



First off, I would like to thank everyone that has been a part of Barron Chiropractic in 2011. We saw a lot of good changes in people's health over the past year, and we look forward to a healthy 2012. Now is a great time to reflect on the good and the bad of the past year, and design a plan to make a fantastic 2012. In this newsletter you will find some ideas for 2012, the power of avocados, info on our Community Education program, and a reminder for our purification/detox workshop. Cheers to a great new year!

-Yours in Health, Dr. Barron

PURIFY YOUR BODY, AND TRANSFORM YOUR LIFE IN 2012!

Join us for our
Purification-Detoxification Workshop
on Tuesday, January 10th
and be a part of the Barron Chiropractic Family
that is committing to the
21-day Purification-Detox program in 2012!

"I am a 55 year old skeptic on "purification" diets...but had put on too much weight causing my cholesterol and blood pressure to rise...the Standard Process Purification diet was the answer and jump started this skeptic to better health. I lost about 14 pounds and have a new way of looking at what I eat without compromising my lifestyle."

"I definitely feel much better about myself. I know that I can accomplish a greater weight loss which has always been harder in the past. I have more energy and for a longer period of time. It really was such an easy program for me that I am continuing with it until I reach my desired weight."

If you are unable to attend the workshop, but are interested in the program, we will still be offering discounts on the kit thru the middle of January contact Betsy for more information:
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TOP 5 NEW YEAR'S RESOLUTIONS FOR A HEALTHY & HAPPY 2012

With the New Year in full swing, many of us have begun to think about our New Year's Resolutions. Most resolutions we make are aimed at becoming healthier, stronger, more positive individuals. For those of you who are wondering how you will stay on track in 2012, here are 5 ways that we think may help.

1. *Adopt the Anti-Inflammatory "Diet":*

Chronic inflammation can cause many of the illnesses we deal with today including heart disease, cancer, and Alzheimer's disease. The root of chronic inflammation is a poor diet full of sugary sweets, processed foods, dairy products, refined grains and the list goes on. Avoid these, and enjoy the benefits of an inflammatory free body, and mind. A great resource for an Anti-inflammatory diet can be found at: www.drweil.com

2. *Find a Fitness Buddy:* Research has shown that accountability is key to staying on track when trying to develop a healthy habit, or regimen. Find a friend this year who will keep you accountable when it comes to your exercise schedule and routine, and watch as your 2012 becomes a healthier, stronger year than the last.

3. *Stay in Touch:*

Research suggests that people with strong social ties live longer than those who do not. A lack of social bonds has the ability to cause as much damage to your health as smoking and alcohol abuse, and even more than obesity and lack of exercise. So, get back to the relationships you've left on the back burner, and stay in touch with family and friends. With all the technology we have out there, it shouldn't be too hard, and your body will thank you.

4. *Volunteer:*

Research has found that people who seem to have more positive emotions were 20% less likely to have a heart attack or develop heart disease. At New Year's we tend to think of ways to better ourselves, with ourselves being the one's to be helped; but, when we think of ways to help others we can often find more satisfaction and happiness. Volunteer to feed the homeless, help those with terminal illness, help those close to home. There are so many ways to volunteer.

5. *Focus more on Prevention:* Research has shown that up to 75% of diseases or current health issues can be avoided with appropriate preventative care. Simple things like proper diet, exercise, and getting adjusted can go a long way.

DID YOU KNOW?

In 2009, deaths caused by prescription drugs exceeded the amount of traffic-related deaths? The number of deaths by prescription drugs tallied in at **37,485** people nationwide.
<http://wakeup-world.com>

THE AVOCADO



Wonderfully Tasty, and Incredibly Healthy 5 Ways this Super-food is Beneficial to Your Health

