

ATTENTION ON YOUR HEALTH *Find out for yourself*

FREE WELLNESS CHECK

FAMILY LIFE CHIROPRACTIC has been keeping you healthy for 20 years. We are offering a free wellness check to help you stay well and keep you going during this time of economic challenge.

STARTING IN JUNE come into the office and get a free check that will determine:

✓ **HOW YOUR BODY IS DEALING WITH STRESS.**

Prolonged stress leads to hormone imbalance related to the stress glands of the body known as the adrenal glands. These glands can be checked through your blood pressure sitting and standing.

✓ **HOW YOU MAY HAVE TOXIC CHEMICALS EFFECTING YOUR HEALTH.**

You can test for toxicity through a person's saliva. The normal pH is 7.0-7.4. Lower than this means you are acid and, as a result, toxic.

✓ **HOW YOU MAY HAVE UNDETECTED NERVE DAMAGE HITTING YOUR NERVOUS SYSTEM.**

Past falls and accidents may cause undetected and long lasting damage not only to muscles but to nerves as well. We specialize in finding these areas.

Don't miss this opportunity to find out and prevent any hidden health problems. THIS IS A \$100 VALUE.

Call the office now at **727-447-4647** and make an appointment for your free checkup.

"WHEN HEALTH IS ABSENT WISDOM CANNOT REVEAL ITSELF, ART CANNOT BECOME MANIFEST, STRENGTH CANNOT BE EXECUTED, WEALTH IS USELESS, AND REASON IS POWERLESS." — Herophilus-300BC

The patient and any other person responsible for payment has a right to refuse to pay, cancel payment, or be reimbursed for payment for any other service, examination, or treatment that is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee, or reduced fee service, examination, or treatment.

FREE INTRODUCTORY WORKSHOPS

Based on the works of Joel Fuhrman, MD

DATES: **Tuesday, June 23**
Tuesday, July 21
Thursday, August 13

TIME: **7-9pm**

LOCATION: **Family Life Chiropractic**
131 Garden Ave N, Clearwater, FL 33755

"Eating to Live"

Your speaker will be **Arnell Burghorn**, nutrition expert and teacher for 25 years. Find out:

- How you can avoid being one of the 90% of Americans that die from heart disease, stroke, diabetes or cancer
- What is the MOST EFFECTIVE WEIGHT LOSS PLAN ever documented in medical literature
- How to get off prescription drugs
- How to avoid the common mistakes parents make that condemn their children to a life-time of unnecessary suffering and disease

There is no charge for this informative workshop, however, seating is limited. Call now to reserve your spot.

727-595-7597



129 Garden Ave N
Clearwater, FL 33755
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www.familylifehealthcenter.com
www.clearwater-back-pain.com
www.vaxd.com
www.nulean-drargall.com

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EATING TO LIVE *versus* LIVING TO EAT

by Rick Argall DC

In the last few months, three of our patients and friends have passed away. Two passed due to cancer and one due to cardiovascular disease. During this same time period, my cousin in Quebec City had a heart attack, which required surgical intervention, and a colleague had a stroke.

All five of them were middle aged in their 40's and 50's and were strong spiritually, mentally, and what had appeared to be physically.

How could so much have gone wrong?

This led my wife, Dr. France Carpentier, D.C., and I to doing a little more clinical reading. Had research over the last few years given any greater insight?

The resounding answer is YES!! The concept of a natural diet is no longer theory. It is a scientific clinical fact. Numerous studies over the last 10-15 years have proven beyond any shadow of a doubt that dairy, meat, fish and chicken should make up less than 10% of the human diet...ahhhh!!! I know...it's a shock. I love meat and dairy as much as the next guy, actually more. But quite frankly I have found the change to be easy.

The average American diet is 37% fat plus tons of sugar and refined carbohydrates. Today's so-called low fat diets average 29% fat. How can we ever hope to have a % body fat between 9% and 12%, let alone 20%? The fact is that "the fat we wear is the fat we eat." It really is "from your lips to your hips" or your belly and butt.

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Q: HOW HAS AMERICA BECOME SO SICK?

A: BIG FAT LIES

The American population has been systematically lied to. Your health professionals (actually disease professionals) have been lied to as well. One of the biggest liars is the USDA (U.S. Department of Agriculture) that is owned, run and lobbied to by the cattle industry. They have had you duped your entire life. The USDA put out the Food Guide Pyramid Chart in the 1950's. Science has proven that chart to be incorrect and harmful, despite revisions. The determination of what goes into the pyramid chart should be relegated to groups like the CDC (Center for Disease Control), not the USDA. We're getting our food guides from the wrong source.



