



# WELLNESS—THE BIG PICTURE

By Craig Osborne, Chiropractor ©

Did you know that it takes 30 days to make a habit? Does it surprise you then that new year's resolutions never seem to stick—often we try to change too many things all at once, and this is tough. We hope to provide you with a range of tools and recommendations that when done regularly, become healthy habits. Your body is fully capable of being healthy, yet our lifestyles seem to put obstacles in the way. Not everything I suggest will be your cup of tea, but the most important thing is that at least then you will have made the choice yourself.

It's possible that no one has ever offered such health choices to you before. I believe that's what makes your experience with us that much more unique. The simple reason for proving this information is to help you make the most of your hard earned time and money, and of course to thrive.

## TIME TO THINK DIFFERENTLY

We rarely think about our health until it interferes with our lives in some way. Then our goal is to get well as quickly as possible! This is a reactionary way of improving your health. Yet it's the way that we're brought up to think — seek help to drag you from the bottom of the health cliff once you've fallen, but then leave you teetering on the edge.



Chiropractic is potentially much more than this. While chiropractic care typically begins by reacting to your symptoms, it can encompass a broader perspective on health and lifestyle and help you

navigate to a state of better health.

Achieving optimum chiropractic results depends on a unique partnership between you and your chiropractor. He uses years of training and expertise to locate and help correct spinal malfunction. Your part to play is to follow some simple suggestions to create the best possible circumstances for a more complete healing and recovery.

This teamwork approach depends on you taking responsibility for your health and following these simple yet highly effective guidelines...

## KEEP YOUR APPOINTMENTS

Each visit builds on the one before. Consistency is important

Your care schedule is based on the experience of thousands of chiropractors



with millions of patients. Just as you can't expect to get in shape by working out just once or twice, you can't expect meaningful changes to your health with just a few chiropractic visits.

Each adjustment is a step in improving the health of your nervous system. Missing or postponing visits can interfere with the 're-training' of your spine. The best way to receive the excellent results that millions of chiropractic patients have enjoyed is to keep your recommended appointments.

## EAT THE RIGHT FOODS

Give your body all the building blocks it needs for good health

Proper nutrition is incredibly important. Increase your intake of fresh / raw fruits and vegetables. Avoid processed foods which are robbed of their vitamins and minerals. Make sure your body has

the nutrients it needs to heal the muscles and soft tissues that support your spine.

If you're carrying some extra weight, this might also be a good time to slim down to reduce the burden on your spinal column and heart. Every unit of surplus weight adds ten times that weight as pressure on the discs of your spine. A simple formula for degenerative change.

Ask your chiropractor for guidance and support. For more detailed advice, call Athena Nicholas who is trained in nutrition and works in the clinic.

## USE GOOD SUPPLEMENTS

Even with the best intentions, your diet will probably not provide all your dietary needs, so pay careful attention to how you could supplement what nature can no longer provide. Antioxidants are a front line defense mechanism your body uses against toxins and disease and are found in abundance in fresh, well grown veges. Modern farming and storage methods means you're unlikely to receive what nature intends, and you should consider adding antioxidants into your supplement regime. If this sounds tempting, then you could consider N u S k i n ' s Lifepak which is available through the clinic.



## GET THE PROPER REST

Rest is an essential component of being healthy - it's not a luxury

It is while you are resting that tissues heal. When combined with regular chiropractic adjustments, proper rest can help heal and regenerate your body.

The latest research indicates that



extended (bed) rest should be avoided for patients with spinal problems. Yet the rest you do get should be restorative and in balance with other daily activities.

### EXERCISE MODERATELY

Regular simple exercise is the key - it doesn't have to take ages or be stressful. A major factor is that you need to like it, so do something you enjoy. Moderate exercise is linked to boosting your immune system so it's all part of staying healthy.



The rehabilitation of your spine also depends on good muscle tone. Ask your chiropractor what exercise is best suited for you.

If you've been inactive, then brisk walking is a perfect exercise to begin. Incorporating stretches once you've warmed up will assist in minimising injuries and helping out your spine. Your goal should be 3-4 times per week for 30 minutes at a time. More is great but start slowly and build up your endurance. If you can't fit this in, then short bursts, such as taking stairs not lifts, or walking an extra stop to the bus all increase your metabolism and help the healing process. Many of society's health worries stem from weight problems. Diabetes, heart disease, & degenerative arthritis are some of these diseases. You owe it to yourself to keep yourself healthy.

### GIVE IT TIME

Regular examinations will be conducted to monitor your progress

If you cover up the symptoms with a pill, you might expect the 'fast relief' that so many television ads promise. But your chiropractor is working to *correct* the cause of your problem, not treat the symptoms. Your

problem may have been years in the making, so correcting it takes time.

Remember, doctors don't heal. Only your body can heal itself. Your body sets its own priorities and directs its own recovery. So the chiropractic approach to better health is to release your body's inborn healing abilities. And the healing doesn't happen in the clinic either—it's the hours and days after your adjustment as the body responds and slowly alters the way in which it functions.

### DURING YOUR RECOVERY

Be sure to ask questions along the way, so you understand every aspect of your chiropractic care. Tell others, so they can support your decision and help you follow your chiropractor's recommendations. Finally, when the correction phase of your care is over, it only takes a little effort everyday to keep the muscles strong, to keep your posture upright, and to get regular chiropractic tune-ups to maintain good spine and nerve health. This doesn't mean you won't have some niggles in the future, the goal is to minimise the impact any flare up may have.



### HELP OTHERS UNDERSTAND

Chances are you'll be asked by someone why you are still going to the chiropractor when your 'problem' is gone. You may find that they know little about chiropractic, or have a very different perspective on what we do. With a knowledge of how your body functions and heals itself, your appreciation for enhancing your health through chiropractic may encourage them to look after themselves that much more. Every small step towards taking responsibility for your own health is ultimately better for everyone.



We've developed a system of health that really is **s i c k n e s s s y m p t o m** driven, rather than taking preventative steps to individually look after ourselves and try to

prevent the onset of sickness and disability. The chiropractic approach (I believe) is the only way ahead for the health system, and that can make it a bit challenging. Hang on though—it's a great ride!!

### DEFINING WELLNESS

There's a whole industry that describes itself as Wellness—but figuring what it means to you can be challenging. My feeling is that Wellness is taking a big-picture approach to your health and well-being. We are the product of our environment and of our reaction to that environment. So wellness becomes the means by which we aim for Optimal Health.



Optimal Health is the high point of health that you can achieve. Not surprisingly we all have different levels depending on our family history, environment and how we look after ourselves. When you consider the vast majority of chronic illness that lead to a huge loss in quality of life, most of them are caused by poor lifestyle choices. Poor quality food, lack of regular exercise, smoking, too much alcohol, not dealing with stress very well, and way too often being *reactive* when it comes to health concerns.

Wellness really should encompass a fully proactive approach to being healthy. Having regular check ups by your chiropractor, dentist, doctor and maybe counsellor even when you feel completely well. Wellness like fitness can be a challenge to undertake, but maintenance of anything requires far less energy in the long run.

### SHARE THESE THOUGHTS:

If you find this helpful please do not hesitate to pass it on to others. When you can't change the system, you can at least start with yourself.