



Upcoming Events

March 17th: St Patrick's Day

March 20th: First Day of Spring

April 11th: Clear Day at Maris Stella

Life is About Balance

I recently came across an article that looked at the relationship between energy balance, physical activity, and cancer risk.

Cancer of any kind ultimately represents an imbalance in how the body utilizes energy and how coordinated the turnover of new cells is in the tissues of the body is.

As a living organism, the body is more complicated and more intricate than any

machine. Yet, when we say “garbage in, garbage out,” especially in reference to nutrition, it is a simple and effective way to get the point across.

Nutritional intake is a major modifiable factor in addressing energy balance in the body. This simply means that *you have choice* regarding the quality and quantity of the fuel you feed yourself.

When we chronically consume a surplus of calories, which often occurs when we eat any processed food, the body stores these calories – this chemical energy – as fat. When excess energy is taken into the body, insulin and growth factors spike, steroid hormones like testosterone and estrogen become deregulated, and other markers of inflammation in the body appear. The problem is not that this happens – it is a normal response. The problem arises when we are chronically

in this state. This state of inflammation and surplus energy creates a cancer-friendly environment in the body.

A second major modifiable factor that helps to balance the energy state of the body is physical activity. When we engage in physical activity, it has the opposite effect on the chemical balance within the body. Exercise regulates insulin and growth factors, increases regulation of sex hormones, decreases fat stores, decreases free radicals in cells, and boosts the immune system. In short, exercise is one of the best ways to prevent cancer and stay healthy.

Finally, no discussion about balance in the body would be complete without looking at the role of the nervous system...



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The ability of the body to maintain an energy balance is an innate part of life. Even with the stresses we are exposed to on a daily basis, be they physical, chemical, mental/emotional, or environmental, the body can and does find a way to work.

However, it is the extent to which we are able to cultivate balance in our physical bodies, our mental/emotional state, and our relationships to ourselves and others that allows us to be *well*.

The common link in all of these facets of life is the nervous system. We experience life through our senses; our perceptions about the world, the behaviors in which we engage, and the structures we create are all mediated by and coordinated through the nervous system.

The more efficient and the more effective our nervous system is in coordinating these functions, the more health we are able to express. When the body and brain have clarity in how they communicate with each other, we can naturally and intuitively establish the balance.

This is what chiropractic is all about and this is why the care we provide is focused on promoting and enhancing your nervous system's ability to coordinate, balance, and thrive.



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