Here are just a few examples of the lies:

**Whole Milk is 49% fat.
2% Milk is 35% fat, and
1% Milk is 21% fat.**

“The four food groups” promoted by the USDA in the 1950's with meat and dairy in the number 1 and 2 spots is really “The four food myths.” It has given meat and dairy altered importance in our diet.

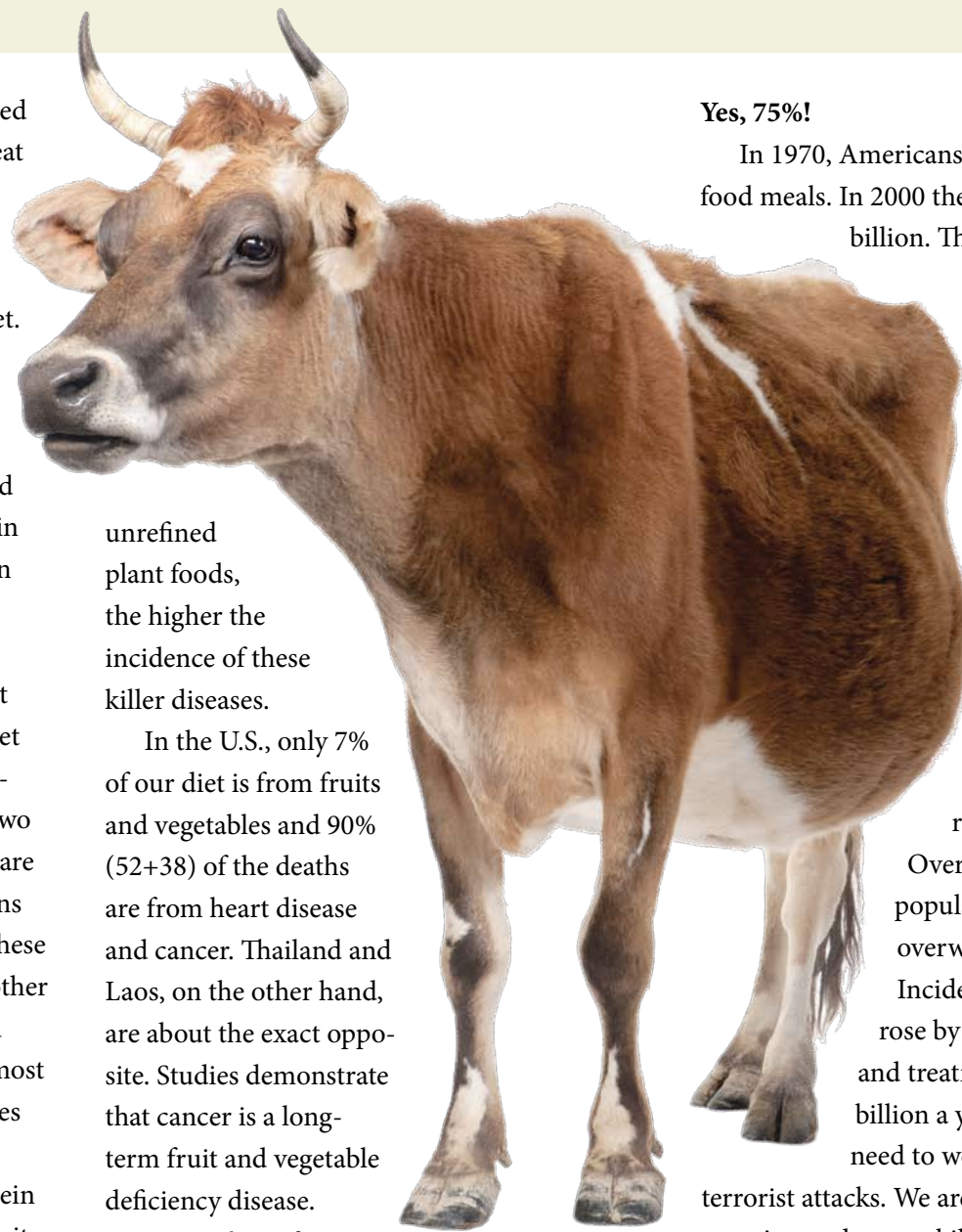
You've been told that dairy affords protection against bone loss. This is false and not backed by science. Fruits and vegetables afford protection. There is more calcium in 100 calories of romaine lettuce than there is in 100 calories of milk.

