

LiveIt!

Nutritional Lessons



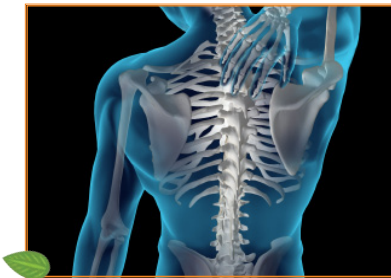
Getting the Most from Your Chiropractic Care

LiveIt! Lifestyle Lesson 30

Alan P. Duben, DC
4165 E. Thousand Oaks
Blvd.,
Suite 301
Westlake Village, CA
91362
805-494-1339

“Mineral deficiencies are just as spectacular as vitamin deficiencies in their destructive effects. A good example is manganese, which is required by all living cells as an enzyme activator. Without sufficient manganese, tendons and ligaments lose their integrity and relax, permitting bone malpositions and malfunction.” Dr. Royal Lee 1958

*From the Pen of Dr. Royal Lee (1895-1967)
Inventor, Scientist, Genius, Founder of Standard Process, Inc.*



Chiropractic is a wonderful art and science. Millions of people have benefited from the natural approach to health, vitality and wellness chiropractic care offers. **There is no substitute for chiropractic care and when you need it there is nothing that benefits you as much.** Using years of experience and thousands of cases, we decide the course of care that is best suited for building your health. We do our best to provide a healthful environment and proactive schedule for your appointments to help you achieve the most you can from chiropractic care.

One of the very important factors affecting your recovery is an underlying condition of nutritional deficiency. In an environment of nutritional deficiency your body will not heal as quickly nor will your adjustments hold as long. This is why nutritional supplementation is so very valuable to your Health-Building now that you are being treated for an accident, injury or

for symptoms of degeneration.

Your body is made up of many tissues such as muscle, ligaments, cartilage and bone. **These structures require proper nutrients to be healthy, strong and able to adapt to the stresses of daily living.** Nutritionally deficient tissues break down more easily and can lead to sprain, strains, muscle spasms, nerve pains, numbness, tingling and INJURY. One of the reasons you may have become injured was because of an underlying weakness of your tissues as a result of nutritional deficiency.

Striving for the Ideal

In the best of all worlds, we receive all of our essential nutrients from our foods. Structural health requires many vitamin complexes, minerals, trace minerals, enzymes and co-enzymes working together to help you “hold” your adjustments and prevent future injury.

Unfortunately, many foods do not have all the essential nutrients necessary to build healthy tissue. In fact, junk foods further deplete the body of essential nutrients, predisposing us to injury and degeneration of the connective tissues. (See LiveIt! Lessons 1 & 2) That is why it is so important to eat whole foods whenever possible and to supplement your nutrition with whole food concentrates.

Three Phases of Chiropractic Care

- Symptomatic
- Rehabilitative
- Regenerative

Symptomatic - During this phase of your care our focus is on the underlying cause of your problem. Symptoms are often the result of underlying weakness and subluxations. Together we will be making adjustments and enhancing your healing powers with the support of the nutritional essentials.

Rehabilitative - This phase of care is very important - maybe the MOST important time for you to stay on track and keep your appointments and take your supplements consistently. Why? Because you are feeling better and if you slack off with any of the care that helped you recover the benefits achieved may all unravel and you end up with symptoms again.

Regenerative - Subluxations and nutritional deficiencies oftentimes take months and sometimes years to develop into symptom patterns. We must continue to do what is right for the body long enough to assure the underlying cause is remedied.

During each of these phases of care we recommend you build your health with whole food supplements and regular schedule of appointments and check ups.

Chiropractic + The Nutritional Essentials = Health

Why Whole Food Supplements?

Proper nutrition can ONLY be achieved when all of the essential vitamin complexes, minerals, trace minerals, enzymes, co-enzymes and as yet unknown HealthBuilding factors are present in your foods AND are able to be assimilated into your tissues. (See LiveIt! Lesson 3) These health factors can only be found in whole foods and whole food concentrates. It is for these reasons we recommend to our patients they take whole food nutritional supplements from Standard Process, everyday.

Why Standard Process Whole Food Nutrition?

