



Dr. B - Fun Facts & Did You Know?

Fun Facts

- Did you know pumpkin seeds and fresh figs can help eliminate parasites? If you don't like pumpkin seeds or figs, you could also try Zymex 2 from [Standard Process](#)!
- When you crave sugar, your body is actually craving salt. You can eat Baja Gold Sea Salt to help balance out your mineral levels. It will help lower your anxiety, too!
- Ntronex is nature's Benadryl.
- USF Ointment can replace Vaseline.
- Sciatic Pain: If you have persistent Sciatic Pain, remember to lie on your stomach and use the ice pack on your lower back. After you're done icing your lower back and first thing in the morning before getting out of bed, do the EIL exercise before getting up, and do the spinal rotation to help loosen up the middle back in order to take stress off the lower back and upper back. If you're using a lumbar roll around the belt line and still getting consistent pain, try moving it up to the base of the rib cage.
- The 21-Day Purification Program helps your body "take out the trash" and reset from the inside out.
- For the first 10 days, you'll focus on clean eating—mostly organic fruits and vegetables—while taking SP Cleanse and enjoying [Standard Process](#) protein shakes to stay satisfied. After day 10, you'll start reintroducing organic proteins while switching to SP Greenfood, which supports your liver and helps your body continue detoxing naturally. It's a simple, structured way to give your system a fresh start and feel your best again.

- If you make your body more acidic, your allergies won't bother you as much. You can try taking Apple Cider Vinegar, 1 TBSP in a glass of water a day, which could help. Just make sure to swish with water afterwards to protect the Enamel of your teeth.
- If you know you're going to be in the sun and you have a tendency to burn, you can take Cataplex F to help absorb the vitamin D from the sun into your system better.
- If you wake up every morning with low back pain, try rotating or flipping your mattress.
- You could help lower your blood sugar by taking the General Health Pack.
- To help decrease bursitis, you could take 1 TBSP of Apple Cider Vinegar in 8 oz of water. If you don't like the taste, you could always add a tsp of local honey.
- Make sure to use good shoes to do yard work, not the broken-down ones you keep in your garage!
- If you think you are standing pitched forward, stand up with your back against the wall and try to get your hips, shoulders, and the back of your head flush with the wall.
- When you do the spinal rotations, you want to do them seated in order to keep your lower back and hips stable. The only thing that should be rotating is your middle back. If you find your hips wiggling, it usually means you are slouching.
- You could try getting a hair analysis done to see what minerals your body has been able to hold on to and what you are deficient in in the last three months. You could think of it as an A1C panel but with your hair.
- Wearing a brace for posture will only temporarily improve posture. Wearing a brace for long periods of time will actually decrease strength in the postural muscles. What you need to do is work on strengthening the muscles between your shoulder blades and pulling your shoulders back and down. You could also use a lumbar roll at the base of the rib cage while seated to improve posture and take stress off your shoulders and lower back.
- Minerals will keep you calm in a storm. Trace Minerals B12 is a great source.
- Sleep Deficiency accelerates the level of inflammation and increases the risk of Alzheimer's
- Humming stimulates the Vagus nerve for up to 6 months. It can help keep you calm and help with PTSD.
- Good food first, foundational nutrients like black beans. Eat them once a week. Fill a bowl with raw nuts, blueberries, and blackberries, great "vitamins". Mushrooms are fantastic. Broccoli sprouts, beets, turmeric, spirulina, and blueberries nourish and detox your body.

- There is a support course for detox from [Dr. Michael Gaeta](#). Consider one day a week detox. GI Adsorb once a week on an empty stomach, which helps to remove toxins after you detox. Add the trace minerals after that.
- Dilution is a method of diluting a solution to reduce pollution.
- Tissue detoxification is not about doing less; it's about doing the right things consistently!
- The number one reason people have hypothyroidism is low levels of iodine.
- Chocolate is heavy in lead and cadmium. Ghirardelli Intense Dark Chocolate 86% and Intense Dark Chocolate Twilight Delight 72% are relatively low in cadmium and lead.
- Never start a detox if you are not having a bowel movement every day. If you do not, talk to me, or try Spanish Black Radish
- Tobacco has a high amount of Lithium, Cadmium, and Lead. You may try [Dr. Strong's](#) great minds formula. It may help provide Lithium so you can decrease your smoking.
- You are taller first thing in the morning since all of your discs fill with fluid.
- It takes a smoker three times longer to heal than a nonsmoker.
- If you notice grinding in your neck when you rotate your neck, try doing cervical retractions by tucking the chin straight back, then looking up. Try your best to stop rolling your neck.
- Cataplex ACP is very good for people who smoke, as it helps strengthen the vessels.
- If Prozac isn't enough, you could try Orchex to help calm anxiety and anger the natural way!
- If you can't find the joy in your day, try [Dr. Strong's](#) brain health formula, Great Minds.
- Chaste Tree from [Standard Process](#) helps to reset your Melatonin.
- You can use Protefood and WheyPro Complete from [Standard Process](#) to help you gain muscle and replace synthetic Creatine and Amino Acids.
- [Standard Process](#) Folate is great for those who have MTGFR.
- If you're trying to lose weight by intermittent fasting, remember to focus on eating nutritious foods and try not to focus on the quantity of food. Think of the three little pigs; you don't want your house built out of straw and sticks. You want your house made out of bricks, much like you want your body built strongly.
- There have been studies in women who have spots that show up on thermography where they've kept their phones in their bras.
- If not losing weight, consider doing a microbiome test (\$129.00, sold in office) to see if there are gut issues, ie, yeast, any weight loss, or GI issues, constipation, diarrhea.

