and mental health issues. This sense of touch is one of the most powerful forces in our lives.



Think of the major events in your life and how the sense of touch was involved. When we experience sadness or loss we want to be held to feel that sense of security. When we are happy we offer up hugs and high fives. Think of the feelings that you experienced the first time you kissed that special someone. All this and more is felt through the skin.

I think that one of the sad things of our culture is that we can talk in a chat room on a computer to people all over the world, but many people have never talked to or shaken the hand of the next door neighbor. As a society we are very sensitive to each other's space, which is ok, but when it is carried too far we are denied a very important aspect of being human, which is that sense of community that is elevated to a higher level through touch.

One of the great things about being a chiropractor is that when I touch a patient's spine and I focus my love and energy on helping that person, the healing begins before I ever give an adjustment. There is healing power just in the act of touching that person and it is available to all of us to give and receive. You don't have to be a doctor to give someone a hug or a pat on the back, or hold the hand of someone that needs comfort. In fact we hug all of our patients who want hugs, and I'm convinced that some patients come just for the hugs. So don't be afraid to reach out to your family, friends, and neighbors and offer your own healing touch. For that matter, if the opportunity presents itself offer up a hug or a handshake to a stranger in need. The best part is that you will both benefit from the experience.

By: Dr. Stuart Weitzman

Skin-trition

By: Dr. Trevor L. Bevans

Your skin is much more than the external surface that everyone sees when they look at you. It is the largest organ of your body. It serves many vital functions and plays a major role in your overall health. Your skin provides protection for internal organs, detoxifies wastes through perspiration, helps regulate body temperature, houses sensory receptors that allow you to sense information about your

environment such as hot and cold, produces and stores vitamin D, and protects against sunburns and dehydration. As with all other areas of wellness, the foundation for healthy skin comes from the inside out. Whatever you fuel your body with is what it will use to create the tissues of your body. What do you get when you put garbage in? You get garbage out! So let's cover the basics of nutrition for your skin, *Skin-trition 101*.

Skin-trition rule #1: Drink plenty of good clean water. Water is used in nearly every chemical reaction in the body. Dehydration is a contributing factor to many diseases and symptoms experienced every day. In general an adult should be drinking 3 to 4 liters of water per day. A good indicator to use is your urine color. It should be a pale yellow or straw color. If it is bright yellow then you are dehydrated or something in your

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Skin-trition

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diet is discoloring your urine. Many vitamins will do this.

Skin-trition rule #2: Take an Omega 3 Fatty Acid supplement from an animal source, such as Fish Oil or Krill Oil. Omega 3 Fatty Acids are primarily found in cold-water fish and flax seed. They are crucial in the production of our skin's natural oil barrier. The vast majority of people are deficient in this essential nutrient that must be obtained through diet. Not only are Omega 3s good for your skin but they also support healthy joints and a healthy nervous system.

Skin-trition rule #3: Eat a well balanced diet. Vitamins C, E, A, K, and B-Complex, as well as the minerals copper, selenium, and zinc play an important role in skin health. Here is a list of foods that support healthy skin.

Vegetables: all leafy greens, avocados, beets, broccoli, carrots, celery, cucum-

bers, kale, kidney beans, lentils, pumpkin, sea vegetables, spinach, squash, and sweet potatoes.

Nuts, Grains, & Seeds: brown rice, millet, oat bran, pumpkin seeds, rice bran, soybeans, and wheat germ.

Fruits: apples, apricots, bananas, blueberries, cantaloupe, cherries, figs, lemons, papaya, peaches, prunes, red grapes, and watermelon.

Herbs: alfalfa, aloe vera, burdock root, dandelion, garlic, horsetail, kelp, nettle, primrose oil, raspberry leaves, and yellow dock.

Note: Whenever possible try to consume foods that are local and organic as they will be more nutritious than conventional foods.

Skin-trition rule #4: Take a high quality multivitamin. Due to conventional



*Healthy Skin
Comes from
the Inside
Out!*

farming techniques, it is becoming increasingly important to supplement a healthy diet with a good multivitamin. Notice the word *supplement*, which means in addition to. A multivitamin will never replace a healthy diet.

