



## Tips to Keep Kids Healthy

### ***Mission:***

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

Raising healthy children is a tall order for any parent, and unfortunately, kids don't come with an instruction manual. Thankfully, there are some basic areas on which a parent can focus to keep growing children in the best shape possible.

### ***Nutrition:***

Combining exercise with a well-balanced diet is a start to a healthy lifestyle. As a parent your choices can influence your child's behavior now and in the future. Offer your family a variety of healthy options, including plenty of fresh fruits and vegetables, whole grains and low-fat calcium rich foods. Serve appropriate portions and let your child decide when he or she is full. Avoid giving your child junk foods such as candy, sodas, chips, and other foods containing excessive sugar or fat, so that your child doesn't develop unhealthy eating habits.

The proper vitamin supplement(s) can greatly improve your child's growth and development in conjunction with a well-balanced diet and exercise. To know which supplement(s) to give your child, please consult a trained professional that specializes in children. We here at West University Wellness are more than happy to answer questions you might have and determine what is best for your child.

### ***Chiropractic:***

Optimum health begins before birth. Children can benefit from chiropractic care before they are born, by having a mother who receives prenatal chiropractic check-ups. Along with a healthy diet, proper exercise, a stress-free environment, and regular chiropractic adjustments, a mother can help prepare for a happy, healthy, baby.

### ***Exercise:***

Studies have shown a direct link between the hours of TV watched and a child's body fat. Physical inactivity is a major risk factor for developing heart disease both in children and adults. It also increases the risk of obesity, stroke, and diabetes. That's why the American Heart Association recommends that children and adolescents get 60 minutes of moderate to vigorous physical activity every day. Moreover, physical activity has been shown to build a child's self-confidence and self-esteem. By encouraging your child to exercise, you can help instill fun and healthy habits that will last a lifetime.



# HEALTHY LIVING

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## **Headache Corner:**

A lot of migraine and headache sufferers have found relief with a combination of magnesium and riboflavin (B2). It is advisable to start with 200mg of each per day and with each passing week increase both by 50mg. Excess magnesium can cause loose stools and excess riboflavin can cause bright yellow urine. If this happens to you back off by 50mg. The maximum you should take is 400mg of each per day. Don't forget that it takes at least 6 weeks sometimes longer for vitamins and minerals to take effect. Please consult Dr. Long, D.C. or another qualified health practitioner for any further questions.

In addition, if you are suffering from a headache and you need relief right away you can massage the acupuncture point LI 4 to help with headache pain. This point is in the web of your hand between your thumb and index finger and will be tender if you're suffering from a headache. The point is in both hands. Massage the point in a circular pattern clockwise by applying as much pressure with your opposite thumb as you can stand. Once you've done the clockwise direction for a few seconds then massage counterclockwise for a few seconds. After massaging one hand then move to the other hand and repeat the same procedure. Do this as often as possible, and you'll notice your headache pain decrease. For any further headache or acupuncture questions please consult Dr. Yeager or Dr. Long.

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

## **August Calendar of Events**

1	2	3 Arthritis Health Talk	4	5	6	7 Nat'l Black Sisters' Conference
8	9	10 Isagenix Health Talk	11	12	13	14 <b>West U Wellness Open</b>
15	16	17 Osteoporosis Health Talk	18	19	20	21 Prevent Blindness Benefit
22	23	24 Headaches Health Talk	25	26	27	28
29	30	31 Pregnancy Talk with Motherhood Center				



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## September Calendar of Events

			1	2	3	4
5	6	7 Childhood Illness Health Talk	8	9	10	11 <b>West U Wellness Open</b>
12	13	14 Exercise & Fitness Health Talk	15 TCU Health Fair	16	17	18
19	20	21 Stress Management Health Talk w/ Pilates	22	23	24	25 <b>West U Wellness Open</b>
26	27	28 TMJ Health Talk w/ Dr. Howes, DDS	29	30		