

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts® on Chiropractic Care:



Dr. Rick Powers    Dr. Wallace Jans    Dr. Crystal Taylor    Dr. April Ruzycki    Dr. Sheldon Cherniak



The Experts®  
you need to know  
on Chiropractic Care

Dr. Wallace Jans

### CORE 4

A major component of a healthy lifestyle is consuming nutrients necessary for all the body's systems to function properly. Ideally all those sustaining compounds should come from eating a healthy diet. Sadly it is almost impossible to get all the essential building blocks in a modern diet. Foods are often grown in depleted soils. Hybridization and genetic modification have altered the nutritional makeup of many foods. Processing food removes many key nutrients. The majority of people in our country do not eat a balanced diet with 76% not eating enough fruit and 87% not enough vegetables, plus their nutritional deficiencies are compounded by eating empty calories. Consequently, nutrient supplementation is necessary for virtually everyone in our society who wants to be optimally healthy.

Shelves in stores are stocked with a myriad of supplements. It can truly be overwhelming. But we believe there are four foundational supplements that should be the basis of everyone's nutritional program. We call them the **Core 4**. They are:

**MultiVitamin-Mineral** – This is like an insurance

policy to ensure your body has the building blocks it needs to carry out its vital functions. Studies have shown taking a MultiVitamin-Mineral supplement improves heart, eye, skin and hair health while reducing cancer risk. There is stronger immunity and better health for all ages.

**Omega Oils** – Fish oil is the best source of Omega 3 oils. The biggest benefit is reduction of heart disease and stroke. There is strong evidence that they also reduce depression, hypertension, triglyceride levels, ADHD, joint pain, arthritis, inflammation and improve many skin conditions. Fish has long been called 'brain food' because the oils are so important for nerve health.

**Probiotics** – These are beneficial bacteria that help improve the balance between good and bad bacteria in our digestive tract. They enhance immune function, improve nutrient absorption, improve mood, maintain body weight, reduce fatigue, balance blood sugar, and improve the skin.

**Vitamin D** – The sun is our natural source of Vit. D. However those of us in cool, northern regions aren't exposed to enough sunlight to get adequate amounts. Vit. D is necessary for regulating calcium and phosphorus in the body, important for bones

and teeth. It also has positive effects on depression, weight loss and the immune system.

These supplements are widely available, but it's important to note that the quality, purity and bio-availability can vary greatly. Often taking a more expensive product is actually more cost effective because less are needed and results are better. Bargain brands are often very ineffective and may contain harmful contaminants.

The Chiropractic Lifestyle includes sleep, exercise, diet, stress management, chiropractic adjustments and the **Core 4**.

*Chiropractic*  
**Part of Your  
Healthy Lifestyle.**



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**The Big White House on 6th St. just off Kingsway**

**737 - 6th Street SE**

**Ph: (403) 529-9069**

[www.powers-jans.com](http://www.powers-jans.com)

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