



October 25, 2011 [Volume 5, Issue 21]

[Not a subscriber?](#) [Forward to a Friend](#) [Visit To Your Health](#) [Unsubscribe](#) [Update e-mail address](#)

#### In this issue of *To Your Health*:

- [Nourish Your Brain](#)
- [Nothing Sweet About Artificial Sugar](#)
- [Are You Stretching the Wrong Way? Try The Right Way](#)

### Nourish Your Brain



The aging process takes enough of a toll on the human body without having the mind share the same fate. As we age, the brain is susceptible to various degenerative processes, from simple lapses in memory and concentration to outright cognitive decline or Alzheimer's. Fortunately, there are simple ways to keep your brain healthy into your golden years. Here are three brain boosters to keep you on your mental toes:

**Feed It:** Your brain needs sound nutrition to function optimally. The outer membrane of brain cells requires a constant supply of fatty acids. That's where omega-3s can help. Choline, a B vitamin present in high amounts in eggs, broccoli and other cruciferous vegetables, wheat germ and tofu, may also be important for brain neurotransmitter function while benefiting mood and mental performance.

**Exercise It:** Research suggests consistent physical activity can help people maintain memory and cognitive function as they age. According to at least one study, the exercise necessary to achieve brain benefits involved simple activities such as walking, gardening, cooking and cleaning. Another recent study showed

that after a year of lifting weights twice a week, elderly women performed significantly better on tests of mental processing compared to women who participated in a balancing and toning program instead.

**Challenge It:** In a sense, if you don't challenge your brain, stagnation can set in, leading to all sorts of problems over time. The solution is simple, research suggests: challenge your brain. How? Try crossword puzzles, chess, word problems or other strategies to keep your brain alert and engaged. The moral is simple: Take care of your mind and your mind will do the same for you.

[Read More](#)

### Nothing Sweet About Artificial Sugar

With worldwide obesity rates doubling in the past three decades, is it any surprise that artificial sweeteners have been gaining popularity? Beginning with the creation of saccharin, "sugar substitutes" have become the answer to a dieter's prayer.

Have your cake and eat it, too; it's a dream come true. Or is it? Let's take a closer look at some of the most popular sugars on the market and how they are affecting your health.



[Read More](#)

### Are You Stretching the Wrong Way? Try The Right Way



How would you like to increase coordination, reduce muscle tension, increase range of motion, prevent future injury, improve posture, develop body awareness, and enhance proper movement patterns?

The good news is you can, by incorporating active isolated stretching (AIS) techniques and principles into your exercise / wellness routine. Follow these steps to bump up your stretching routine.

[Read More](#)

#### Unsubscribe

Thank you for subscribing to *To Your Health*. If you have received this newsletter in error or wish to [unsubscribe](#), you may remove your name from our e-mail subscription list at [www.toyourhealth.com/newsletter/TYH/unsubscribe.php](http://www.toyourhealth.com/newsletter/TYH/unsubscribe.php).

#### Update your e-mail address

To update the e-mail address your newsletter is sent to, [click here](#).

If you have any questions regarding your subscription, please complete this form at [www.toyourhealth.com/newsletterhelp/TYH](http://www.toyourhealth.com/newsletterhelp/TYH).

[Not a subscriber?](#) | [Forward to a Friend](#) | [Unsubscribe](#) | [Update e-mail address](#) | [Archives](#)

[Did You Know?](#) | [Health Poll](#) | [In This Issue](#) | [To Your Health Newsletter](#)  
[Advertising Info](#) | [Previous Issues](#) | [Link To Us](#) | [Help](#)

[ [Home](#) | [Contact Us](#) | [Meet The Staff](#) ]

#### Other MPA Media Sites:

[MassageToday](#) | [ChiroWeb](#) | [DynamicChiropractic](#) | [DynamicChiropractic Canada](#) | [AcupunctureToday](#)  
[ChiropracticResearchReview](#) | [SpaTherapy](#) | [NutritionalWellness](#) | [NaturopathyDigest](#)

#### Policies:

[Privacy Policy](#) | [User Agreement](#)

Become a fan!

facebook

All Rights Reserved, To Your Health, 2011.

*The information provided is for general interest only and should not be misconstrued as a diagnosis, prognosis or treatment recommendation. This information does not in any way constitute the practice of chiropractic, acupuncture, massage therapy, medicine, or any other health care profession. Readers are directed to consult their health care provider regarding their specific health situation. MPA Media is not liable for any action taken by a reader based upon this information.*

MPA Media – 3080 S. Harbor Blvd., Santa Ana, CA 92704