

LIFE CHIROPRACTIC

Live Every Moment



TRICK OR TREAT!

Happy Autumn!

HEALTHY SNACKING ON HALLOWEEN

During the week of Halloween, October 25-29, we will be offering snacks in our office that are a better alternative to the traditional Halloween treats that are laden with artificial ingredients.

Monthly Events

September

- Sept. 9** - Wellness Workshop - 7pm
- Sept. 10** - Whine and Cheese, NET Night - 7pm
- Sept. 13** - Dr. John- Stress - 7pm
- Sept. 20** - Dr. Jared- Nutrition 101, 7pm
- Sept. 23** - Dr. John- "Keep Your Marbles" Class through the City of Longmont - 7pm - Call the St. Vrain Memorial Bldg. to sign up 303-651-8404
- Sept. 27** - Wellness Workshop - 7pm
- Sept. 29** - Auto-Immune - Dr. Jared and Dr. Declutter -6:30pm - Call the St. Vrain Memorial Bldg. to sign up 303-651-8404



STRESS BY DR. JOHN WENDT

Do you feel safe about the current rate of stress in your life? As stress takes hold of us in our modern lives, we seem to carry on relentlessly until signs of burnout stare us in the face. Only then do we take notice. If you don't know what I'm talking about, here are some stress statistics to give you a reality check:

- * 33% of Americans suffer job burnout and is thought to be due to stress at the work place.
- * About 70% of workers are unhappy in their current employment due to work related stress.
- * Over \$290 Billion dollars are spent in the U.S. economy every year relating to compensation claims from on-the-job stress, health insurance, low-productivity and disability.

The American Institute of Stress and The American Psychological Association also show some other related stress statistics. For instance:

- * Stress levels are deeply affected by work in 62% of Americans.
- * Money is thought to contribute significantly to the stress experienced by 73% of Americans.
- * 66% of Americans would seriously welcome help in dealing with stress in their lives.

There are many consequences of stress but the most important ones to remember are:

- * Your relationships will suffer.

- * Hypertension is more likely to develop if you suffer chronic stress.
- * You could end up with a heart attack or stroke.
- * Stressed people are more likely to suffer from mental health problems like anxiety and depression.

It is easy to play the ostrich and bury your head in the sand, hoping the problem will go away but stress comes at us from all aspects of life. Mentally/emotionally we deal with the expectations set upon us by work, family and even ourselves. Physically we do not exercise properly or enough. When injuries occur we often times "deal" with it rather than seek help. Nutritionally we eat too much sugar, not enough vegetables or clean protein. Most of our household cleaners and body products are very toxic and contribute to our bodies extreme toxic loads.

The truth is, we all need help finding and eliminating stress in our lives. After all it is at the root of what kills 85% of our population.

Do you know anyone who deals with stress in their life? Are any of these people your friends and family? Do they know that we help people manage stress, and better yet, relieve it? Please refer your loved ones into our office so we can help them learn how to better manage and even eliminate stress from their bodies and environments.



October

- Oct. 4** - Dr. Jared- Nutrition Pt. 2, 7pm
- Oct. 7** -Whine and Cheese, NET Night - Class through the City of Longmont - 7pm - Call the St. Vrain Memorial Bldg. to sign up 303-651-8404
- Oct. 4** - Dr. Jared- Nutrition Pt. 2, 7pm
- October 13-17 - Office is Closed**
- Oct. 19** - Wellness Workshop 7pm
- Oct. 20** - Weight Gain - Dr. Jared - 6pm - Call the St. Vrain Memorial Bldg. to sign up 303-651-8404

"People are like stained glass windows: they sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within."

- Elizabeth Kubler-Ross



Sugar and Your Immune System

By Dr. Jared Allomong

In our office we promote several different cleansing diets to support health. In all of these diets, as well as many weight loss diets such as the Atkins or Paleo diets, the one consistent dietary restriction is sugar. There is a very good reason why sugar must be eliminated during a cleansing diet. Sugar will stress out your liver and cause immediate weight gain. Sugar also has horrible effects on your immune system by suppressing growth hormone which keeps us young and quick to heal.

Sugar is the combination of fructose and glucose together in different ratios. Glucose alone is an ok form of sugar to eat due to the fact that every cell uses it and can easily metabolize glucose. On the other hand, 80% of fructose must be metabolized in the liver in a similar fashion as

alcohol. Because of the specific way fructose is broken down in the liver it creates liver stress and immune stress in excess to 25 grams per day.

It also directly negates the positive effect of Vitamin C on your immune system.

Going back to school and into winter we all need healthy immune systems. I recommend boosting your immune function by eliminating fructose consumption to as little as possible. This means avoiding fruit juices, sodas and other processed food with added sugar.

Enjoy fall and stay healthy!



"I attended Dr. John's lectures and knew he had the right "real health" combinations. My energy stays even and I have less concern about something going "wrong" in my system and much more enjoyment, physically, mentally and spiritually."

Elizabeth A.
-Patient of Dr. John Wendt

"My psoriasis is virtually gone and my hot flashes went from 10-15 per day to 3-4! It feels so great that I don't have these problems anymore! It's such a relief!"

Janet T.
-Patient of Dr. Jared Allomong

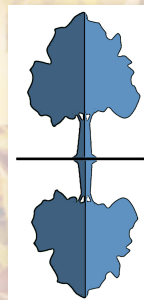
PRODUCT SPOTLIGHT

Support your Immune System with Ultra D Ultra D by Apex Energetix



Ultra-D Complex™ is an advanced vitamin D formula. It contains a concentrated 2,000 IU dosage of vitamin D in a natural base of cod liver oil without an offensive fishy taste. The use of natural cod liver oils is believed to provide natural sources of vitamin D, A, K, EPA, and DHA that are necessary for the most effective impact of vitamin D on human physiology. The conversion of vitamin D (cholecalciferol) into active vitamin 25(OH) D includes many cofactors such as magnesium, biotin, pantethine, calcium, and boron, which are all included in the Ultra-D Complex™ formula. Along with vitamin D, these cofactors support immune system separately or through strengthening the physiological effects of vitamin D. Calcium and magnesium are of importance in intracellular metabolic functions regulated mainly via hormonal signals.

We highly recommend Ultra-D Complex as an immune system enhancement for your whole family.



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