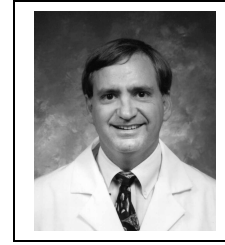


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Dr. Pershing's Chiro-Practical Newsletter

Spring 2006

Dear Friend,

Spring time...warmer weather, flowers, thoughts of summer at the beach. So I'll talk a little about diet.

And tax time. That's why there's a short article on stress.

Be sure to see my special offers of dietary screening and a special discount on exercise equipment.

Oh, I believe Lou Ann may send another great letter to you in a few weeks.

Quote

Half the modern drugs could well be thrown out the window, except that the birds might eat them.

~Martin H. Fischer

Health

Low Carb Diets -- How Much Protein Do You Need

by: Rita Preece

What is protein?

Millions of different proteins occur in nature. Protein is made of chains of amino acids held together by peptide bonds. There are about 20 amino acids that can be bound together in various combinations to make the millions of different proteins. There are two groups of amino acids: non-essential amino acids, which are made by your body and essential amino acids, which have to come from your food.

Why does my body need protein?

Protein is an important part of muscle fibre, cell walls, skin, nails and hair. You are losing protein all the time as you shed dead skin cells, nails and hair and it has to be replaced. At times your body needs more protein, like when you're growing, when you're pregnant or breast-feeding, or when wounds are healing. Protein is a source of energy for your body and the amino acids are used to make

things like adrenaline and antibodies to fight disease.

How does my body digest the protein I eat?

When you eat protein, your body's digestive system breaks it down into its component amino acids. These are absorbed into your bloodstream through the walls of your small intestine and your liver. Your body puts the amino acids together in whatever combinations it needs, e.g. to make hair protein or new skin cells. Proteins include nitrogen molecules and one of the byproducts of digesting proteins is ammonia. This is converted into urea which is filtered by the kidneys and passed as urine.

How much protein does my body need?

Health authorities in the U.S.A., Canada and Australia recommend a daily intake of 0.75 - 0.8 grams of protein per kilogram of bodyweight. If you weigh 80 kilograms, that's 60 grams of protein a day. High protein (or low carbohydrate) diets will recommend more.

Can my body store protein?

No. You need to eat the protein your body needs every day. Any excess protein is converted into urea and passed as urine.

Are all proteins the same?

Different proteins are made up of various combinations and amounts of amino acids. Proteins from animals, fish, poultry, soy and Amaranth contain all of the essential amino acids and are they are easily digestible. Proteins from plants and grains do not usually have all of the essential amino acids and you need to eat a selection of them to get all the amino acids you need.

What if I don't eat enough protein?

FREE initial dietary screening (\$150 value)
Call 215-8900 or
stop by for this
special offer.

Additional charges may be incurred for related services which may be required in individual cases.

Most people eat more than enough protein. If you don't eat any animal products, you should eat a wide variety of plant and cereal foods. Some symptoms of protein deficiency are: poor growth, weight loss, muscle wasting, iron deficiency, swollen feet and ankles.

Is it dangerous to eat too much protein?

There are risks associated with following a high protein diet for a long time. Your kidneys have to

collect and filter more toxic byproducts. This may affect the function of your kidneys, particularly if you have diabetes. It is possible for calcium to be lost from your body. If animal products are your main source of protein, you should avoid those that are high in saturated fats and cholesterol because they will increase the risk of a number of diseases including heart disease.

Quote

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd druther not.~Mark Twain

Stress Relief Tips For Free

by: **Steve Hill**

This article gives free tips and advice about how to reduce stress. I am a person who used to stress in a big way. At one point a work colleague made a comment that he thought that I walked around with the weight of the world's problems on my shoulders. My hair started to turn grey when I was only twenty-one years of age. Things though had to and were about to change.

I realized that the way I was living my life was not only probably unhealthy but was also a very unhappy one. By the age of twenty-two I decided to attempt to change the way I lived my life. I believed that I needed a change of attitude, I was somebody who was extremely negative and the first thing I worked on was trying to become a far more positive thinker.

I then went about reading lots of books about mind over matter and positive thinking. To my surprise, I actually enjoyed reading this material and the lessons I learnt were to change my life forever, in a good way.

The first thing I learnt, which seems so obvious now, is that worrying and stressing about a situation does not make it go away or make it any easier. In fact it makes it a whole lot worse. The important thing to remember is that in life all you can do is try your best. When a negative thought or worry enters your head you need to immediately ignore it and to change your thought processes into thinking about something which makes you happy or smile. You have to treat these demons as your worst enemy and fight them away. Treat it like a war and be

determined not to let them win the battle of minds.

The next lesson I learnt was that a life spent constantly stressing is a waste of a life. You never know when your time is up and therefore you need to make every minute count. We only know for a fact that we have one life, even though I do personally believe in the after life, therefore we have to make the most of that life. I now live every day like it is my last, I live each one to the full.

The last piece of advice is to think about other people in the world who are not as fortunate as yourself. I for example used to feel very sorry for myself and believed that I was very unlucky. When thinking about other people who live in the world, I actually realised that I was actually one of the lucky ones. People in for example parts of Africa and the third world would probably laugh at me if I had described my worries to them.

Great Stress Reducer

Resistive exercise equipment at 50% discount.

Limited Time Offer

Additional charges may be incurred for related services which may be required in individual cases.

And another newsletter comes to an end.

I do hope you will take advantage of the special offers above and the coupons below.

And keep an eye out for Lou Ann's letter.

It will be a great pleasure to see you soon.

FREE Exam & FREE X-Ray*
With this coupon

Expires April 30, 2006

Dr. C. Thomas Pershing
*Limit one per customer per month.
Additional charges may be incurred for related services which may be required in individual cases.

FREE Exam & FREE X-Ray*
With this coupon

Expires May 31, 2006

Dr. C. Thomas Pershing
*Limit one per customer per month.
Additional charges may be incurred for related services which may be required in individual cases.

Quote

Don't be dismayed at goodbyes, a farewell is necessary before you can meet again and meeting again, after moments or lifetimes, is certain for those who are friends.

-Richard Bach

Until next time.

Yours in Health,
Dr. Pershing