



Robert B. Sheely, D.C.  
Clinic Owner  
Since 1980

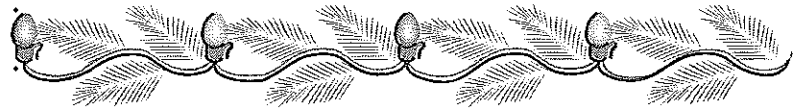
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Dr. Sheely is dedicated to providing excellent care for his patients. He recently completed serving 8 years on the Ohio Board of Chiropractic Examiners. He has also served two terms as President of the Ohio State Chiropractic Association.

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# Sheely Health Update

Health Tips—“Secrets to long, healthy living in each issue.”

## WHAT YOU SHOULD KNOW ABOUT MULTI-VITAMINS

For years, doctors of chiropractic have emphasized the need for multi-vitamins as a vital element in achieving overall optimal health. One would think that they could and should get all the vitamins they need through their food intake. Many years ago, this could have been true. However, in today's modern living, our food is grown in depleted soil, not allowed to ripen properly, processed before it is consumed, and most all foods are cooked. Today's over-cooked, over-processed "junk" food is devoid of the enzymes and minerals the human body needs to survive.

How do you fight back to get the nutrition your body needs? *The Journal of American Medical Associates* stated in June of 2002:

- “Insufficient vitamin intake is apparently a cause of chronic diseases.”
- “Recent evidence has shown that sub-optimal levels of vitamins, even above those causing deficiency syndromes, are risk factors for chronic diseases such as cardiovascular disease, cancer, and osteoporosis.”

- “Most people do not consume an optimal amount of all vitamins by diet alone...It appears prudent for all adults to take vitamin supplements.”
- “We recommend that all adults take a multi-vitamin daily.”
- “Physicians should make specific efforts to learn about their patients' use of vitamins to ensure that they are taking the vitamins they should...”

So, you see that the common consensus among educated health professionals is that we all need multi-vitamins. **We ALL should take multi-vitamins...not just adults...but the WHOLE family.**

The next question seems to be *what multi-vitamin should be taken.* As research laboratories have found that only 3 to 15 percent of the tablets on today's market are absorbable by the body, choosing the right multi-vitamin is very important. Taking a multi-vitamin that will not be absorbed by the body, but that will end up down at the waste water plant is worthless.

*(Continued on Page 2)*

## WHY IS SANTA OVERWEIGHT?

The holidays bring many eating opportunities. **From the time of Thanksgiving through the New Year's Celebrations, we are faced with many family get-togethers, special parties, treats at work, and gifts of food.** So, no wonder Santa is overweight...all those cookies and milk left everywhere, right? We experience the same thing. But I don't think we want to end up looking like Santa Clause, so we need to use caution and

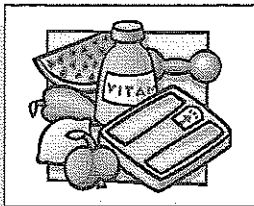
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MULTI-VITAMINS....Cont'd from Pg 1

Because of this alarming fact and supporting statistics, you should seek to take a multi-vitamin which will not only contain the vitamins vital for the optimal functioning of all of your body's systems, but also a vitamin that will be absorbed by the body. **A pharmaceutical grade multi-vitamin, which has been laboratory tested, can be obtained from your doctor of chiropractic.** By obtaining your vitamins from this reliable source, you will not be throwing your money, spent on multi-vitamins, literally "down the drain."

Patients and local residents may purchase this multi-vitamin through the clinic. It is readily available, safe, potent, and reliable for diet supplementation.



*Nutrition Wise...Carotene*

**Caro-what?**

Carotenes are members of a group of pigments that contain no nitrogen. In this group of carotenes, there are three that play a big part in maintaining our health. These are Alpha Carotene, Beta Carotene, and Lycopene. Starting with Beta Carotene, this pigment is changed into Vitamin A in the body. Vitamin A can be toxic in large amounts, but Beta Carotene is only transformed into Vitamin A when needed, making Beta Carotene a non-toxic source of Vitamin A. Beta Carotene may also protect against memory impairment and the loss of mental function, and has demonstrated an ability to cause tumor regression and redifferentiation in some established cancers. Alpha Carotene is similar to Beta Carotene, but its anti-tumor effect is up to ten times more effective. Lycopene has its own qualities, like enhancing resistance to bacterial infections, possibly preventing prostate and lung cancer, and protecting healthy cells from total body irradiation. Researchers have found that subjects with the lowest Lycopene levels have a cancer risk three times greater than others.

Beta Carotene can be found in any orange-colored fruit, such as apricots, peaches, pumpkins, carrots, mangoes, and papayas. Pumpkins are also a good source of Alpha Carotene. Two of the best sources for Lycopene are tomatoes and watermelon.

