

DOWNTOWN CHIROPRACTIC

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“Chiropractic As It Is Meant To Be”

NEW OFFICE HOURS

Monday & Thursday 11:00 a.m. until 5:30 p.m.

Wednesday & Friday 8:30 a.m. until 4:00 p.m.

We will be open during your lunch hour

Phone: 604-685-9444

Chiropractic & Stress

How your body interprets stress is largely a function of how well it can accommodate it. Ultimately, this capacity is based on the conditions of your nervous system. If you lack the reserves necessary to adapt to stress in a healthy way, stress takes its toll. There are 3 main types of stress:

Physical Stress:

A whiplash injury from a car accident is an obvious source of physical stress. As are repetitive motions, a slip and fall, lack of sleep or overdoing it in the garden. Early on, learning to walk or ride a bike and even the birth process itself are sources of physical stress.

Emotional Stress:

Fear, grief, anger and other emotions affect our entire body. Notice the posture of someone who is sad or depressed. Frustration, or a sense of powerlessness at work, is a common form of emotional stress.

Chemical stress:

Common sources of chemical stress include poor nutrition, sugar, refined carbohydrates, and unhealthy fats. Drugs, preservatives, tobacco, vaccinations, alcohol, pollens and a host of other substances also affect our nervous systems, muscle tone and our spines. The problem isn't just the pollen or chemicals because not everyone is affected in the same way.

Chiropractic care, because it focuses on reducing tension in your nervous system, can help you respond more resourcefully.

A Chiropractic adjustment frees the subluxations, nerve irritations and muscle spasms allowing the body to relax and let go of the physical and emotional tensions.

How does stress affect my spine?

Think of your spine as a guitar string. The greater the tension, the higher the note. Your nervous system has “tone” as well. With each stressor, your body tightens up, like bracing yourself for a tight curve on a roller coaster. The weakest joints of your spine are forced off their normal position. Like the shrill notes from an over-tightened string, your body loses its capacity to respond to the full range of human experience.

Can chiropractic care solve all my stress?

Of course not. Stress is a natural part of life. Chiropractic care can't eliminate stress, but it can help increase your capacity to accommodate it. Many of our patients find that a monthly chiropractic session relieves the build up of stress before it changes their posture and physiology. Other people find more frequent chiropractic visits make a bigger difference.

Remember, good health depends on

1. a healthy diet
2. adequate rest, sleep and relaxation
3. regular exercise – walking, running, working out at the gym
4. a positive mental attitude
5. a subluxation free spine (assists a stress free, healthy nervous system)

Thank you for referring your friends and family to our office.

We wish you health and happiness.

Top Supplements For:

LONGEVITY

- Vitamin C – 2,000 (+) mgs a day
- Vitamin D – 2,000 – 5,000 I.U. a day
- CO Q enzyme – 100 mgs a day

JOINTS

- Glucosamine Sulfate (GLS) 2500 mg per day
- Must be taken for at least six weeks to see results
- Vitamin D also helps relieve joint pain as well

Spotlight on VITAMIN D

There is new information surfacing concerning Vitamin D and dosages. The general consent is that we need a lot more Vitamin D than we thought. Most research recommends at least 2,000 – 5,000 I.U.'s per day.

A lack of Vitamin D is linked with cancers, heart disease, osteoporosis and many other diseases. Check out the book recommendation in the next column.

"If you haven't been taking your vitamins, what have you been doing with them?"



Lily Tomlin points out one of the practical problems of trying to make something of yourself:

"I always wanted to be somebody. Now I see that I should have been more specific."

Lily Tomlin

"There is more to life than increasing its speed"

Ghandi

Books are amazing tools for self help, growth and relaxation. I personally read everyday for these reasons.

Here some good books that I have come across lately:

The Vitamin D Revolution

by Soram Khalsa, MD

Interesting research on this powerful vitamin and it's preventative powers

The Brain That Changes Itself – Brain Plasticity Research

by Norman Doidge

An amazing myth dispelling book revealing powers and abilities you may never have known your brain has.

The New Rules of Lifting

by Lou Schuler

New ways of maximizing your time in the gym.

Heidegger and a Hippo Walk Through Those Pearly Gates

by Thomas Cathcart and Daniel Klein

Another hearty book by this entertaining duo. Written with depth and humour, they tackle myths and beliefs about the great unknown.

The Slow Down Diet

by Marc David

The most interesting diet I have read about. It addresses the aspects of awareness, quality and tuning into your body as a diet tool. Metabolism is dealt with in a very holistic, life encompassing way.

...and some websites to visit:

www.meschinohealth.com

Dr. Meschino has a weekly five minute talk on his website that covers the most up to date research on nutrition and food supplements.

He is always interesting and has immediately applicable solutions problems.

www.keenfit.com

Pole walking has many health benefits apart from being a great way to transform walking into a cardio exercise. Pole walking increases energy, you will eat and sleep better, you burn up to 48% more calories while walking and increase your cardio by 20%, lose and maintain weight, increase your metabolism, strengthen your core, build upper body muscles, lessen the impact by 26% off your lower joints, and naturally correct your body posture. Check it out!