

# Wellness News

Spinal Health Care Center • March 2011

## What is Wellness

Wellness is about more than physical fitness, more than emotional well-being, more than mental vibrancy. Wellness encompasses all of those things, and more. Taking care of yourself means taking care of all your needs- physically, emotionally, psychologically, spiritually, socially, and so on. There have been numerous studies that show the impact of mental health on physical health, and that's just the tip of the iceberg!

In the past decade, we have seen a surge of enthusiasm for activities such as yoga and tai chi. These are both physical and spiritual practices, and benefit our mental and emotional selves as well. When we heal one part of our self, the others are positively affected. This ties directly into the body-mind-spirit modality that you may be aware of. Unhappiness or ill health are just two of the areas that indicate an imbalance in all three, and the reverse is true as well. Oftentimes, the physical issues we experience are the result of emotional blocks in our bodies.



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What does this mean in action? It means making sure that you attend to your needs appropriately and be willing to look at larger causal issues when something does arise. It means treating you- the whole you- rather than just the part of you that is sick or in pain, and finding practitioners who will do the same. It means loving every part of yourself and continually seeking out activities that help you heal, grow, learn, and experience.

## Stages of Optimal Health

As wellness-minded individuals, we understand optimal health to be the ultimate lifestyle goal. However we often mistake pain and symptom-free as "well." in reality, being truly well is not a destination but a journey. Our health potential is a culmination of what kind of effort we put into keeping ourselves healthy and balanced in all areas of life. Below are stages of care that we must constantly move through to optimize our health potential.

### RELEASE CARE:

- Set wellness goals
- Identify and begin to release interferences in your life. What's holding you back?
- Measure where you think you currently rate as "healthy" on a scale of 1 to 5
- Change unhealthy patterns and mindsets
- Have a wellness provider measure your health with exams and scans

**Example:** "My goal is having enough energy to play with my kids every day. My weight is holding me back from engaging in their high-energy activities, I need to reach a healthier weight. I'd say my physical health in this area is pretty poor. I'd give myself a 2 on the scale of 1 to 5. I sit at a desk all day at work and when I go home, I eat ready-made dinners in front of the TV and catch up on the latest news until bed. At work, I'm going to take small walks around the office during my breaks and take the stairs every morning. I've decided to make a good dinner for my family at least three nights a week and sit at the table with them while we eat. I have an appointment to see my wellness chiropractor next week for a wellness consultation and screening and to remove some of the interferences in my body to increase its function."

### REBUILDING CARE:

- Begin healing
- Meet goals and set new ones
- Redo health scans monitor changes in interferences and patterns

**Example:** "For the last month I have been working on reaching my goals. I have taken the stairs and eaten with my family more often. I notice that I have more energy and I have even begun taking walks with my family every evening. I've lost 5 pounds and I can stand and cheer at my son's soccer game without feeling the need to sit down every few minutes. At my last wellness visit with my chiropractor, my new scans show positive change in my nervous interference patterns. My new goal is to talk to a nutritionist about the best food options for my body and my family."

### WELLNESS CARE:

- A New beginning to health
- Optimizing all aspects of health
- Positive outlook on life
- Increased productivity
- Renewed enjoyment in pastimes

**Example:** "It has been six months and I feel great! On a scale of 1 to 5 I feel like a 5. And not just some days, everyday. I feel more confident at work and I accomplish so much more because I am energized and at a healthy weight. I've noticed that I want to seek optimal health in other areas as well and my wellness chiropractor suggested some areas that are still "unhealthy" and being interfered with, especially my stress levels. I'm setting new goals which will help me to control my stress and tension levels which include new scans and techniques to change my unhealthy reactions into positive and relaxed responses. And of course, I'll continue to maintain the progress I've already made!"

Follow these stages for yourself and see what aspects of your health you can optimize. Call Dr. Doug Smith today to schedule your wellness exams and discover more avenues to reaching your full health potential!

## Wellness Screening at Spinal Health Care Center!

March 15<sup>th</sup>-31<sup>st</sup>

FREE

For new AND returning patients. All ages welcome!

Includes: Wellness Chiropractic Consultation, Physical & Computerized Chiropractic Examination, X-Ray Examination (if necessary), Chiropractic Report of Findings.

Call today to schedule a screening and take advantage of this special offer!

## Spinal Health Care Center

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## Relaxing for Health

Daily life presents us with many stressors, both positive and negative, that can make us tense. This tension is often stored in the body and can manifest itself as symptoms of pain or illness--back pain, headaches, asthma. Wellness chiropractors check for signs of tension and help to remove any interferences so the body can naturally manage stress. Other simple activities like those below are easy to do and can help to ease stress and tension when you need a quick tune-up.

1. Take a break from what you're working on and do something different for a while. If you're in a high stress environment, leave for a short walk if you can. Take some deep breaths and clear your head before returning.

2. Play relaxing background music while you work. Some people prefer classical music or sounds from nature, but your idea of "relaxing" music may be different, and that's ok.

3. Slow your breathing and focus on relaxing your body.

4. Take a hot bath or shower to release tension in your muscles. If you can't do that, go to the bathroom and wash your hands in warm water, massaging them up and down the arms. Take deep breaths and focus on the warmth and feeling the release in your hands.



5. Light a calming aromatherapy candle or get some oils with relaxing scents that you like.

6. Practice mindfulness - being present in the moment - so that you are in tune with your mind and body and can detect the subtle changes as you relax. Start by spending 5 minutes a day just sitting quietly, noticing the sights, sounds, and sensations around you. When you are aware of what your body is reacting to and what it needs, you will be better equipped to deal with stress and may possibly even prevent it altogether.

Information provided by  
<http://www.mynewsletterbuilder.com>

Do you have tired, achy or stiff muscles? Are you looking for some time to yourself to relax and de-stress? How about a massage?



Katina Durst, LMP is available Monday-Wednesday and Fridays to provide you with just the relief you need. Call the office at Spinal Health Care Center to make an appointment with Katina for your massage today!

360.874.7494