

## HEALTH ALERT- FLUORIDE AND YOU

I enjoy reading Dr.Gifford Jones article each week in Friday's paper. Two weeks ago he wrote a column about fluoride. He researched whether or not fluoride is healthy to the body. His conclusion was very clear; it is more dangerous than helpful.

My wife Linda and I had researched this topic about 10 years ago. We concluded that we were not going to use fluoride. This meant we had to change toothpaste brands, talk to our dentist and generally, answer a lot of questions from people.

It is great when the knowledge becomes **common knowledge**. When people understand that there is a side-effect to a treatment and still decide to use it, well at least they were warned. However, when there are studies that show the dangers of treatments and people are not warned about the side effect; that is not fair. That is why we do our own reading and research about health issues.

Cavities are a reflection of your lifestyle. Sugars, stress and a poor immune system can create cavities. How? Well, cavities are caused by bacteria. If my immune system is working well, then it kills bacteria better. My immune system is under direct control of my nervous system. A healthy nervous system means a healthy immune system which means a healthy mouth. This means we have no need for fluoride.

Fluoride is just one example of a health issue with opposing points of views. You may wish to become more involved in your health care decisions. Do your reading and your own research. Do not wait around for your Medical Doctor tells you something is safe or not. Do not get discouraged, you will certainly run into conflicting information on any health topic. Do what you feel is right based on your belief system.

Please research what you put into your body. Artificial sweeteners, processed food, pesticides on fruits and vegetables can cause damage to your body. Consider eating organic food and cutting back on prepared food. Eating food by God is always better than food by man. Our next Proper Diet Workshop is on March 8<sup>th</sup> at 6:30 pm. Plan on attending.

Below is a list of our offices upcoming events. Please attend as many of these as you can.

- 1. YOGA NIGHT** Yoga night started in our office on Wednesday January 10<sup>th</sup> and will run for the next 8 Weeks. Join us every Wednesday at 6:30 pm for one hour of yoga. Increase your flexibility and you will increase your health. Come with a yoga mat or a towel and bring a friend. The cost per class is \$5. This is a tremendous price.
- 2. EXTREME MAKEOVER** By far, this is going to be the biggest and best event our office has ever run. If you want to lose a few pounds, get in better shape, have more time and energy, then this is what you need. Our goal is to improve your health by 1% a day for 40 days. Go to our website for more information - [www.familychiropractor.org](http://www.familychiropractor.org) We started the program with 66 participants. We now have 70! It is never too late to start this program. We have any missed lectures on CD for you. **Can you afford to wait?**
- 3. SUCCESS & GOAL SETTING WORKSHOP** This is our first advanced workshop of the year. (We will have one advanced workshop each month designed to give you information on various topics to help you.) This workshop will teach you how to take a Resolution and make it a reality. Having a clear picture of what you want to do is the only way to succeed. We will discuss the secrets to goal setting and how to create balance in your family life. This seminar is Thursday February 8<sup>th</sup> at 6:30 pm. Sign up at the front desk with Meaghan, Linda or Linda.

In January, we also have community talks booked at St. Aloysius Church, Stantec Consulting, the Waterloo Region District School Board and HopeSpring Cancer Support Centre. These talks change people's lives. That is why we do them. Our office will also be at the Conestoga Mall 3 times in the next month, and at the Total Women's Show at Bingeman's to educate and provide health evaluations. Please check our website for our most current listing of events.

By now it must be apparent to you that I am going to keep asking who we can help next. It is our mission and I need your help to educate. **A third of the population is depressed, almost half is overweight and people are not exercising and honouring God with their body.** If your church group,

community group or workplace is looking for a speaker on various health topics, we would love to help. Let us know who we need to call and we will. Dr. Jeff can talk on various subjects such as diet, exercise, stress and many other topics. The health of your coworkers and friends may depend on you stepping up and helping out. Thank you in advance for your concern and follow through.

**From our family to yours, we wish you the best for 2007. Thank you for letting our office to be part of your life.**

**Sincerely,**

**Dr. Jeff, Linda, Linda and Meaghan**