

HEALTHY TIMES NEWSLETTER

NOVEMBER 2010

YOU'RE NO SLOUCH!

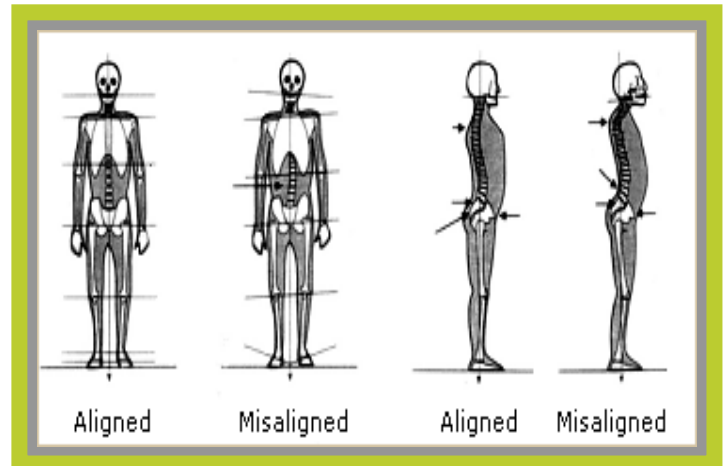
There are few things that detract from your appearance and your health as much as poor posture. Poor posture not only makes us look older, heavier, less confident and less ambitious but can have negative effects on mood, blood pressure, pulse and lung capacity as well as cause spinal pain, muscle strain, TMJ, higher injury risk, degeneration, fatigue and headaches.

In the name of spinal health it is time to stand up to this common pain and poor health culprit and take the slouch out of our ability to function at a higher level of wellness!

Let's focus on head and neck posture, specifically a common condition called "Forward Head Posture." For every inch that the head moves forward (in front of center from your shoulders) in posture, it increases the weight of your head on your neck by 10 pounds!

Decrease this added stress on your health by doing the following:

1. Hold your head neutral with chin pulled in and held directly over top of your sternum.
2. Elongate your spine by lengthening your rib cage and adopting a more horizontal position, than vertical, for your sternum.
3. Roll your shoulders down and back instead of rounded forward to allow your neck and back muscles some relief.
4. Ask your chiropractor to advise you on a whole body approach to lengthening tight muscles and strengthening weak muscles to help restore, train and maintain a healthy posture from head to toe.
5. Ask your Chiropractors to advise you on posture modifications that are specific to you, your work and your lifestyle in order to benefit your adjustment and enhance your health and healing capabilities.



Signs of Poor Posture

- **HEAD THAT SITS FORWARD OF SHOULDERS**
- **CHIN THAT JUTS OUTWARD**
- **ROUNDED SHOULDERS**
- **ROUNDED OR HUNCHED UPPER BACK.**
- **SWAY BACK**
- **TENSE/TENDER NECK AND BACK MUSCLES.**
- **TMJ DYSFUNCTION AND/OR HEADACHES**
- **HIGH EAR/SHOULDER/HIP WHEN YOU LOOK IN MIRROR**
- **BACK PAIN AND BODY ACHES.**
- **WEAK CORE MUSCULATURE**

Chiropractic Offices of
GONSTEAD & STANGL



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SLEIGH HOLIDAY STRESS

There is no stopping it, the holidays are coming and we have the choice of letting them bring out the best in us or the stress in us!

Stress overload comes in many forms; Over-eating, over-shopping, over-spending, over-committing, over-drinking, and generally over-indulging. This year resolve to enjoy the holidays in good health by reducing and better managing your stress.

Try these holiday style stress relievers...

1. TAKE A TURKEY TROT

- 30 minutes of heart rate increasing exercise per day is a powerful tool to fend off stress and boost your immune system!

2. EAT, DRINK AND BE MERRY

- Within reason that is! The holidays are meant for celebration NOT overindulgence. There are many wise, and healthy, choices!

3. REIN IN THE SPENDING

- Rudolph appreciates a round of reindeer games or some homemade treats from Mrs. Clause more than a cheesy holiday tie.

4. HE SEES YOU WHEN YOU'RE SLEEPING

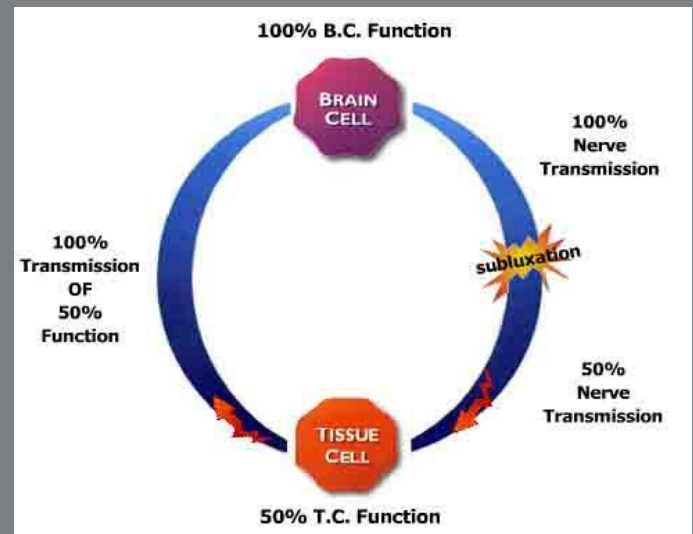
- An adequate amount of sleep and rest is essential for your body's defenses and ability to handle stress. 7-9 hours per night is best!

5. DON'T DROP THE BALL

- Keep expectations realistic so you can enjoy the good stuff. A realistic attitude goes a long ways towards making the holidays happier and less stressful for all.

Looking for a well appreciated gift for that special someone?

CONSIDER A MASSAGE GIFT CERTIFICATE FROM **ACCENT ON MASSAGE!**



SUBLUXATION FACTS

FACT 1

The body is self-healing and self-regulating

FACT 2

The nervous system is the master system and controller of all body functions

THEREFORE

If you interfere with the nervous system you interfere with healing and regulation!

The power that transforms your daily meals into living breathing tissue or maintains your body temperature regardless of how hot or cold it is outside is the power that heals.

It's always there; eager to work the miracle of life if the barriers to its natural function are removed.

A barrier to your body's natural function is subluxation. Subluxation is when one or more of the bones of your spine (or other joints) move out of position creating negative effects on the joint and surrounding tissues including the your nervous system and thus your health!

"THE MASTER OF YOUR BODY DID NOT RUN OFF AND LEAVE YOU MASTERLESS."

B.J. PALMER