- The Omega quant test will give you a more accurate reading of Heart disease. Much superior to Cholesterol tests.
- Remember, there is a 40% increased risk of becoming Diabetic if taking Statins to reduce Cholesterol.
- You NEED Cholesterol for proper Testosterone levels and brain health.
- You can work on your balance by rocking back and forth on your toes to heels. If you are worried about falling, stay close to a counter or the couch.
- For those of you trying to be healthy, Cheerios, Honey Nut Cheerios, Apples, and Oatmeal are high in Glyphosate (Round Up). Standard Process does sell natural oats and grains.
- Tip of the day: Try sitting up really straight in the car and adjust your mirrors. This way, if you can't see, you know you're slouching.
- If you take Biotin for your hair, skin, and nails, and you're not seeing results, you could eat some beef liver!
- The number one supplement for Fibromyalgia is Boswellia from Standard Process.
- Vivid dreams can be from low B1, not clearing estrogen properly, trouble with dopamine levels, and a host of other things.
- When the body is reactive to multiple substances, it is better to start with Echinacea.

Did You Know?

- If you could describe chiropractic care in three words, what would they be?
 - ◆ *Hope Health and Healing.*
- What's one myth about holistic health that you wish more people knew the truth about?
 - ◆ *It is very safe.*
- If you could only recommend **one** stretch for people who sit all day, what would it be?
 - ◆ *The twist exercise.*
- What's your guilty pleasure snack that might not be *totally* chiropractor-approved?
 - ◆ *Dark Chocolate.*
- If you could give your **younger self** one piece of health advice, what would it be?
 - ◆ *Trust the Process.*
- What's the most rewarding part of helping people through chiropractic care?
 - ◆ *We think they will be in pain the rest of their lives and then experience healing.*
- What's one **simple** daily habit that can make a huge difference in overall health?

- ◆ *Doing the twist exercise properly*
- What's the funniest misconception someone has had about chiropractors?
 - ◆ *We are uneducated.*
- If chiropractic care were a **superpower**, what would its name be?
 - ◆ *Wonder Healing? Lol, I'm sure there is something better.*
- What's your absolute **favorite** part of the human body to adjust and why?
 - ◆ *The thoracic spine (mid back) helps everything function better and releases so much tension.*
- If you weren't a chiropractor, what other career do you think you'd love?
 - ◆ *A Chef!*
- What's the best health or wellness advice you've ever received?
 - ◆ *If God made it, eat it; if man made it, don't.*
- If someone could only make **one** small change to improve their health today, what should it be?
 - ◆ *Drink your water.*
- What's one thing **you** do every day to keep your spine happy and healthy?
 - ◆ *Watch my posture when working.*
- What's a surprising benefit of chiropractic care that most people don't know about?
 - ◆ *Improved range of motion.*
- If you could create your **dream wellness retreat**, what would it include?
 - ◆ *Surf and Sand, great food, calm music.*
- What's your **go-to** tip for handling stress when life gets hectic?
 - ◆ *Keep searching until you find what works for you. I use the VIBE, the BEMER, and Medi Herb's Adrenophytosynergist.*
- If you could adjust **one** famous person (past or present), who would it be and why?
 - ◆ *Gosh, I have to think on that one, but just having the opportunity to adjust someone who is considering surgery that they do not want to have.*
- What's one thing you wish everyone understood about the connection between nutrition and chiropractic care?
 - ◆ *Without proper nutrition, it is much more difficult to allow the body to heal quickly.*