As I said before, healthy skin comes from the inside out. No matter how many potions or lotions you rub into your skin they will not do any good unless you provide the appropriate fuel to grow healthy skin. However, once you've supplied the perfect fuel there are many things you can do to support your skin from the outside in. Please read the rest of this month's Wellness News You Can Use to discover what you can do to support your body's largest organ.

Advanced Citizenry: Bringing it all Together By: Dr. Jeffrey S. Slocum

Here we are, the very last segment devoted to the discussion of the seven character values of advanced citizenry. To be more accurate, I am sure that at some time in the future or more definitively sometime in the next year, we will again remind you to stay conscious of your core values. We will connect with you again to ask you to revise and redirect your purpose in meaningful action, and remind you how to stay connected to your more powerful self.

The more powerful **you** is the part of your conscious and subconscious that is able to recognize your core values and connect with those values in the transition from awareness to action. The more powerful you, or the advanced citizen in you, is capable of accomplishing any task. It knows very few if any boundaries, it is limitless in its scope of possibilities, and is not bound by any real borders of magnitude.

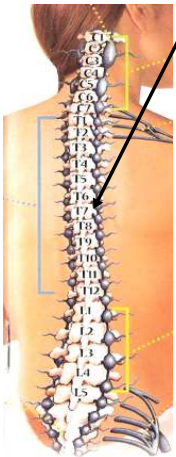
The advanced citizen in you is the Nelson Mandela, the Gandhi, the Mother Theresa, and the Abraham Lincoln. The advanced citizen is you at your best, it lives in the spirit of giving and the giving of spirit, it is pure loving energy without fear of failure or the concern of being rejected or accepted.

The advanced citizen is acutely aware of the needs of others and is able to accept the role as the granter of wishes and the connector of resources. The advanced citizen uses their network of relationships and collaborators to bring hope to the hopeless and joy to the despairing. The character values of advanced citizenry are the catalyst that allow you to transition from awareness to action and create the currency that enriches the human experience.

What I have found to be true of all ad-

vanced citizens is, for these people there is an undeniable belief that there is a need to be filled, and an absolute commitment to find a means to fill it. There is a spark of interest that ignites the intent to fuel the fires of change. They courageously challenge injustice, accept responsibility to create change, and they respect the rights of all people to have fair equal opportunities in life. The advanced citizen is moved by compassion and sustained by discipline to create a state of integrity or wholeness in society.

So ask yourself consistently, what are the needs of society and what can, or more importantly, what will I do to be of service? If the answer is yes, you can become an advanced citizen, you have the potential to complete the incomplete, stabilize the unstable, and turn mediocrity into magnificence.

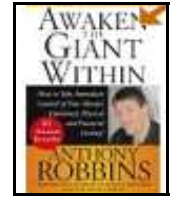
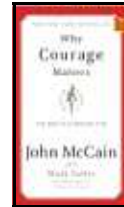
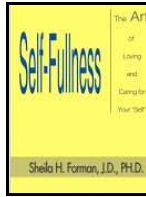


T7—A subluxation or interference at this spinal level can affect the Pancreas, duodenum, stomach, liver, spleen, gallbladder, and peritoneum.

Having a nervous system screening using SEMG and thermography will help determine if these nerves are healthy. Go to subluxation.com for more information.

Check Out These Great Books. Go to Your Local Book Store and Ask Them To Order You A Copy or visit www.amazon.com.

- **Self-Fullness**, by *Sheila H. Forman, J.D., PH.D.*, this is not meant to be a quick read, it is filled with great ideas and activities that will help you to fully engage in the game of life, and do it “Your Way”.
- **Why Courage Matters**, by *John McCain*, this is a great book to help you define what courage is and how it can transform your life and help you go from ordinary to extraordinary.
- **Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny!**, by *Anthony Robbins*.