Standard Process "Whole Food Nutrition" is backed by seven decades of research on the farm, in the preparation and preservation of whole food concentrates. These whole food concentrates are specially formulated to support the underlying cause of nutritional deficiency and its resultant degeneration of health. No company we know of does as much to preserve Nature's goodness and that is why we will be offering them to help you in your HealthBuilding and maintenance.

IMPORTANT THINGS TO REMEMBER!

- **Keep your appointments.**
- **Reduce or eliminate sugar and junk foods.**
- **Take your whole food concentrate supplements daily.**

These are a few of the products we may offer to enhance your healing and recovery.

Ligaplex – Used by doctors since 1961 Taken regularly the nutrients in Ligaplex can help build healthy tissue for the repair and prevention of injury. The connective tissues in and around the joints and intervertebral discs age with normal, everyday wear and tear.†

Multizyme – Used by doctors since 1963 Multizyme is a digestive support product that contains digestive enzymes and pancreatin necessary for the proper breakdown and absorption of proteins, carbohydrates, sugars, and fats. Multizyme also is an anti-inflammatory and greatly assists in healing injuries.†

Calcium Lactate – Used by doctors since 1947 Calcium Lactate is essential for various body functions beyond bone mineralization; including muscle contraction, nerve conduction, maintenance and function of cell membranes and membrane permeability, blood coagulation, and the proper functioning of many enzyme systems

Wheat Germ Oil – Used by doctors since 1939 Cold processed vitamin E source from organically grown wheat, is an antioxidant, a source of unsaturated fatty acids (Vitamin

F - See LiveIt! Lesson 4), it supports tissue integrity, and is a natural source of OCTACOSANOL (known to be particularly helpful for discs.†)

Consuming even small amounts of these vital whole food concentrates daily helps to assure your body has nutrients essential to proper healing. †

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

Patients Speak

"I fell down some stairs on my back and really hurt it badly. I just got worse for about two months with my back stiffening up and the pain never going away. I started some chiropractic treatment and that helped. But when I began the nutritional products the pain and stiffness went right away. I am seventy-four years old and I did not really expect to feel this good so easily, I thought I was just getting old. I guess not yet." ED

What Did You Learn?

There is no substitute for chiropractic care and when you need it there is nothing that benefits you as much. **True False**

Nutritionally deficient tissues break down more easily and can lead to sprain, strains, muscle spasms, nerve pains, numbness, tingling and INJURY. **True False**

During each of the Three Phases of chiropractic care we recommend you build your health with whole food supplements and regular schedule of appointments and check ups. **True False**

Eating refined sugar can make me need more chiropractic adjustments. **True False**

This LiveIt! Lifestyle Lesson is brought to you by:

Duben Holistic Chiropractic & Kinesiology

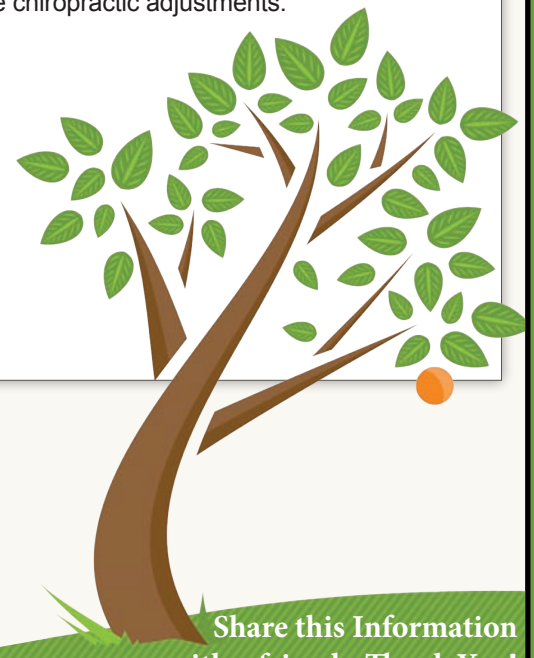
Alan P. Duben, DC

4165 E. Thousand Oaks Blvd.,
Suite 301

Westlake Village, CA 91362

805-494-1339

<http://www.docduben.com>



**Share this Information
with a friend - Thank You!**