

# YOUR DIET AND YOUR HEALTH



The subject of diet deserves your most careful attention. Nutritional needs are often most misunderstood by patients who wish to lose weight.

When your chiropractor says that you must have proper nutrition, you may be thinking of three ample meals daily of meat, bread, potatoes, desert and a drink. You need them, or some of them, but they are only a small part of nutrition.

When your chiropractor talks of nutrition, he or she is also referring to minerals and vitamins and wholesome foods. These are the raw materials which nature requires for continuously building and rebuilding the cells of your body.

Some of these properties are in all foods, though it is possible to destroy or diminish their value by improper cooking. Others are very scarce and can be obtained only from certain fresh vegetables, fruits or from the parts of meat that very few of us eat.

The so-called 'balanced diet' does not exist, in reality, due to the variety of processes which food undergoes from the time of planting until it reaches your table. To get as close as possible to a balanced diet, the following tips should be helpful

- Eat plenty of fruits, vegetables and whole grains, which are good sources of vitamins and minerals.

- When vegetables are stewed, save the stock for soups. The mineral values are more likely to be in the broth than in the food. Grains supply complex carbohydrates for energy and may be beneficial in the prevention of cardiovascular disease, intestinal disease and adult onset diabetes.
- Balance your intake of carefully selected lean beef, pork, lamb, veal, chicken, turkey and fish, which are all part of the 'MEAT' group. Limit your intake of fat and saturated fatty acids. Studies show that people with high density lipoprotein (HDL) (the good guys) and low levels of (LDL) (the bad guys) are much less likely to develop heart disease.
- Eat less sugar and foods high in sugar content. Sugar has been implicated in health problems from tooth decay to obesity, from heart disease to diabetes. Pastries and pies can be eaten in moderation by a healthy person, too much is never advisable. They should not be eaten by anyone who is in poor health or who has ongoing digestive disturbances. Fresh fruits or simple custards are preferable.
- Decrease salt consumption and foods high in salt content. Some authorities believe salt intake is one factor in some patients with high blood pressure.

An excess of tea and coffee is discouraged. Water or natural fruit juices, with little or no sugar or artificial sweeteners, are more healthful drinks for most people. Stay away from all tobacco products, as their direct and indirect influence on health is no longer in question.



This quick list of food items should be greatly reduced in everyone's daily intake.

White refined sugar and white refined flour.  
Alcoholic beverages, coffee and 'cola' drinks.  
Artificially flavoured products with added preservatives.

'Junk foods', sweets and empty calorie snacks.

Foods high in saturated fat and dried foods including many 'fast foods'

Convenience type foods are often low in nutritional value.

This list is not all-inclusive, but should serve as a guide for those individuals who are interested in their health and well-being. For those individuals wanting to find out more about nutrition and health matters look at the websites [www.guardianeatright.co.uk](http://www.guardianeatright.co.uk) and the American [www.eatright.org](http://www.eatright.org)

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