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## **Dr. Brent Reynolds Announces Upcoming Workshops on Living A Low Glycemic Index Lifestyle and Reducing Chronic Inflammation**

*Presentation Series Offer New Ways for Losing Weight, Improving Overall Health,  
And Significantly Reducing Chronic Pain*

### **FOR IMMEDIATE RELEASE**

Smithtown, NY (January 28, 2008) – Dr. Brent Reynolds, Chiropractic Neurologist, announced today his 2008 schedule of workshops to be held at his Smithtown practice, New Life Chiropractic. “Living a Low Glycemic Lifestyle” and “Reducing Chronic Inflammation and Preventing Disease – Naturally” are the themes of the two monthly workshops.

According to Dr. Reynolds, “Whether the goal is to lose weight, control cholesterol, triglyceride or blood glucose levels, or reduce pain, both seminars highlight the need to be aware of the foods we eat. By simply paying stricter attention to the Glycemic Index (GI) of the foods that comprise our diets, overall health can be improved, without necessarily giving up what we love.”

Participants in the Inflammation workshop will learn how proper nutrition can help in the reduction of chronic pain. Dr. Reynolds will discuss the dangers of chronic inflammation and will identify those foods that cause and those that reduce pain and inflammation. In addition, he will offer realistic, anti-inflammatory eating advice for the busy person.

In his GI Lifestyle workshop, Dr. Reynolds will explain the science behind a food's GI rating – the number assigned to different food groups to rate carbohydrate-rich foods according to their effect on blood glucose levels. The lecture will discuss how the body reacts, absorbs, and breaks down specific foods. By learning which foods are high and which are considered low glycemic, attendees can adopt simple lifestyle changes to improve their health, burn fat, and increase energy.

The workshops alternate each month and are free of charge, however reservations are required. The 2008 schedule is as follows:

**“Reducing Chronic Inflammation and Preventing Disease – Naturally”**

January 28, 2008  
March 24  
May 26  
July 28  
September 29  
November 17

**“Living a Low Glycemic Lifestyle”**

February 25  
April 28  
June 23  
August 25  
October 27  
December 15

For more information or to make a reservation for one of the complimentary workshops, contact Dr. Reynolds' office at 631 265-1223. Space is limited.

**About Dr. Brent Reynolds and New Life Chiropractic**

Dr. W. Brent Reynolds is a board-certified Chiropractic Neurologist and has been in practice for the past 10 years. He is currently an adjunct professor of neurology and kinesiology at the New York College of Health Professions. A graduate of Parker College of Chiropractic, Dr. Reynolds has been featured in the Journal of the American Chiropractic Association and a major Washington D.C. newspaper for his work with special needs patients. Dr. Reynolds can be reached at his practice New Life Chiropractic in Smithtown, Long Island at 631 265-1223 or via the internet at [www.newlifechiropractic.com](http://www.newlifechiropractic.com).

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