

Achieving Wellness

Victoria Family Chiropractic

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Longevity & Chiropractic

In a landmark study, researchers found that chiropractic care affects the basic physiological processes that influence oxidative stress and DNA repair. Comparing serum thiol (a primary antioxidant that measures human health status) levels in nearly 50 patients receiving short or long-term chiropractic care with 30 patients who were treated with non-chiropractic methods, researchers found:

1. Independent of age, sex or taking nutritional supplements, long-term chiropractic care of two or more years re-established a normal physiological state in patients.

2. Patients receiving chiropractic care showed higher mean serum thiol levels, compared to patients with active disease, and produced some values that were higher than normal wellness values.

Chiropractors apply spinal adjustments to correct disturbances of nerve function; thus, chiropractic care improves a patient's ability to adapt to stress. *Journal of Vertebral Subluxation Research*, Feb. 18, 2005, pp 1-5.

WOW!!

Core Stability (Part 4)

1. **Lower Abdominals:** Position 1: Lie on your back with your knees bent and feet flat on the ground. Place a towel folded twice under your lower back. Suck your belly button towards your spine while you push your low back into the towel/ground. Hold this position for up to 10 seconds, followed by a 10 second rest. Repeat 10 times. The key is to maintain your form by keeping your lower back pressed down and your belly button sucked towards your spine. Position 2: Begin in position 1. Lift one leg until your thigh is perpendicular to the ground and then back, while maintaining form. Alternate legs, performing 12-20 repetitions. Once you can complete 20 repetitions without losing form, straighten the lifted leg for increased difficulty.

2. **Abdominal Obliques:** Use a Swiss ball so that your head, shoulders and upper back are supported. Lift your hips up so that they are in

line with your knees and shoulders. Clasp your hands and raise your arms so that they point straight up. Rotate the ball under you, going from side to side. Keep your head straight and look up at the ceiling. Aim to keep your torso and hips parallel to the ground. Holding a medicine ball increases the difficulty.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

Ask Dr. Copeland for the name of a local trainer if you need assistance.

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!