**BERRIES...THE NATURAL REMEDY?**

Have you ever had an ache or a pain that you wanted to treat without pills or other medication? You tried to apply heat or ice, but the relief didn't seem to last long enough, and the pain returned.

Would you believe the natural remedy for your pain just might be in your refrigerator in the fruit basket on the table? Check out the berries... blackberries, blueberries, cranberries, raspberries, strawberries, cherries—all berries. They have an ingredient known as salicylate, which is a natural form of "aspirin."

Webster's New Collegiate Dictionary defines salicylate as "a crystalline phenolic acid used especially in the form of salts as an analgesic and

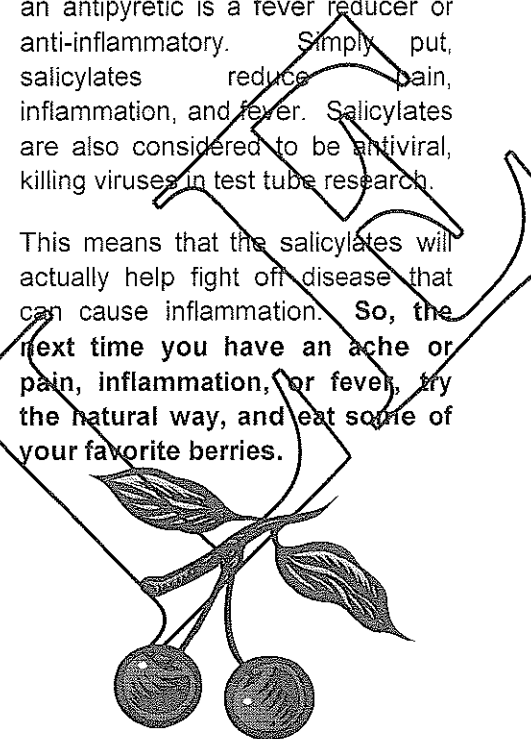
antipyretic and in the treatment of rheumatism."

An analgesic is a pain reducer and an antipyretic is a fever reducer or anti-inflammatory. Simply put, salicylates reduce pain, inflammation, and fever. Salicylates are also considered to be antiviral, killing viruses in test tube research.

This means that the salicylates will actually help fight off disease that can cause inflammation. **So, the next time you have an ache or pain, inflammation, or fever, try the natural way, and eat some of your favorite berries.**

But wait! **Have you ever heard about taking aspirin to help your heart..."aspirin therapy."** Well, here come the berries again. Because of the salicylate, berries are great snacks and desserts for those at risk for heart disease. Salicylates actually help to "thin" the blood, preventing the formation of life-threatening blood clots. Salicylate has been credited by at least one researcher with the decrease in cardiovascular disease (remember the antiviral quality?). So, berries are great for those with heart disease, also.

Depending on your likes, dislikes, and needs, different berries can offer you sources of different nutrients. **But when it comes to your aches and pains, forget the pills. Grab some berries, and start feeling better the natural way.** (Pain that persists beyond a day or two should be checked by your chiropractor.)



## STRESS-FREE HOLIDAYS

I know, you're looking at that title and saying, "You've got to be kidding," or "That's got to be a typo," ...right?

No, we really mean it. **There are steps you can take to have a stress-free holiday or at least a less stressful holiday.** Here are a few suggestions:

- 1) Survey last year's holidays and as you decide what to "include" in this year's holiday preparations, discard all of the projects from last year that were not important, time-consuming, and wasteful.
- 2) **Give your time to the top priorities.** Make a schedule for these priorities which allows enough time for project completion.
- 3) Don't try to do all your entertaining over the holidays. Schedule some of the dinners and get-togethers with friend after the holidays when things have slowed down a bit.
- 4) **When faced with the temptations of rich holiday foods, resist!**
- 5) Make adequate sleep and relaxation a priority.
- 6) **Include your needed health examinations in your busy schedule, including a spinal examination.**

Your doctor of chiropractic wants you to remember that having a happy Holiday is only possible when you stay healthy, energetic, and free of pain and illness.



### OVERWEIGHT...Cont'd from Page 1

avoid neglecting our health during the holidays. While most of us pledge to "take it off after the holidays," most of us do not. Then, we have this weight with us the whole year through and then add to it the following year. Perhaps the holidays alone could be "blamed" for the epidemic obesity that plagues Americans today.

Of course, we know the holiday celebrations are not the only times we overeat; but they are probably the most common time of overindulgence. Then, we have the aftermath to deal with. Wouldn't practicing good health habits during the holidays be a better way to go? **Wouldn't it be nice to have a jump-start on all those "New Years" dieters? Sure it would.**

**This holiday season when you're tempted with all the holiday goodies, take a look at Santa Clause and use him as your reminder that overindulgence leads to large waistlines.** And we know we won't feel "jolly" with a larger waist or thicker thighs, now will we?



