

Spring is in the air! Warmer weather, rains showers, and green leaves should lead way to some spring fever.



In this newsletter you will find some success stories about the latest round of participant in the standard process purification program, how to handle seasonal allergies, and some tips on getting active. Have a great April, and let's hope the snow is gone for good!

**Yours in health,  
Dr. Barron**

## Success Stories

From the Standard Process Purification Program



- 1) "I originally was a skeptic on purification diets. The Standard Process purification program was the answer to jump start this skeptic to better health. I lost 14 pounds while gaining energy and clarity." **55 year old Male**
- 2) "Lost 14 pounds....Cholesterol went from 246 to 149....Triglycerides went from 193 to 98...off caffeine permanently and feel great!" **59 year old male**
- 3) "Lost 7 pounds...used to get headaches almost daily and have not had one in 3 months." **55 year old Female**
- 4) "Lost 27 pounds.....feels good to have this much energy.....can't wait to continue with this healthy lifestyle!" **32 year old Male**

## Tackle Spring Allergies Naturally



Spring is right around the corner! You know what that means....nice weather, baseball, barbeques, and ALLERGIES! 45 million Americans suffer from allergies, and each year more and more people are reaching out to Chiropractors for allergy relief. Chiropractic helps with allergies by boosting the immune system. According to the New York Preventive Medical Institute, people who get adjusted have a 200% greater immune system than the average person. In a separate study in 2005 this proved true in children as well.

So now you may ask....How can that impact my allergies? Well the latest research shows that allergies are due to a poor reacting immune system. So when your body comes in contact with things like pollen, mold, and dust it's natural reaction is to just rid it from the body. But when your nervous system is not working correctly, your immune system cannot do this effectively. Instead, it becomes stressed and starts a series of reactions to try to fight these invaders. One of the most common reactions is histamine production (runny nose, water eyes, itching, and sinus congestion). So by getting adjusted your body's nervous system will be functioning at a much higher level, allowing your immune system to effectively neutralize the allergy-causing substances.

For those who have severe allergies, nutritional supplementation is a great addition to Chiropractic adjustments. These are two whole food products that help tremendously with allergies. Each one of these can be used on a daily basis during the spring months to help with your allergies. Ask Dr. Barron for more information on treating spring allergies.

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**Allerplex**- This combination of 5 nutrients helps to loosen mucus, supports the liver (which helps with congestion), and optimize the immune system.

**Antronex** - Additional liver support from this product helps to balance histamine levels within the body. This is a great product to help with congestion without dehydration or drowsiness, which are some of the side effect of Benadryl.

## DID YOU KNOW?

Green bell peppers have twice as much vitamin C as citrus fruit; red peppers have three times as much. Hot peppers contain 357% more vitamin C than an orange.



## Eating Healthy This Spring

Your ancestors may have had no choice but to eat with the seasons. If local trees produced apples, they ate apples. When rice crops were lush, they ate rice. Entering a grocery store today, you may feel overwhelmed by food choices, let alone the media focus on particular foods and diet plans. One diet plan that's perhaps the most natural option is seasonal eating -- enjoying fresh, ripe foods reaped during peak harvest time. Eating in season generally means eating more locally grown produce. Fresh produce begins to lose flavor and nutrients as soon as it's picked, often over-ripening while still in the shipping crate. Opting for seasonal produce not only means better taste and more nutrients but also a way to support local and regional farmers, who are generally less aggressive than large commercial farms in their use of chemicals.

*"If you can incorporate more fresh, seasonal and local product into your diet, you'll eat fewer over-processed foods. You're going to be healthier and live longer."*

said Dan'l Mackey Almy, a fresh-produce marketing executive and founder of the Fresh Produce Organization, a group of growers and farmers invested in raising the profile of fresh foods and educating consumers. Also, as fruits and vegetables are low in calories and rich in fiber, you can use them to help manage your appetite and slim down before swimsuit season. For best results, swap out calorie-rich, lower-nutrient items in your diet -- such as candy, soft drinks, sweetened canned fruits and potato chips -- with fresh, seasonal produce.

You can also easily create a vegetable garden in your own backyard for fresh produce at any time. Easy options are tomatoes, cucumbers, peas, peppers, lettuce, onions, herbs, and much, much more! Kids love to help with a vegetable garden too!

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## IMPORTANT DATES

### April

- 4/5- Chamber Expo
- 4/6- Screening- YMCA Kirkwood
- 4/11- Dr. Barron's Birthday!
- 4/16- YMCA Healthy Kids Day
- 4/21- Screening- Curves Mehlville

### May

- 5/7- Walk, Run, & Roll Run

## Getting Active In April

With busy work and home life demands, sometimes it's hard to fit in a workout at the gym. But that does not mean you can't burn calories and keep fit. Here are some easy ways to burn calories that you can easily schedule into your everyday routine.



**Walk-** Look for every opportunity to add extra steps to your day. Instead of circling the parking lot in your car looking for the closest parking space, park in the last row and use that time to walk. Recruit a friend to walk with you during lunchtime, take the long way to the water cooler during your break at work and use the stairs rather than the elevator whenever possible. For every 30 minutes of walking, you'll burn 120 to 222 calories depending on your weight and the speed at which you walk

**Clean-** Chances are you need to do it anyway so turn on some tunes, pick up the pace and scrub those floors. According to the Calorie Control Council, cleaning can burn 235 to 355 calories an hour, and you'll have the added benefit of a clean house at the end.

**Play with Your Kids-** You can spend quality time with your kids and burn calories at the same time. Play some hopscotch, tag, hide and go seek or another active game with your kids and you'll burn 120 to 222 calories in just 30 minutes, according to the July 2004 issue of the "Harvard Heart Letter." Your kids will also benefit from the exercise.

**Exercise in Your Office-** Stand up at your desk and do some leg lifts while you type. Do some squats while you mull over a strategy. Keep dumbbells in your desk drawer and pull them out while you are on the phone. Even short five to 10 minutes bursts of exercise here and there throughout the day will add up and burn calories.

**Garden-** Gardening and light yard work like weeding, planting and raking are all easy ways to burn calories. According to the U.S. Department of Agriculture, you can burn approximately 330 calories in one hour and gain a beautiful yard in the process.

**Add Activity to Your Social Life-** Instead of meeting friends for dinner or a movie, suggest meeting for a hike or going skiing. At holidays and picnics, try some new traditions. Instead of grazing around the hors d'oeuvre table for hours, start an annual family football game at Thanksgiving and a volleyball game with friends on the Fourth of July.

## Quote of the Month

True enjoyment comes from activity of the mind and exercise of the body; the two are united.

-Alexander von Humboldt