

www.northsidefamilycare.com - Check Dr. Miller's section for her bimonthly blog and articles!

Excel for Life!

If you are feeling bad or having problems in any way, you need to review these aspects of your life and work hard to make the needed changes or additions!

Water - drink 1/2 of your body weight in ounces every day, and extra after exercise

-no other liquid is particularly good for you except green tea (and this only in addition to the water above)

-clears your body of toxins, and helps significantly with pain, fatigue, mood, allergies, sleep, and much more!

Food/Diet - the first four are the healthiest!

Vegetables (rich in vitamins, fiber, and low in fat) - eat a wide variety and at least 3 or more servings/day

Fruits (rich in vitamins, fiber, low in fat) - eat a wide variety and at least 3 or more servings/day

Whole-Grains (rich in fiber, vitamins, and some protein, and low in fat) - rice, oats, quinoa, amaranth, buckwheat are the best (gluten in wheat, rye, and barley can cause and worsen many problems in many people) - 3-6 servings/day

Legumes (rich in protein, fiber, omega-3 fatty acids, minerals, and low in fat) - beans, peas, & lentils (seeds from pods, like chickpeas) - eat 2-3 servings/day

Meat & Dairy - best to be organic and range-free (to avoid added hormones and antibiotics and toxins)

Nuts & Seeds (high in fat, rich in protein and omega-3 fatty acids)

Common food triggers for migraines, arthritis, allergies, & others = dairy products, wheat, citrus fruits, corn, caffeine, meat, nuts, tomatoes, eggs - great books "Foods For Life" & "Foods That Fight Pain", by Neal Barnard

Exercise - at least 30 min aerobic exercise 5x/week, and weight training 30 min 2x/week, make sure to plan at least this much in each week - making it a priority like a shower and brushing your teeth, and no TV until you exercise!!!

Quality Supplements - required for our health & metabolism (our food is often not the healthiest and comes from over-farmed nutrient deplete soil) - remember by putting out your weeks worth of vitamins each Sunday in a container!

(**For Pregnancy**=our multi w iron, folic acid, omega 3, vitamin d, calcium w d)

Vitamin D3 for everyone - at least 1000iu/day in summer and 2000iu/day in winter (and is fat soluble weekly dose can be taken once a week) - for our bones, brain, immune system, cancer prevention, hormones, and more, those with conditions at risk need blood test to determine required supplement (may need up to 10,000iu/day)

Omega 3 Fatty Acid for everyone - 700-1000mg/day of EPA/DHA (up to 4000mg for high cholesterol/triglycerides)- protects against heart attack & stroke, decreases inflammation, helps brain & joints

Quality Multivitamin for everyone (our AlphaBase) - helps give a boost to all vitamins and minerals and helps for energy and cancer prevention (take with iron if pregnant, anemia from iron deficiency, or heavy periods)

Calcium especially for all girls and women - a well absorbed common calcium is Citracal w D (calcium citrate) - at least 1/day, and for women at risk and most all smokers 1 in am and 2 in pm (and a better calcium for bone building in those at risk is our CalApatite w MCHC which has more bone specific minerals)

Aspirin 81mg coated - best for everyone over age 60 unless contraindications, and for smokers over age 40

Other Common Vitamins - Vitamin C (1000mg, and doses up to 5000mg/day for short periods) can be added during colds, allergies, antioxidant; Zinc can help the immune system and especially men as they age with their testosterone; Iodine can help thyroid and metabolism (**Children**-gummie vites, fish oil, calcium w d)

-certain vitamins can be tested in the blood, and I can perform a zinc taste test and Iodine spot test free in our office

Sleep & Balance & Boundaries - at least 7-9 hours sleep/night, and strive for balance in your life and keep your priorities in line each day and even moment (mine are God and then husband/children)

---Our life is like a boat, and if you fill it too full of even good things you will sink!

Faith - can give you identity, direction, guidance, power, and all the fruit of the spirit for each day (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control - my prayer for you each day!) - I read or pray am, meals, and pm; go to church Sunday am; small group Thursday pm w my family; and woman's Bible study Friday am to keep me directed and centered (and often pray and memorize Bible verses during my jogging!)

Maintain your best weight - this helps your blood pressure, cholesterol, mood, endurance, joints, asthma, heart attack and stroke and diabetes and cancer prevention and more!

Tips for weight loss - 2/3 of your plate should be the healthy veggies and fruits (and change your diet to include lots of the first 4 food groups without any added fat), exercise aerobically at least 1/2 hour EVERY day, eat on a smaller plate, eat at least 3 small meals a day and especially don't skip breakfast, do not drink calories (juices have a lot!), don't eat a big meal late and try not to eat after 7pm (can brush your teeth after dinner), eat fruit as a dessert or small amount of dessert/dark chocolate right after meals, drink at least 2 large glasses of water before eating and eat slowly chewing each bite 20-30 times, journal your food and calories on a good free website or application like <http://www.sparkpeople.com/> (and people who journal lose 2x as much weight as those who do not - explains the success of Weight Watchers), 8 calories/lb body weight/day should make you lose a pound a week (and even more with exercise), get a buddy to team with you in your efforts, and strongly consider a gluten free diet (I have a patient Keelan who has lost 50 pounds over the past year on this - she could not lose weight with near perfect adherence to the above directives until eliminating gluten and has so much more energy)

-see me or your doctor if you do not have much success after a month of good effort, because you may need thyroid blood tests, a general physical and review of your diet, the above supplements and iodine test, a good trial of a gluten free diet, and some can have extra help by a weight loss medicine Adipex

-consider and get help for psychological problems which may be hindering your weight loss (such as a history of abuse can give a fear and avoidance of looking better, or family/friends encouraging your overeating, etc.)

How to pick vitamins/minerals: The vitamin industry has few standards for quality, and the cheaper the vitamin, the poorer the quality (and even some not so cheap vitamins are poor quality). Be wary of common false marketing ploys saying they are "all natural". Here are keys to determine if a multivitamin is of higher quality. Look on the ingredient label for the Vitamin E (as d- or dl- Alpha-tocopheryl). If you had "dl" instead of "d", then you have a synthetic Vitamin E which is not as well utilized by or healthy for your body. If they skimp on this important vitamin, then they care more about their bottom line than your health! Another quality gauge is how the minerals like zinc, iron, magnesium, and calcium are supplemented/chelated to be absorbed. If your multi uses picolinate or citrate this is good (listed as calcium citrate, zinc picolinate, etc.). Cheaper forms will list them as elemental or use gluconate or oxide as a chelator, and these are NOT well absorbed. If your vitamin passes these tests, then it is probably a decent supplement. Other ingredients that should not be included in your vitamin are things like colorings, yeast, starch, flavorings, or preservatives. I suggest you buy most of your supplements from a professional like us or a good health food store. (taken from expert nutritionist and chiropractor **Dr. Ed Zimmer, 317-813-1998, 8202 Clearvista Pkwy Suite 8E, www.zimmerchiropractic.com**)

Dr. Miller's Salsa - 1 lg can diced tomatoes, 1 lg can crushed tomatoes, (1-4 sm cans diced tomatoes to make milder if desired), 1 sm can diced tomatoes w peppers, 1 onion & 1 red onion chopped, 4-8 green onions chopped, 1/2-1 bunch cilantro chopped, 2 anaheim (long lighter-green) peppers & 3-4 jalapeno peppers chopped, 1 tsp salt - a very healthy food and can add to other foods/entrees/dishes