1. **PROTEIN**- Avocados supply 18 essential amino acids necessary for the body to form a complete protein. They also contain fiber making their form of protein more readily absorbed by the body than animal proteins for some people. They make a great substitute for those trying to cut down or out the animal forms of protein.
2. **BENEFICIAL FATS**-Avocados contain the healthy kind of fat that your body needs. They boost levels of HDL, the "good" cholesterol, and can reduce LDL, the "bad" cholesterol as effectively as statin drugs.
3. **CAROTENOIDS**- Avocados are rich in carotenoids which provide your body with vitamin A, protecting your eye health, but also improve the functioning of the immune system, and support healthy functioning of the reproductive system.
4. **ANTI-INFLAMMATORY**- Avocados have an amazing ability to help the body protect against inflammation. This is because they contain a powerful combination of nutrients that include vitamin C, vitamin E, selenium, zinc, phytosterols, and omega-3 fatty acids. Their anti-inflammatory benefits make them helpful in preventing or alleviating osteoarthritis and rheumatoid arthritis.
5. **HEART HEALTH**- It is thought by some that the fat content in Avocados makes them unhealthy; however, studies have shown that Oleic Acid improves cardiovascular health, and this acid happens to be the primary fatty acid in Avocados. Avocados are very rich in Omega-3 fatty acids, and they actually have the ability to protect against heart diseases.

information taken from: www.naturalnews.com

IMPORTANT DATES

JANUARY-

- 1/6- Last Day to RSVP for Purification-Detox Workshop
- 1/10- Purification-Detox Workshop 6pm-7pm
- 1/24- Extended Hours- 8am-11am & 3pm-6pm
- 1/27- OFFICE CLOSED!

COMMUNITY EDUCATION WORKSHOPS with Dr. Kirk Barron

In 2012, Barron Chiropractic wants to expand our community education program. We feel it is extremely important to share information that will improve the health of our community; therefore, we are offering educational workshops to any workplace, group, church, and school at no charge. We can customize a workshop for your specific needs, or feel free to choose from one of the following workshops that we have done in the past. These workshops can take place during lunch hours, as well as, during the evening. See list below for workshops we have done in the past.

1. WOMEN'S HEALTH

Find out the most up to date research on women's health. During this workshop learn how to improve the longevity and improve gender specific topics like thyroid problems. Dr. Kirk will show you natural ways to avoid hip fractures and osteoporosis, and all the anti-aging remedies to use in your daily routine. Our gift at this information session will be techniques to help you look and feel *younger!*

2. HEADACHES

Dr. Barron frequently treats headache/migraine cases, and enjoys teaching people how they can avoid having terrible headaches in a medicine-free environment. Even one headache a month will equate to almost two weeks of your life every year being lived in *unnecessary* pain. We have the solution to 90% of all headaches! We will decode your headaches, classify them, and show home remedies you can implement right away!

3. STRESS

Stress is also known as the "silent killer" and is the number one trigger to heart attacks. Heart attacks kill more Americans in the United States than any other disease. Learn how to avoid a heart attack and heart disease with this all important lecture. In corporate settings we will *raffle off a free one hour massage* to help with stress and increase employee morale. It creates a fun lunch and some excitement!

4. NUTRITION/ WEIGHT LOSS AND EATING FOR MAXIMUM PERFORMANCE

This workshop explains the proper eating methods of combining appropriate food groups for optimum digestion, maximum energy and also, if sensibly applied, will result in weight loss for those that need to shed some extra pounds. Dr. Barron will also uncover the secrets to fueling your immune system and eating to decrease your risk of cancer! This is a rare lecture in that we will actually show you how NOT to become a patient of any doctor.

5. HEALTHY LIVING TO 100

You can learn how people are living longer and with a better quality of life. During this workshop Dr. Barron will apply the techniques he uses with high level athletes on improving quality of life and will apply them to the "corporate athlete" like you. Learn how to live life without any limits. "Live Like You Mean It!"

6. PEAK ENERGY WORKSHOP

Did you know that 95% of Americans surveyed said that they feel they do not have enough energy? This workshop is designed to increase your energy 40% in 14 days. Can you imagine the productivity you could have at work with more energy? Do you think your time you spend with family and friends will be more enjoyable with more energy? Thousands of people across the country have learned the six steps to making this happen. Why not make the next person you?

Contact Betsy if you want to schedule a workshop, or if you have any questions: 314.909.0404 or frontdesk@barron-chiropractic.com