



**Dr. Jennifer Brandon**  
CHIROPRACTOR

**SUMMER 2024 NEWSLETTER**

Dear Patients,

The end of the school year is almost here. Hope your children, grandchildren & friends had a great year!

Please do not leave your kids at home to get sick, instead bring them in at least 2 times a month to check for subluxations that may be caused by summer activities, including falling or playing sports. Please feel free to recommend us to your friends and family for chiropractic care.

*Lets work together to make this community a healthier place to live, work & play!*

Brooke Malone, my office manager, has been increasing her knowledge of insurance billing, and our system software. Don't hesitate to contact her with your questions.

I really appreciate you allowing me to take care of you, your family, and friends! It is such an honor to play a role in improving a patient's health.

For the Best in Health,

Dr. Jennifer Brandon

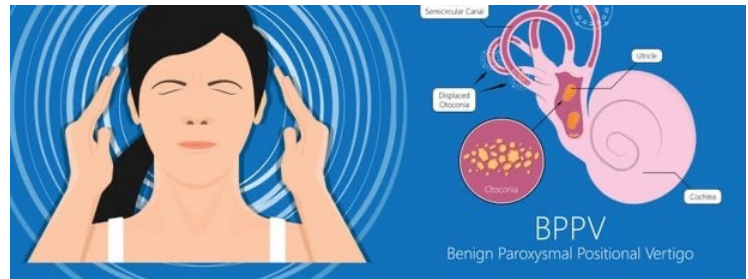
PS: We will be closed for break recharging June 26-July 9, 2024.

**Chiropractic adjustments correct subluxations by restoring the proper alignment and movement of joints, which reduces nerve interference and helps the body heal naturally.**

**A subluxation occurs when spinal bones shift out of alignment, which can cause the misaligned vertebrae to affect the underlying nerve supply.**

## Can Chiropractic help Vertigo?

Have you ever felt your head or everything else around you spinning? It is likely that you are experiencing a symptom called vertigo. Vertigo is commonly caused by problem of balance from the inner ear called vestibular system. The causes of vertigo may include benign paroxysmal positional vertigo (BPPV), severe migraines, neuritis, disturbance of the neck muscles, interference with your sympathetic nerves, or vascular conditions such as atherosclerosis.



When you have vertigo, some symptoms include feeling like the room is spinning and unbalanced with abnormal jerky eye movements (nystagmus). You may feel worse when you stand up, walk, or move your head around.

Dr. Jennifer Brandon will evaluate your neck, commonly through neck movement, palpation, and some special tests. This is to determine if there is presence of neck misalignment or subluxations causing vertigo, especially if dizziness or pain is reproduced during the assessment. Sometimes she must do an Epley Maneuver which is a series of head movements that can help relieve vertigo symptoms. She may also show you how to do it at home.

## Artificial sweeteners damage the gut

Are you avoiding natural sweeteners like sugar, honey and maple syrup because you think Aspartame and other artificial sweeteners will help you lose weight?

Cedars-Sinai investigators examined the potential effects of consuming non-sugar sweeteners, including both non-aspartame non-sugar sweeteners and aspartame alone, on the composition of the stool and gut microbiomes. Compared to controls in the study, scientists noted significant health changes in the gut of these sweeteners that may cause serious intestinal damage and increased levels of circulating inflammatory markers throughout the body!

More than 140 million people in the United States use sugar substitutes, according to data from the U.S. Census Bureau. Sucralose, aspartame, saccharin, and the plant-based stevia leaf extract are among the most popular. These artificial sweeteners are frequently used by people trying to reduce their sugar intake or lower calories from sugar for weight management. But there are increasing concerns about the potential health risks associated with the use of non-sugar substitutes based on data suggesting they do not help with long-term weight loss and may be linked to higher risks for Type 2 diabetes, heart disease and death. There are also potential negative effects the sugar substitutes may have on the gut microbiome, which plays a vital role in overall health. Dr. Brandon suggests you avoid artificial sweeteners and use maple syrup & honey instead.



Every choice you  
make affects your  
overall health.  
Choose wisely.

## What is your favorite fruit? Dr. Brandon's first choice are raspberries.

According to the [USDA](#), 1 cup of raspberries has a whopping 8 g of fiber, about one-third of your Daily Value (DV). Raspberries are a rich source of polyphenols, potent antioxidants that your gut microbes need to keep you healthy. According to a review in the journal [Neural Regeneration Research](#), polyphenols act as prebiotics by enhancing the growth of beneficial bacteria and inhibiting the growth of pathogens. Studies performed in early childhood showed that in autism there are gut microbiota problems that may have affected the child's outcome.

Also, a recent study in Alzheimer's disease patients had a reduction of gut microbiota diversity compared to the healthy controls. In patients with Parkinson's disease, it has been reported that the disease might begin in the gut and then spread to brain *via* the gut-brain axis. During the study it was noted the gut health of Parkinson's disease patients showed a decrease of *Prevotella* strains and increase of *Enterobacteria* strains- not a healthy outcome for the brain and body.

Help your brain by increasing foods rich in antioxidants like raspberries, blueberries, pomegranates, tart cherries, blackberries, and goji berries .



**Dr. Jennifer Brandon**  
CHIROPRACTOR  
618 SW 3<sup>rd</sup> Street  
Cape Coral, FL 33991  
239-329-8987