Health and Wellness Quiz:

Each month we will be doing a Health and Wellness Quiz. You can e-mail or snail mail your answers to:

DrStu@DrStuartWeitzman.com

or

Wellness Quiz

85 Adams Street

Bedford Hills, NY 10507

1. Name three of the six strategies you can use to love the skin you are in.
2. In your 20's & 30's you are setting the stage for your later years, name a few important things you can do.
3. What does research show to be an important aspect of human development.
4. Name the three Skin-trition 101 rules.
5. Name three types of foods that support healthy skin.
6. What is the advanced citizen acutely aware of?
7. What organs could be affected by a subluxation at the seventh thoracic (T7) vertebrae?

Last Issue's Answers:

1. The answers to this are endless, it's up to you! Some examples might be that it is better late than never to...read a book, adopt an adult animal in need, or redecorate a room.
2. Your greatest commodity as you transition from work to retirement will be your time.
3. A bucket list is a list of all the things you would like to do before you kick the bucket and creating this list will allow you to celebrate life, all the wonderful things it has to offer, and encourage you to plan ahead and make the most of the time in your life.
4. Every one has something different that fuels their purpose in life, it is up to you to find yours!
5. Everything we do on a daily basis moves us along the spectrum between health and dis-ease. Making the decision to eat right, think right, and move right will help you move along the spectrum toward health.
6. Three positive effects of self discipline include personal growth, increases in our self esteem and personal value, and creating opportunities for bigger success in greater challenges.
7. A subluxation at the sixth thoracic (T6) vertebrae could affect the health of the stomach, esophagus, peritoneum, and duodenum.

Inside the May Issue:

- Adapting to the Seasons
- The Birth of Possibility
- Release Your Beliefs that are Holding You Back
- Probability vs. Possibility
- Nurturing Your Possibility
- Recommended Reading
- Health & Wellness Quiz

Bedford Hills Family Chiropractic News & Updates

- Set your training sites for Memorial Day (5/26) because South Salem is having their Memorial Day Fair on May 26th from 9:00 until 3:00 for the 32nd year. The 5K (3.1 miles) race starts at 9:00 AM, the 10K (6.2 miles) starts at 9:30 and even a 4.3 walk that starts at 9:45. If you need help getting started, please do not hesitate to email me and I will help you in any way. Dr. Stu is one of the proud sponsors of this great community day!
<http://www.southsalempc.org/special/memday.shtml>
- April is Earth Month and Bedford has taken on the target of reducing carbon emissions of 20% by the year 2020. Bedford celebrates Earth Month with a month-long series of community wide events focused on the environment. All events are free and open to the public. <http://www.bedfordny.info/html/green.htm>
- One of the events for Earth month is the Leatherman Loop Race. It is a great race that is described as " a unique trail run featuring two river crossings, a quarry climb, beautiful pine forests, swamp land, and the legend of the Leatherman." Now this race is closed, but there is always next year. If you want more information or to get on the email newsletter list to be notified when you can sign up for next year visit: <http://www.leathermansloop.org/>
- **Premiere Showing of "Autism Yesterday" Children on the Autistic Spectrum by Generation Rescue** will be on Thursday, April 17, 2008, from 7-9 pm at the Mary Lou Meese Theatre, Fox Lane Campus, Bedford, NY. \$20 pp in advance; \$25 at the door. (Tickets may be purchased in advance by paypal or check) * Doors open at 6pm; movie to begin at 7 pm. To purchase your ticket(s), please contact either: Lisa Rudley at 914.944.7273 or lisarudley@yahoo.com Sue Bronico at 914.666.6310 or Bronicos@msn.com

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"Express Life to the Fullest"

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At Bedford Hills Family Chiropractic, we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthier bodies, and minds through our supplement line, exercise and fitness products, and our lending library. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information please contact us at **242-8810** or stop by our office at *85 Adams Street* in Bedford Hills.

Our Mission Statement:

To provide excellent Chiropractic care, education, and support with the intent to stimulate, nurture, and facilitate growth, learning, health, and well-being for our patients and community, thus empowering and inspiring a new paradigm of health, based on the philosophy and principles of Chiropractic.