

Summer (and Beyond) Food and Lifestyle Choices

Dopamine (pleasure) vs. Serotonin (joy)- it's your choice

Dopamine- driven from outside pleasures: can lead to addictions, continual need to look for "More"- food, money, shopping, internet, gaming, drugs (all kinds), pornography, non- face to face communications- texting, Facebook, Instagram, Twitter...

Serotonin- driven by inside joy- leads to calm and peace, founds in meditation, exercise, proper deep sleep, connections with others, contributing to the world and community well being...

(Dopamine pathway in the brain much more powerful than serotonin pathway so much more focus needed to make serotonin more focused)
Sometimes, both pathways are stimulated: wedding, birth of a baby, experiencing some incredible event- sunset, favorite concert, sporting event...

(In depth reading- Book: The Hacking of the American Mind by Dr. Robert Lustig, MD)

Choose a way to quantify what you would like to improve in your health and summer: (example- get a baseline Heart Rate Variability, BMR, - set up an appointment to get your baseline, use technology to count steps walking each day, measure your amount of water intake daily, focus on being consistent with taking 10-14 hours between your dinner and breakfast meals (intermittent fasting), have an "activity calendar" and write down daily what you have done to improve your well being/ sleep hours, relaxation activities done ...)

Set up 2-3 Goals for yourself this summer on how you can improve the quality of your life and body!! (Ask yourself- What would I like to be doing that I can't do now? What would make me feel happier about my day if I could add it to my life? How can I age better? - we can help you with this process and answers after your self reflection.

Food Choices: (Cooling foods for Summer)

Fruits: apples, apricots, avocado, berries, cherries, dates, grapes, limes, mango, melons, papaya, pears, pineapples, plums, pomegranates, prunes, watermelon

Veggies: artichokes, asparagus, beets (cooked), broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cilantro, cucumber, dandelion greens, fennel (anise), green beans, leafy greens, onions (cooked), parsley, peas, sweet potatoes, pumpkin, sprouts, watercress, zucchini

Dairy: Butter- unsalted, grass fed, ghee, eggs (free range, hormone free)

Protein: chicken (white), fish, sardines, turkey (white), venison

Condiments/ Spices: black pepper, coriander, cinnamon, lime, Himalayan pink salt, seaweed, turmeric

Simplify- In Search of the Four C's (from Dr. Lustig's book)

Connect- Social support, conversations, religion, groups of interest

Contribute- Self worth, altruism, volunteering, philanthropy

Cope- Sleep, mindfulness, exercise

Cook- For yourself, friends and family

The Final "C"- Chiropractic!

Set up a time to have a Total Health Scan if not done in the past 3 months.

Receive a Surface EMG and other tests to check the baseline of your nerve system.

Receive Wellness Chiropractic care for yourself and family so you live with a highly nerve system!!