

Health Notes

Healthy New Year!

by Craft Chiropractic Associates, PC

Many of us begin the New Year with resolutions, the most common one being to get healthy. There is no better time to rejuvenate your health than the start of a new year. Make the following lifestyle and dietary changes part of your resolution:

- ☛ Exercise 20-30 minutes, at least three to four days a week.
- ☛ When you eat home or out, be conscious of the fat and sugar contents of the foods you are eating. Include nutritious fruits, vegetables, and grains in your diet.
- ☛ Quit smoking, and limit your intake of alcohol. Excessive alcohol consumption and/or smoking hinders your body's ability to absorb nutrients from your food.
- ☛ Eat more raw foods. Much of the nutrition in foods can be destroyed when cooked or canned. With the exception of canned tomatoes, which can help prevent prostate cancer, fresh or frozen fruits and vegetables always have more natural vitamins and minerals than canned vegetables do.
- ☛ When possible, select organically-grown foods. They have lower amounts of toxic elements than foods that are grown non-organically.
- ☛ Drink water! Our bodies require eight to ten 8-ounce glasses of water a day. Don't substitute coffee, tea, soft drinks, or alcohol for water; they are diuretics (dehydrators). If you are exercising, you will need more water.
- ☛ Consume 25-30 grams of fiber per day. Whole-grain breads and cereals, beans, nuts, and some fruits and vegetables, are good sources of fiber. High-fiber diets can help prevent digestive disorders, heart disease, and colon cancer.

Dr. Craft Serves As Examiner

Dr. Mark Craft recently served as an examiner for the National Board of Chiropractic. The National Board of Chiropractic, located in Greeley, Colorado, administrates its licensing exam at 15 sites across the country and is recognized by 46 states.

Dr. Craft served at the New York Chiropractic College test site in Seneca Falls, NY. Examining doctors participating in this exam are chosen through a search committee, and selected after meeting a high standard of criteria set forth by the National Board of Chiropractic.

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