

Journeys in Health

Volume 1, Issue 3

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Drs. Jessica and Phil Szalowski

Upcoming Events:

Spinal Care Classes

Monday 5/17, Monday 6/7, and
Monday 6/21
at 6:30 pm

Nutrition Class

Monday 5/24

6:30 pm

(please call ahead to reserve a
spot as these classes fill up
quickly)

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If we all did the things we
are capable of, we would
astound ourselves.

– Thomas Edison

Should I Eat Organic or Local?

This is one of the most exciting times of the year. Not only is the weather improving and the days getting longer, but it also means that fresh local food is on its way. Eating locally grown produce has many advantages to you, your community and the environment. You are eating food that is optimally fresh (not having been shipped across a continent or two), vine-ripened (not having been picked early so as not to spoil in transit and then ripened with a spray) and in-season. Of course in New England we have a relatively short growing season, so take advantage while you can. It is actually better to eat locally grown fruits and veggies rather than buying 'organic' produce that has been shipped cross country.



Eating locally grown food certainly helps your community as you are supporting the farmers in the area and this is very important. If you are going to buy apples or tomatoes, why not get them from one of your neighbors? You'll get high-quality food at the peak of freshness and know exactly where it comes from. The other great

thing about food that isn't shipped long distances is that it reduces fuel use and pollution, which is great news for the environment as a whole. You are also helping to ensure that we keep sustainable "green space" in our neck of the woods.

Great sources for locally grown food include farmer's markets, farm stands and CSA's. CSA's (Community Supported Agriculture) are groups of people who buy shares in a given farm's harvest throughout the growing season. Typically you pay your share up front and then get to go pick up your portion of the harvest on a weekly basis. What's included in your portion changes as certain crops rotate in and out of season. This is a great way to support your local farmer(s), get fresh fruits and vegetables and to try some things you may not have otherwise! To find a CSA, go to www.localharvest.org and put in your zip code to find a CSA near you.

Give Your Brain a Boost!

Comments? Questions?

Just hit reply and ask the doctors a question to be answered in the next newsletter.

(If we didn't get to your questions in this issue please submit them again - thanks for the question about organic food!)

Useful Links

[About Us](#)

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Did you know that boosting your brain power could be as simple as getting out for a walk before work or school? Physical activity is a great way to clear the mind, pull you out of a slump and sharpen your focus. Exercise has some great effects on our brain:

- Increased blood flow to the brain
- Improved development and survival of neurons
- Production of nerve-protecting compounds

So by causing nerve cells to multiply, strengthening their interconnections and protecting them from damage, exercise allows our brains to function at their optimum capacity. This is another great reason to get some physical activity in your day as it may very well improve your performance at work. It is even more important that children get plenty of exercise to be at their best for school. Studies have shown improved test scores when physical activity is increased and children also have better focus which is especially helpful to those who are restless or hyperactive. If daily physical activity is not part of your child's school curriculum, be sure to encourage this at home at least after, but preferably before, the school day.

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Broadway Chiropractic

72 Broadway, Derry NH, 03038

Phone: (603) 434-5151

www.broadway-chiro.com