You've been told, if you don't eat enough meat, that you won't get enough protein or that you won't get all the essential amino acids (building blocks for protein). Those are two more outright lies. Beans/legumes are up to 25% protein. Dark leafy greens average 50% protein, and both of these are easily digestible. Meat, on the other hand, is about 50–60% protein and only about 20% absorbable and almost 40–50% fat. Even lean meat averages about 20–30% fat. The bottom line here is that meat is an inferior protein source and laden with toxic fat despite all the hype.

NOW FOR SOME FAT FACTS

The average American consumes just 7% of his food from fruits and vegetables, 42% from non-fiber animal foods and 51% from highly processed refined carbs and extracted oils — very scary indeed.

52% of all U.S. deaths are from cardiovascular problems and 38% are from all cancers. That leaves 10% for all other conditions and diseases. Studies show that the lower the consumption of



unrefined plant foods, the higher the incidence of these killer diseases.

In the U.S., only 7% of our diet is from fruits and vegetables and 90% (52+38) of the deaths are from heart disease and cancer. Thailand and Laos, on the other hand, are about the exact opposite. Studies demonstrate that cancer is a long-term fruit and vegetable deficiency disease.

Research confirms that those who avoid meat and dairy have lower rates of heart disease, cancer, high blood pressure, diabetes, obesity and dementia.

Today the link between animal products and many different diseases is as strongly supported in the scientific literature as the link between cigarette smoking and lung cancer.

The average American eats about 65lbs of fat per year from meat, dairy and oils and has cholesterol levels around 200mg/dl that should be below 150mg/dl. Yes, below 150mg/dl! Take note that 75% of the population on this planet has never known heart disease.

Yes, 75%!

In 1970, Americans ate 6 billion fast food meals. In 2000 the figure was 110 billion. That's an eighteen-fold increase.

To counteract that non-food, non-fiber diet, Americans spent \$600 million on laxatives. 300,000 deaths annually are caused by or related to obesity.

Over 65% of the U.S. population is either overweight or obese.

Incidences of diabetes rose by 1/3 in 10 years and treatments cost \$100 billion a year. We don't need to worry about

terrorist attacks. We are our own worst enemies, and we are killing ourselves off slowly. That is the harsh reality.

WHAT CAN I DO?

We're now into the 3rd and 4th generation of people who actually have absolutely no clue of what proper nutrition entails. No child is given an owner's manual. No course exists on nutrition in most schools, even medical schools. No training occurs at home because most parents have little or no correct data in regards to proper nutrition. If proper nutrition is occurring in families, it is because a

mother of her own initiative has started researching and reading.

The U.S. is the most overfed, under-nourished society on the planet. Only 7% of our diet is coming from fruits and vegetables and half of the 7% is from potatoes in the form of fries and chips. Potatoes are one of the least nutritious vegetables. This is not a good scene.

All of these facts and figures can be a little overwhelming and hard to confront. If it sounds alarming, just know that it is. However, you now have some truth and there is actually hope and help in the form of books, etc.

Start applying what you now know to be true. Start eating right. Buy those fruits, vegetables and beans and try some recipes. Save your life, save your family, read at least one of these books, ideally both.

“Eat to Live”

by Dr. Joel Fuhrman M.D.

“Prevent and Reverse Heart Disease”

by Caldwell Esselstyn, Jr., M.D.

They are both very easy reads and about one-third of each book deals with what to buy, recipes, suggestions and how to, etc.

The first book is for those who just want to be healthy and/or lose weight through proper nutrition. The other book is for anyone with any cardiovascular issues in their family like high blood pressure, cholesterol over 150mg/dl, angina, heart attacks, stroke and Alzheimer's, etc.

The concept of a totally natural diet is no longer theory. Results worldwide, over the last 10–15 years backed by science and clinical studies have proven that we cannot only prevent chronic degenerative diseases; we can even reverse many too.

Unless America changes its eating habits, we're fighting a losing battle. At least a dozen other books and DVDs deal with the above subjects and they are referenced throughout these two books. Both of these books are readily available at bookstores, online and at libraries. ■

How is your body doing?
Get a Free Wellness Check
details on page 4

