



Dr. Stan Talks

Chiropractic Lecture Series

SPINECARE
CHIROPRACTIC
Dr. Stan Marcus D.C.

Improving Your Health Naturally

LESSON 2 –

In Lesson 1 of my “Improving Your Health” articles, I discussed the True meaning of Health, which is:

“a state of optimal physical, mental and social well-being, and not merely the absence of disease and infirmity”

In other words, Health is about your body **FUNCTIONING** properly, NOT just about feeling good! Knowing this, we need to discuss how we can reach this optimum level.

Attaining optimum Health involves a series of lifestyle events that all need to work together. In other words, you need to take care of all of the following areas of your life – not just one or another, but ALL !!!!!

These aspects of your life are:

- Exercise
- Nutrition
- Rest
- Decreasing Stress
- Properly Functioning Nervous System

Some of you may want to add Spirituality, if that’s important in your life. I have also just read an article about the positive health benefits of an active Sex life, if you want to add that to the list as well! But that could lead to a whole other lecture!! (Better stay away from that topic today.)

In this lesson we will discuss, briefly the benefits of exercise, Nutrition, Rest and Decreasing Stress with regards to improving your health. I will discuss your Nervous System and it’s importance in the next lesson as it is so important that it will take a bit more time and effort to explain.

EXERCISE

Exercise, as we have heard so many times throughout our lives is an integral part of a healthy life.

Humans evolved millions of years ago with a type of body that allows for movement so that he could hunt and survive. We still have most of these parts and they need to move, let’s keep them MOVING!



Movement of muscles and ligaments is vital for blood to circulate (and don't forget that the heart is a muscle too) and is therefore, imperative for oxygen distribution throughout the body, and especially to the brain, which needs lots of oxygen and blood sugar to allow it to control the entire body. (That's part of next week's email.)

Exercise also allows for the body to remain flexible. And none of us want to get stiff muscles and joints!

Exercise also ensures proper production and circulation of many natural chemicals and hormones that help keep our organs functioning. It would take days to go through them all, so suffice it to mention that this is super important.

So the bottom line is that **WE NEED TO BE MOVING** as much as possible!!!!

This modern era of computers, large screen TVs, video games, etc has created a society of SITTERS. This is not Healthy. Let's start changing this by starting with ourselves. Get moving! And then start getting the rest of the family moving. And how about your work colleagues?

Do you know the best all round exercise? If you guessed walking, you're close, but not correct. SWIMMING is the optimum exercise for our body, since there is less pounding on the ground, less effects from gravity, and you use both sides of your body equally. If you don't swim, then, definitely, walk, bike, run, **MOVE!!!!!!**

Enough on this. Hopefully you get my meaning here.

NUTRITION

They always have said, "You Are What You Eat." Well, believe it or not, it's true!! If you put lots of Junk into your Body, then your Body will work like junk! You won't heal as fast when you are sick or injured. So let's start eating a better diet.

I'm not going to get into too many details regarding nutrition, as most of you have heard all the various arguments about what's good for you and what's not (and don't you get totally frustrated when the so-called experts tell you contradicting arguments every other week! Hard to know what's right and wrong since they always change their mind, depending on which products they're promoting at the time!)

My straightforward philosophy has always been to just eat smartly. You can't go wrong if you stick to the basics – fruit, vegetables, nuts, etc. And despite the arguments, we all need some protein, carbohydrates and fats. In moderation of course!



The only areas that I try to emphasize in my office are:

- drink plenty of fluids, as it's imperative to replace body fluids on an ongoing basis to allow the brain and organs to function properly, and speed up healing time.
- avoid over-consuming the "3 Whites" – sugar, salt and White flour as these can actually slow down your body's healing abilities.
- add extra Calcium to your diet. It's one of the most important elements in your body and is important for more than just bones and teeth. Calcium is also crucial in helping prevent tight muscles, as well as being necessary for properly functioning nerve signals from your brain to all your body parts. Don't ignore this important mineral. If you're not sure about your calcium levels, have a blood workup done or take an extra every day, just to be safe.

REST

Just as exercise is important, so is a proper amount of Rest. Rest is our body's opportunity to "re-charge its batteries."

Make sure you're getting you 8, or so, hours of sleep per day/night. And a short nap during the day is actually a great thing to help re-charge and save lots of heartbeats!!! Trust me on this one. Those of you who know me, know that I nap every day for 20-30 minutes, and I rarely get sick or "run out of gas" by 6 pm, when patients are still coming into the clinic.

How we rest is super important. This relates to posture and sleeping. Yes, our mother's were correct when they nagged us to sit up straight! Perhaps they didn't understand the true scientific reason why, but they instinctively knew that slouching weakens muscles and ligaments, therefore creates weaker spines in the long run. Not to mention it looks goofy!

Keep encouraging your offspring to develop better posture – especially if they're set on doing the computer/video game lifestyle! If they won't listen to you (which is common) send them to me and I'll give them the old lecture. Trust me, when I show them the x-rays of the terrible spines out there that result from slouching, THEY'LL LISTEN TO ME!

What about sleeping? Are you sleeping on an old sagging mattress that doesn't support your spine anymore? Get rid of it. 10 years is long enough for a mattress. Firm is good. NO water beds please! They may feel great but they do not support your spine properly.

You should be using a pillow that keeps your head in a neutral position – not flopped back, to the side, or too far forward. If you're going to be sleeping for one-third of your life, make sure you're in a good sleeping posture. Talk to me when you are in the clinic and I'll show you what I mean.



And most importantly, **DO NOT SLEEP ON YOUR STOMACH!** It's a terrible position for your low back and, more importantly, your neck. It leads to lots of neck problems and joint deterioration. Again, we can discuss this more fully in the clinic.

STRESS

This topic will be very brief, as decreasing negatives stress is a difficult, and lengthy subject. And I'm not a stress councilor, nor do I want to be, so needless to say, stress is a major detriment to our health. (as most of you know!!). So all I can suggest is that you do whatever you need to do to reduce your stress. If it's too stressful to have that bigger house, then don't get it! If it's too stressful to keep working where you are, then change jobs. There is very little out there in the world that is more important than your Health. If you aren't healthy, then you can't be there for your children, you can't pay that big mortgage, you can't enjoy your boat!! Etc. Etc.

As a Health professional for 21 years, I have found stress to be the biggest factor in deteriorating bodies. And that's all I'm going to write about stress.

OK, that's about it for this long article. Hope you didn't fall asleep or start slouching in that lousy computer chair. I'll stop now as I've been sitting way too long and **need to MOVE!** Next lesson I'll discuss your Nervous System – what it is and how crucial it is to your body.

Please feel free to forward this article on to anyone else that you think will benefit from some pertinent info. And feel free to email me with comments or talk to me, if you have any questions, at your next spinal adjustment.

Stay Well and Stay Happy!

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