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Achieving Wellness

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Happiness is Health!

If we eat a diet with lots of fruits, vegetables, decrease refined and processed foods, and get regular exercise, then we will be healthy, right? Not necessarily. Your mental outlook on life is just as important to your health as diet and exercise. It is impossible to live without stress and stress is needed in our lives. It's when stress becomes overwhelming that your health deteriorates.

Emotions such as anger, fear, anxiety, guilt, sadness, hopelessness, and shame are signs that your mental outlook may need to change. Use your emotions to gauge your mental stress. The

next time you feel an emotion that makes you feel badly, switch your thoughts to something that brings peace to your mind.

An article in the *Journal of Health and Social Behavior*, Mar. 2006; 47(1): 1-16 found that couples with happy marriages enjoyed improved health over less happy couples.

Wellness is achieved by allowing your nervous system to send and receive messages properly, aided by regular chiropractic care. Strive for mental health as much as you do physical!

Core Stability (Part 2)

Although pain commonly brings people into a chiropractor's office, chiropractic care is not for pain, but rather to restore your body's innate ability to heal and function optimally.

Maintaining strong musculature in the pelvic region is important in dealing with lower back pain.

When a vertebra becomes subluxated, nerves get interfered with. Nerve interference results in muscle imbalances, which left uncorrected, continue to worsen the condition.

In this issue we will discuss methods to strengthen the lower back and buttock muscles.

1. **The Plank:** Lay face down on the ground. Assume a push-up position, except with your arms bent so your elbows and forearms rest on the ground. Keep your back straight. Try to keep your buttock muscles squeezed and your

belly button sucked in. When your body begins to sag, you are done. If you can hold this for 2 minutes without cheating, you are well on your way to a strong back. Try holding for 30 sec. and repeat four times with a minute rest between.

2. **Side Plank:** See picture below. Try to keep your body straight with your buttock muscles tight and your belly button sucked in. Try holding for 10 sec. and repeat four times with a minute rest between. Note: you can hold your body up using your hand (picture below) or rest your forearm on the ground.



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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!