



Weekly Newsletter



Food is Fuel

-Dr. Ruston Tippetts DC

Some of you may already be familiar with the 5 factors of health that we have talked about previously. For the next few weeks, we are going to dive into each of these more in depth! As a reminder, the 5 factors are:

1. Food/Fuel
2. Sleep
3. Exercise
4. Positive Mental Attitude
5. Sound Nervous System



As a fun heads up, look out for the next episode of Pender County Connect podcast, Dr. Courtney and I were able to be guests and spoke about these five factors a few weeks ago!

The first factor of health, fuel.



We've all heard the saying "You are what you eat!". Well, in a way, that's true. Our bodies are constantly breaking down and rebuilding cells. In fact, your body makes approximately **3.8 Million** cells, **per second!** Where does your body get the resources necessary to keep this amazing pace?

You guessed it, from your food. **Food is fuel.** Everything you eat is either used as a building block, or discarded as waste. Think of the **quality** of building blocks and materials you want your body using to make every little part of you. Small **changes** over time yield the greatest results.

- Drink more water. Shoot for half your body weight in ounces of water a day.
- Eat intentionally. Mindless munching will get you in trouble fast.
- Prioritize protein. It is really easy to google the recommended amount for your age, weight, and activity level.
- Get excited about helping you and your family feel better by eating healthier! Attitude changes everything.

Whole Foods

A bunch of questions that Dr. Courtney and I have gotten recently have been about supplements. When is it appropriate? Which one's do we recommend? Are they actually helpful?

Here is the general rule of thumb, followed by a few specific supplements we take or recommend.

Ideally, the majority of our nutrients should come from whole foods. It's important to point out



the difference between calories and nutrients. Calories just means your body can use what you eat for energy. You can have calory dense or light foods, but still not have very high nutrient density. Nutrients are things like vitamins and minerals.



Most people need to dial in their regular diet before worrying too much about supplements. Are you eating the right amount of calories for your weight goals? Do you get enough protein? Do you eat the vegetables necessary to get vitamins and minerals?

That being said, there are a few supplements that make it easier to get the nutrients you need while you are dialing in your diet. These are all very well researched and worth your time and money.

- B-vitamin complex. B-Vitamins serve as coenzymes and help with energy and a bunch of other things.
- Omega 3 fish oils. Salmon or Krill is best.
- Creatine. This might surprise some given the stigma around it, but it is actually one of the most well researched supplements. It helps prevent



cognitive decline and energy production.

- Magnesium and trace minerals. Magnesium is anti-inflammatory and helps reduce muscle tone. Trace minerals are hard to get in normal food but are absolutely required by the body.



There are a bunch of other good things you can do with your diet and supplementation. Sometimes too many! It is best to keep it relatively simple and something that you can do long term. Remember, health isn't found in a pill.

If you have questions regarding food, nutrition, or supplements, please let us know!



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