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# Achieving Wellness

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## Your Body is the Real Doctor

Health and happiness are possible for all. Your marvelous body has the ability to heal itself. The first step on your path to wellness is understanding just that. To many, the idea of health and happiness seems like impossible dream.

Disease and sickness, for most, are indicators for drugs or radical interventions, instead of a signal that the body's natural healing capacity is compromised. This is the information we have been raised with.

Taking responsibility for your health is the next step. Consuming quality nutrients, exercising regularly, and taking care of our emotional health are keys to nourishing your body.

Seeing a chiropractor is essential for wellness. Here are a few of the proven benefits of chiropractic care:

- Decreased spinal disc pressure
- Deep muscle stretch and pain relief (including chronic pain)
- Restoration of sensing mechanisms of your muscles (increased nerve function)
- Relaxing and healing important muscles supporting the spine
- Elevating endorphin levels
- Enhancing you immune response
- Increasing athletic performance

## Stretching for Health (Part 1)

Stretching has become so muddled. Does it work? How long should I hold the stretch? When should I stretch? What do I stretch? These questions will be answered in this two part series.

Simply put, a flexible supple body is an essential step towards wellness. For centuries, stretching has been used for health in the form of yoga and tai chi. Everyone has seen animals such as cats and birds stretching.

Certain muscles in the body are commonly tight. The goal of stretching is to create muscle balance. This is why it is important to not only stretch the right muscles but to stretch them correctly. Think of your muscles as guitar strings. To tune a guitar to play beautifully, certain strings must be loosened and others tightened. The

following muscles are prone to being tight:

1. Pectoralis (chest muscles)
2. Levator and Trapezius (between shoulders and head)
3. Lumbar (low back) and cervical (neck) extensor muscles (these oppose gravity)
4. Quadratus lumborum(QL) {between your last ribs in the back and your pelvic bones}
5. Hamstrings (back of thigh)
6. Iliopsoas (lifts your thigh off the ground)
7. Piriformis (deep gluteal muscle)
8. Calf muscles

In part two, we will discuss how and when to stretch as well as which muscles prone to weakness.

HEALTH  
IS NOT A  
CHANCE,  
IT'S A  
CHOICE



**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!**