



of the Week...

What You Should Know About T5...

is involved with providing the primary nerve supply from the control centers in the brain through the “celiac plexus” to the *Esophagus, Stomach and Intestines* –

When subluxated, it is commonly found to be associated with such common health complaints as indigestion and ulcer (gastric).

Common Sense Ways To Improved Digestion

At the very least, make sure you have no nerve interference at the T5 spinal level...that's where a good chiropractor comes in handy.

Here are some other common sense tips to follow to make sure your digestion is good:

Drink Water. We have, on many occasions discussed the importance of proper hydrated and adequate water consumption. But drinking while eating is a “no-no” as it tends to dilute your digestive juices. Drink a half hour before eating and an hour after meals.

Eat Natural Foods. The body wasn't meant to digest chemical food additives, artificial sweeteners or extruded grains. Eat whole, natural foods as much as possible so your body can concentrate on getting the good nutrients out of your foods instead of having to

eliminate waste and other toxic products in your food.

Enjoy What You're Eating. You know what you should be eating and what isn't good for you BUT don't stress about it. Aggravation and upset during eating take their toll too. Stress cuts off circulation to the digestive tract and can reduce your ability to digest properly. Reduce the stress in your life if your digestion is poor. Take a deep breath and try not to rush meals, shovel food down your throat or eat on the run. Mealtime should be relaxing and enjoyable. Your digestion will thank you.

Boost your Digestion. Add foods that boost digestion like sauerkraut and, for many, yogurt.

Take a walk after eating.

The Bottom Line...The Bottom Line...The Bottom Line...

The eye opener above is to enjoy what you're eating. Here's what we know... being stressed releases hormones like adrenaline and cortisol. These hormones cause inflammation throughout the digestive system, which leads to aggravation of the digestive tract and affects your body's ability to make good use of the nutrients in your food. Over the long term, stress can actually cause chronic digestive problems like irritable bowel syndrome (IBS) and stomach ulcers.