



FEBRUARY '15

WELLNESS LETTER



Dear Patients and Friends,

February could be called “hump month” because the days are starting to get a little longer, but winter is still with us. Most people that I’ve spoken to recently have been extremely inactive this winter.

Inactivity not only leads to overall body deconditioning but it can also negatively impact our heart health. A simple pedometer can help keep you moving in the right direction as I’ve noted previously in our newsletters.

Interestingly, the things that can help our cardiovascular health can also help our spinal health. I’ll review a few of these simple things below:

- 1.) **Movement:** Moving more helps to strengthen your heart and your spine.
- 2.) **Eating healthy:** A healthy diet including more proteins and fewer carbohydrates maintains a more optimum weight placing less stress on the heart. For every 1 lb. of extra weight on the body, it places an additional 10 lbs. on weight on the spine.
- 3.) **Omega 3 Fatty Acids:** Omega 3 Fatty Acids are extremely beneficial to heart health and should be included in your diet daily. They also serve to decrease inflammation in the body, which is also linked to pain. Sockeye salmon is a great source of Omega 3 Fatty Acids and foods such as this should be a main part of your diet. I often hear patients say: “I don’t like fish”. In that case, supplements can be a great source of Omega 3 Fatty Acids. Remember though, all supplements are NOT created equally. [If you take blood thinners, always review supplements with your doctor before taking]. Call our office for more information on the nutritional products that we carry.

Be sure you follow these simple steps to include in your daily routine for your heart and your spine. Don’t forget, your nervous system controls and coordinates all body systems, including your heart. Studies have shown that a chiropractic adjustment utilizing the Activator Adjusting Instrument can have a positive benefit on blood pressure. Research is building showing that chiropractic care is not just for back and neck pain!

Make it a great day!

Dr. Ed

