

## Chiropractic & Wellness

by Steven Harrison, D.C.

Central Florida Rehab & Wellness

407-522-5858

[www.centralfloridarehab.com](http://www.centralfloridarehab.com)

[chiropractic](#)

Most people are aware that chiropractic benefits the spine. However, many people are not aware that chiropractic is a

Regular chiropractic care cannot only help one heal from health challenges, but it also may reduce the chances of developing chronic health conditions.

Doctors of Chiropractic advocate preventing disease and illness before the onset of symptoms. And this is why many people seek out chiropractic care.

A survey showed that more than 40 percent of chiropractic patient visits were initiated for the purposes of preventing disease and illness.

The

[spinal cord](#)

[nervous system](#)

[spinal column](#) houses the

---

## Xylitol's Use in the Fight Against Cavities

by Ximena Aldea, D.M.D.

Windermere Center for Dentistry

407-909-1097

[www.windermeresmiles.com](http://www.windermeresmiles.com)

[xylitol](#)

[mannitol](#)

[sorbitol](#)

Recently, there has been a lot of buzz in dental literature and forums about the benefits of xylitol. Xylitol is a natural sugar alcohol found in many fruits and vegetables.

Unlike other sugar alcohols, xylitol can interact with calcium, transport it and help remineralize enamel by forming a protective layer on the teeth.

Besides gum, there are other dental products that contain xylitol, such as toothpastes and mouth rinses.

---

## Sleep & Personal Health

by Morris T. Bird, M.D.

& Robert S. Thornton, M.D.

Florida Hospital's Center for Sleep Disorders

407-215-4986

[www.orlandosleep.com](http://www.orlandosleep.com)

[diabetes](#)

[sleep apnea](#)

Sleep is increasingly tied to personal health. Inadequate sleep can lead to a variety of health problems, including obesity, depression, and heart disease.

Sleep disorders affect about 15 percent of adults. These disorders require evaluation and possible treatment to improve sleep quality and overall health.

[daytime fatigue](#)

Mild insomnia affects about 30 percent to 40 percent of adults at least once per year. The good news is

---

### Eye Health & Nutrition

*by John Nowell, O.D.*

*Southwest Orlando Eye Care*

*407-271-8931*

[www.southwestorlandoeyecare.com](http://www.southwestorlandoeyecare.com)

It was once believed that common causes of vision loss during aging, specifically [macular degeneration](#), [lutein](#), [zeaxanthin](#), [omega-3](#), [lycopene](#), and [macular degeneration and cataracts](#), were an inevitable consequence.

Some of the best foods for the health of the eyes include dark, leafy green vegetables, such as spinach,

Most vitamins should be obtained from one's diet; however, a pharmaceutical grade multivitamin/mineral

---

[More Health & Fitness](#)