**So, instead, give yourself the gift of good health this holiday season and enter the New Year with a chance to make "other" resolutions.** I'm sure there are plenty of other things in your life you would like to resolve...and you could if your weight was not at the top of the list..

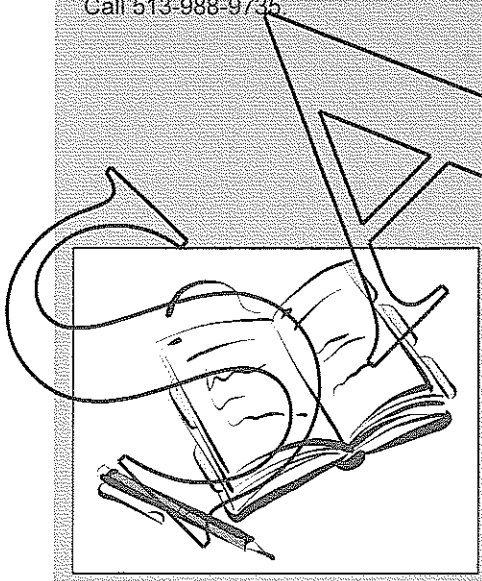
## This Month's Living Well for Life Classes and Saturday Openings

**Mon, December 5 & 19, 2005**  
6:30 pm, Sheely Chiropractic  
*Living Well for Life Intro*

Natural Weight Loss, Blood Pressure Reduction, Cholesterol Reduction, Muscle Tone Improvement, Energy Improvement and Cardiovascular Improvement Instruction. For more information or to register call 513-988-9735.

**Sat, December 3, 10 & 17, 2005**  
8:00 - 10:00 am  
*Clinic Open for Scheduled Patients*

For those patients who need a Saturday appointment. You may schedule between 8 and 10 a.m. Call 513-988-9735.



From the Doctor's Desk...

Oh my gosh...it's here...so many things...Christmas...the end of the year...a new year just around the corner...family get-togethers...celebration after celebration! Wow, it's great, isn't it! I hope you are enjoying this special time of year. The Christmas lights are so pretty. The delight in children's faces as they anticipate Christmas and experience all the seasonal decorations and special holiday events. It's all brought so much joy to so many people. I'm enjoying the delight the little ones share with me as they take it all in and express to me how excited they are. I hope you have checked out the tips in this newsletter for having a stress-free holiday. It should be a time of joy, not of stress. Prioritize and take some time for yourself during this busy time. Don't let the "busy-ness" ruin your holiday. Also, don't let pain ruin your holiday. On that note, I have two suggestions...if you're hurting, call me right now and get in for some care. We have great hours and it will work into your holiday schedule. If you're not hurting, this would be a great time for a check-up and preventative care to see you through the holidays. Either way, I hope to see you soon. Blessings and Merry Christmas!

--Dr. Sheely

### Sheely Chiropractic Contest of the Month...

Answer this question correctly and you could be the winner of a filled Christmas stocking!

Name the author of the song "Silent Night."

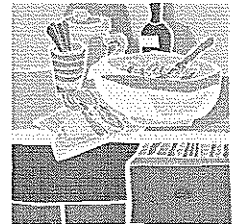
The first person to call our office at 513-988-9735 and give the correct answer to the above question will win a stocking full of Balance Bars, fruit and multi-vitamins (Value \$35). Good luck!

Congratulations to last month's caller who answered last month's question correctly and won the Thanksgiving Turkey Dinner.

#### A Berry Good Breakfast (Berry Smoothie)

Ingredients:

- ½ cup, no sugar, Frozen Strawberries
- ½ cup fresh Blueberries
- ½ Frozen Banana
- 1 Scoop Whey Protein
- ½ Cup Unsweeted Apple Juice
- 2 Ice Cubes
- Splenda



For: Breakfast

Directions: Blend Frozen Strawberries, blueberries, frozen banana, whey protein, ice cubes, and apple juice in a blenders until smooth. Add Splenda to sweeten (approx.1/4 cup), blend

Serving Suggestions: This is a quick, nutritious breakfast that utilizes those "good -for-you" berries discussed on Page 2.

Ingredients Make: 1 serving

Prep Time: Approximately 5 minutes

Prep Ease: Very easy

Taste Rating: 10

Where to find ingredients:

Whey Protein can be found at health food stores, vitamin stores, or GNC (plain, vanilla, or strawberry flavor would work great with this recipe).

Nutritional Breakdown: Protein—22; Carbs—35; Fat—0