

ASHBY ADVISOR

Edition Forty-one
October 2009

So as we roll an through the fall holiday/flu season let's get in some healthy habits. You already know the basics things for avoiding the flu; wash hands, rest enough, eat healthy, etc.. That being said here is a list of the "Top 8 Healthy foods" from the Mayo Clinic:

Almonds	Apples
Blueberries	Broccoli
Red beans	Spinach
Sweet potatoes	Wild Salmon

A pilot study from Wellmark Blue Cross and Blue Shield over a year time period found that chiropractic or physical therapy reduced healthcare costs and the need for surgery. 89% of those receiving some type of physical medicine/rehabilitation had at least 30% improvement over those who did not get these services. This is a case of spending a little money in the right areas to save a lot of money. This study is continuing through 2009. This study backs up numerous other studies showing the overall cost effectiveness of putting chiropractic into any healthcare system.

Even though it is shown to reduce overall cost for musculoskeletal conditions, many insurance companies in the past have added chiropractic as an additional cost item. Yes there are direct costs to paying a chiropractor, but there was less spending on medical care for these same conditions. Another good reason to have chiropractic at the forefront of cost effective ways to manage part of the health care cost crisis.

I have mentioned in past newsletters about the benefit of pomegranate juice for numerous health issues. Be careful to read the label to be sure that it is pomegranate juice. Some labels will read 100% juice, but they may be mixing another low cost juice with just a little pomegranate juice. Always check ingredients for products you are buying.

Quote of the email: "The bitterness of poor quality lingers on long after the sweetness of cheap price is forgotten."