

Achieving Wellness

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Less Stress (Part 3/3)

Wellness: The degree to which an individual experiences health and vitality in any dimension of life. The “if it ain’t broke, don’t fix it” paradigm for health leads to disaster! How is western society getting sicker despite spending more and more on healthcare?

Waiting until you feel symptoms is dangerous. Only 10% of your nervous system is capable of transmitting pain. Hence, large tumors, heart disease, and subluxations can progress to serious levels before being felt. This can be stopped by living well and getting check-ups before symptoms strike. That is health care.

Ask yourself this: are you getting healthier? Is it normal to be in pain or not function as we age? No! If you feel like your health is

decaying, let now be the time to make a change.

Your body is more than a temple; it is your home for the rest of your amazing journey on this planet. If you treat your body well, it will reward you. Invest in your body. If you don’t have your health, what are you left with?

In the final part of this three-part series we will talk about physical stress. The healthiest people in the world live a wellness lifestyle and get preventative chiropractic care.

Wellness is a journey, not an event. Wellness takes work, but the reward is beyond value. Be patient. Your body can and will heal once nervous system interference is removed and lifestyle changes are made.

PHYSICAL SECRETS

1. Get 7 to 9 hours of sleep daily.
2. Make sure your bed and pillow work for you. This may take experimentation as everyone is different.
3. If insomnia is an issue for you, do your best to resolve it. The main causes of insomnia are mental, chemical, and physical stress. To fix the problem you will need to find the cause.
4. Be conscious of your posture. Avoid crossing your legs, keep your shoulders back, your abdomen in, head directly over shoulders (imagine your head is attached to a hot air balloon), and no slouching!
5. Incorporate stretching and exercise into your active lifestyle.
6. Take responsibility for your health.
7. Wear functional footwear suited to what you

do. If you are one of the 7 of 10 people with foot problems, get orthotic inserts.

8. Get sun daily if possible. If not possible, ensure adequate vitamin D intake.
9. Ideally, your exercise should be at an intensity sufficient to cause perspiration or enough that would make it difficult for you to carry on a conversation.
10. Change your position if stationary every 20 minutes for at least 20 seconds. (20/20 rule)
11. Exercise isn’t something you should do; it’s something that must be part of your lifestyle.
12. Take deep breaths through your nose and out your mouth while sighing. Do daily.
13. Do not live in the past.
14. Smile, laugh, listen to upbeat music, and breathe.

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!