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Achieving Wellness

By Dr. Cale Copeland BSN, DC

Honouring Your Body

The miracle of life never ceases to amaze me. Imagine a sperm and egg coming together to form one cell. These cells then become complex organ systems, bones, a brain and somehow function in unison as they turn into 100 trillion cells! In one day, 180 billion cells require repair or replacement. Your growth, digestion, movement, healing, and circulation all occur as if by magic! Your brain coordinates all this through 33 pairs of spinal nerves: wow! For you to be the parent, employer/employee, friend, partner, sibling, child, and person that you dream of, you must have health. How can you be these things if you are preoccupied with pain, symptoms, pills, depression, etc.? Your body will allow you to be who and what you want effortlessly if you are a good steward to it. If you still think your health is the result of bad genes, bad germs, or bad luck it's time for a wake up call. If your delicate nerves are stretched and irritated passing through a subluxated, sick, and under- or overly-curved spine, are you going to be more healthy or ill? How can you heal if the power from above, down, and inside out is interfered with? If you don't have symptoms, does that mean you are healthy? If any of these questions were confusing to you feel free to call me at 514-3334 or attend my Wellness Intro Workshop. We welcome two new lives into the world this month!

Things We Need To Know

Researchers at the University of Minnesota have found that a child's need for material objects is tied to their self-esteem. The weaker the self-esteem, the greater the desire for material things, associated with adolescent popularity, according to the current issue of *Journal of Consumer Research*. The researchers asked the children to make a collage of items that made them happy. The group with poor self-image had pictures of cars, money, jewelry, and sports equipment. The children with high self-regard assembled images of family, camping, friends, and outdoor activities. The researchers found that boosting a child's self image was as easy as giving them a well-earned compliment. Many parents cave into their child's demands, creating a "Britney Spears effect" says Michael Ungar, a Dalhousie professor and author of several children's books. "You are telling them that 'you are what you have.' It's all very superficial."

Drug prescription rates continue to soar. Antidepressants are the most commonly prescribed drug in North America. This, despite the fact that the *American Journal of Preventative Medicine* reported that 30 minutes of moderate aerobic activity three to five times a week cut depressive symptoms nearly in half. Another study published in *Psychosomatic Medicine* took 202 people diagnosed with major depression and broke them into groups. After four months of exercising three times a week, 45% of those in supervised exercise programs and 40% in the home-based exercise group no longer met criteria for major depression. See www.chiroweb.com for more information.

More children are taking drugs for blood pressure, cholesterol, asthma, depression, diabetes and infections. This is according to researchers from the St. Louis University School of Medicine. Children aged 0-5 years in the U.K. receive an average of 2.2 antibiotic prescriptions yearly according to the July 2007 issue of the *British Medical Journal*. Despite being strongly recommended to reduce antibiotic prescriptions as per national guidelines.

The Eat Well™ advanced seminar series resumes February 6th. Sign up to attend as seating is limited. This information is free for practice members and their guests.

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