

Achieving Wellness

By Dr. Cale Copeland BSN, DC

Maximizing You

Maximized living first begins with your mind, changing your paradigm from an outside-in to an inside-out philosophy. Using symptoms as a measuring stick for your health and fighting them with outside agents such as medications is an outside-in approach. This quick fix mentality is how most people approach their health. Many people also drop dead without warning. In the new model of wellness you don't fight disease but build health from within. This requires a change in your thinking and then your habits, behaviors and eventually destiny. The maximized you:

1. Thinks Well (is optimistic, affirms, believes, has healthy relationships, forgives, laughs)
2. Eats Well (quality nutrients with a minimum of toxins)
3. has Maximal Nerve Supply (subluxation-free spine, healthy spinal curves, proper posture, spinal flexibility, and strength).
4. Moves Well (regular aerobic and strength building lifestyle)
5. Gets Proper Rest (includes vacations, meditation, and rejuvenation time).

Having the opportunity to help transform peoples' lives is nothing short of a miracle, and we are so blessed to see these everyday. I never imagined my life would be as rich as it currently is. I salute our practice members with gratitude, love, and awe and I thank you for allowing us to be key components to you and your families maximized lives.

Forward Head Syndrome: X-rays of the spine from the side should reveal three arcs. The most important arc is in the neck (cervical spine) between C1 and C7 (the first and last vertebrae of the cervical spine). The cervical arc is known as the *arc of life* because nerve impulses travel directly from the brain down this part of the spinal cord bringing life to the rest of the body. Loss of the arc of life causes the most severe obstruction to the central nervous system due to the tension it creates on the brain stem and spinal cord.

Forward head syndrome is the forward displacement of the head and chin in relation to the shoulders and chest and is typically accompanied by loss of the cervical curve. Dr. Rene Cailliet, director of Physical Medicine at the University of Southern California, wrote about forward head syndrome in his book *Rejuvenation Strategy* noting the following:

- Depletes lung capacity by up to 30% (leads to heart and vascular problems)
- Diminished gastrointestinal function linked to decreased peristalsis and evacuation.
- Is associated with loss of motion of the first four cervical vertebrae, a major source of stimuli that causes the release endorphins (hormones that reduce pain and affect mood).
- Is associated with a forward hunched body and increased spine rigidity.

The effects/associations of subluxations such as degenerative arthritis, loss of spinal curves and head forward syndrome can be reversed with Chiropractic care and the following:

1. Regular spinal hygiene (flexion, extension, rotation, and lateral flexion)
2. Postural reconstruction (angel exercise, spinal molding for neck and low back curves, core strengthening (gluts, quads, para-spinals, lower abdominals, and obliques)
3. Spinal decompression therapy
4. Proper hydration
5. An alkalized diet (fruits, veggies, and healthy fats, not flour, sugar, and dairy)

Thank You for helping us raise over \$1000 during April and May which we donated to the Cridge Center for the Family, allowing three under-privileged children to attend a six week summer camp!



**Turn
Frustration
Into
Inspiration**



**Keep your appointments.
Send a friend.**

250.592.5553

www.vfchiro.com