

HEALTHY TIMES NEWSLETTER

NOVEMBER 2010



Are your lifestyle choices making you HEALTHIER OR SICKER?

Our job as Doctors of Chiropractic is to facilitate you and your health! Whether your immediate goal is pain/symptom relief, stabilization, improved function, or optimal health! The choices you make when you're NOT in our office effect how your body heals and maintains health, the direction you're moving along the paradigm of health (toward wellness or sickness), and how well your body is able to adapt to its environment.

Healthy lifestyle choices will absolutely make your chiropractic visits more effective!

HEALTHY HABITS TO GET WELL FASTER!

Ask Questions

Take Responsibility – Take Action

Keep you Chiropractic Appointments

Get Moving – Exercise!

Practice Good Posture

Therapeutic Massage

Better Nutrition- Snack Healthy

Eat Breakfast EVERY Morning

Stay Hydrated -Drink More Water

Restful Sleep

Stop Smoking/Tobacco Use

Moderate Alcohol

Reduce Stress – Be Happy

Plan Ahead – Be Goal Oriented

Maintain a Healthy Weight

Make Healthy Social Connections

Spiritual Health

Remain Hopeful

Evidence Based Wellness Care

The following is an excerpt taken from an interview of Dr. James Chestnut by The American Chiropractor magazine.

Dr. James Chestnut has been studying wellness for over 25 years. He has a bachelor of physical education degree, a Master of Science degree in exercise physiology with specialization in neurological adaptation, is a Doctor of Chiropractic from the Canadian Memorial Chiropractic College, and holds a post-graduate Certificate in Wellness.

TAC Question: Where would you place chiropractic adjustment or subluxation correction on the totem pole of achieving optimal health?

Dr. Chestnut: I don't believe that achieving health can be accurately described by a hierarchical linear pole. If my research has made me sure of anything it is that health is neither linear nor hierarchical. There are no hierarchies in holism, and wellness and health are most certainly holistic concepts.

For instance, asking which of nutrition, exercise or psychological wellbeing is most important for health is absurd. Once you understand the true nature of health, and what is required to express it, asking hierarchical questions becomes an exercise in futility.

There are hierarchies when it comes to survival, but not when it comes to producing homeostasis and health. If you were to ask me where getting adjusted sits on the totem pole of survival, I would have to answer honestly that it sits lower on the pole than breathing, eating, or drinking water. Obviously, any SANE person would recognize that we can live longer without an adjustment than oxygen, food, or water. The point is WHO CARES? This is not the question we are seeking to answer in wellness. Wellness asks, "What are ALL the things we require to express our potential for health and happiness and vitality?"

The whole point of wellness is to address ALL possible interferences (toxicities or deficiencies) because a human being cannot be well unless they have sufficiency in the genetically required environmental raw materials and are free from environmental toxins or stressors.

In order to be well, we must eat well, move well, and think well at the same time, for a period of time.

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ONE SODA PER DAY!

Reducing consumption of sugar-sweetened beverages is associated with reduced blood pressure: a prospective study among United States adults.

Circulation. 2010 Jun 8;121(22):2398-406. Epub 2010

Increased consumption of sugar-sweetened beverages (SSBs) has been associated with an elevated risk of obesity, metabolic syndrome, and type II diabetes mellitus. Recent research shows that reduced consumption of SSB and sugars was significantly associated with reduced blood pressure. Reducing SSB and sugar consumption may be an important dietary strategy to lower BP.

HOW BIG OF AN EFFECT CAN ONE LITTLE CAN HAVE?

- **One soda per day can pile on an additional 15 pounds in a single year!**
www.newsmax.com
*One soda per day adds 150 calories.
150 calories X 365 days = 54,750 calories/yr.
Since there's 3500 calories per pound, that one soda per day adds 15.64 pounds per year.*
- **One soda per day increases your risk of developing metabolic syndrome by 50%**
www.foxnews.com
- **One soda per day increases your risk of developing diabetes by a whopping 83%**
www.fitnessmagazine.com
- **Drinking soda has been shown to contribute to tooth decay and erosion of tooth enamel**
In fact, the acid in soda can begin damaging enamel just 20 minutes after drinking soda.
- **Phosphorus from soda leeches calcium from bones suggesting a tendency toward broken bones and osteoporosis/osteopenia**
www.wisegeek.com



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THAT'S SNOW WAY TO SHOVEL!

When snow, ice and frigid weather blast into town, watch out, says the American Chiropractic Association (ACA). Winter recreational activities and chores can pose problems for those whose body is not in condition. Even shoveling snow the wrong way, clambering awkwardly over snow banks, slipping on sidewalks and wearing the wrong kinds of clothing can all pose the potential for spasms, strains and sprains.

THE ACA SUGGESTS THE FOLLOWING TIPS FOR EXERCISE OF THE SNOW SHOVELING VARIETY:

- If you must shovel snow, be careful. Listen to weather forecasts so you can rise early and have time to shovel before work.
- Layer clothing to keep your muscles warm and flexible.
- Shoveling can strain "de-conditioned" muscles between your shoulders, in your upper back, lower back, buttocks and legs. So, do some warm-up stretching before you grab that shovel.
- When you do shovel, push the snow straight ahead. Don't try to throw it. Walk it to the snow bank. Avoid sudden twisting and turning motions.
- Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.
- Take frequent rest breaks to take the strain off your muscles. A fatigued body asks for injury.
- Stop if you feel chest pain, or get really tired or have shortness of breath. You may need immediate professional help.

If you are sore, apply an ice bag to the affected area for 20 minutes, then take it off for a couple of hours. Repeat a couple of times each day over the next day or two.

IF YOU CONTINUE TO FEEL SORENESS, PAIN OR STRAIN AFTER FOLLOWING THESE TIPS, IT MAY BE TIME TO VISIT YOUR DOCTOR OF CHIROPRACTIC!

FIND US ON FACEBOOK!