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# Achieving Wellness

**Victoria Family Chiropractic**

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## Health Resolution?

Happy New Year! I hope last year was your best yet and I wish this year to be even better. If I asked you whether your health was improving or deteriorating what would you say? If your answer is that it's improving, congratulations! If it's not, what better time of year to begin change.

We all understand the importance of planning for the future, whether it's saving for a house, securing retirement, or brushing our teeth. Yet surprisingly, many of us fail to plan for our most important gift: our health. Imagine working hard and saving for retirement, yet being unable to enjoy it because you're obese, have cancer, or heart disease. Suddenly, all that hard-saved money cannot be enjoyed. Or imagine having beautiful teeth yet no reason to smile because of your ill health.

Remember that we live our lives through our nervous systems. Smell, taste, vision, hearing, touch, digestion, immune function, movement, and thinking are all functions of the nervous system. If your body is overwhelmed by stress (physical, chemical and emotional), subluxations (misalignments of the spine causing nerve interference) can occur. Subluxations cause dis-ease, which is a precursor to disease. Don't wait for symptoms before you take care of yourself and your spine. Wellness comes from being proactive with your health.

At Victoria Family Chiropractic we are committed to your wellness, and the removal of subluxations, we hope you are too. Let's make 2006 your best year yet!

## LIFESTYLE SECRETS

The key is to adopt a lifestyle with as little stress as possible and yet strengthen your body's capacity to cope with stress.

1. Reduce drug intake (recreational, alcohol, caffeine, prescription, nicotine).
2. Keep hydrated with fresh filtered water. If your urine is yellow, chances are you are dehydrated; it should be a very pale. Note: some vitamins containing B2 cause urine to appear bright yellow.
3. Eat as much organic food as possible; it's not only good for you, but for the Earth as well. Consume healthy fats (Omega-3 rich fish oils, olive oil, coconut oil). Limit sugar intake and don't overcook. Increase fresh vegetable and fruit intake.

4. Take personal time. Get out into nature, meditate, pray or do something you love.
5. Be open-minded and grateful for what you have.
6. Get sunlight. If you cannot, make sure to take a vitamin D supplement (some omega 3 fish oils contain vitamin D).
7. Spend time with loved ones.
8. Sleep 7.5 to 9 hours per night. If sleep is a problem, refer to our 3-part series on insomnia.
9. Exercise. Do something you enjoy and make it a priority. You should exercise hard enough to sweat. A basic guideline is 30-45 minutes, 3-4 times week.
10. Stay flexible: stretch.

HEALTH  
IS NOT  
CHANCE,  
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**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!**