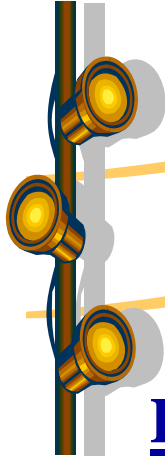


# Health Tip of the Week...

Oct 4, 2010

SPOTLIGHT



## Where Does Chiropractic Fit in?

We received lots of questions about where Chiropractic fits in and the answer is simple: A healthy, functioning nervous system controls all other body systems including digestion, assimilation and elimination.

Without proper function, no diet in the world will do as much for you as it could if everything were working as it was designed to.

## Different People Need Different Diets-Part 1

We don't often get the kind of feedback to the weekly HealthTip that we received after last week's article on plant-based diets. So, in fairness to everyone who said, "I don't agree" or "Aren't there other options?" or "That's not reasonable"... here's more balanced, reasonable information.

According to those that specialize in metabolic typing, different people need different diets because people have different metabolic types just like they have different body types and different blood types.

Because we are all a bit different from one another biochemically, our bodies function best on different mixtures of fat, protein and carbohydrates. What combination works great for one person may not work for another

person and actually cause harm to a third individual.

Seems like there are new best-sellers being published all the time promoting one way of eating and supplementing over others and all of them are full of testimonials about how that particular program did wonders for them.

They never talk about all the people who received no results...that's just common sense.

Basic guidelines for healthy eating are just that...basic guidelines and these include:

1. As we mentioned last week...lots of living foods-fruit and vegetables.
2. Some grains
3. Good quality protein
4. Healthy, unsaturated fats

## **The Bottom Line...The Bottom Line...The Bottom Line...**

What is clear is that without proper nutrition, the body cannot perform at its best. And, without a properly functioning nervous system, no diet in the world can give as good a result as it could if the body were functioning properly. As a result, the basic building blocks of health include a healthy nervous system, proper diet and nutrition, adequate and appropriate exercise, plenty of pure water, a positive mental attitude, etc. These are the building blocks of a healthy lifestyle.

This issue of the Health Tip of the Week is brought to you as a public service by...



Dr. H. Kala Eulitt, DC \* 936-494-1222 \* [www.ConroeWellness.com](http://www.ConroeWellness.com)