



MARCH '15 WELLNESS LETTER

Dear Patients and Friends,

It has been a long winter hasn't it? We've all felt the effects of this in one way or another. Good news though, spring is just around the corner!

Now is the time to prepare for a dramatic increase in activity that always comes with spring. Being sedentary all winter causes deconditioning of your core and back muscles leading to a greater risk of injury when you leap into activity on that first nice day of spring and you shock your body from overuse.

Spring training for baseball is underway and the reason for this is that all of these athletes gradually increase their exercise and training to avoid overuse injuries. By the time the regular season is ready, they are ready to go and they are at their optimum performance. Will you be ready?

Now is the time to prepare. Here's a quick checklist of things you can do for your personal "spring training":

- ✓ Get an adjustment to make sure that your body is aligned and your nervous system is working at maximum capacity.
- ✓ Start stretching daily to improve flexibility of your muscles and wake them up from their "winter slumber".
- ✓ Increase your water intake to get proper hydration. Too much coffee or tea during the winter can dehydrate you and make muscles more susceptible to injury.
- ✓ Get adequate sleep. Go to bed earlier so you can get up earlier and exercise to start your day.
- ✓ Get sunshine!!!! These dark months deplete your body's Vitamin D. Exposure to the sun is the best way to allow your body to get adequate Vitamin D. Many people require supplementation of Vitamin D. Get your blood levels checked to see where you are at.
- ✓ Start eating more vegetables and less "comfort food". Whole foods provide the best nutrition. Start there and add supplementation as needed.

Being healthy doesn't have to be burdensome. Start TODAY taking small steps implementing these above ideas. You want to be ready to go once spring arrives and you don't want to be sidelined unnecessarily with injuries that are preventable.

See you soon. Make it a great day!

Dr. Ed

