

Office Hours:

**Monday,
Wednesday,
Friday
8:30-5:30**

**Thursday
1:30-5:30**

Downtown *Chiropractic*

Dr. David Lee, D.C. Suite 420 - 736 Granville St. Vancouver, BC V6Z 1G3 604-685-9444

Thoughts for Living a Healthy Life

Most chronic diseases are caused by one of two things: **deficiency** or **toxicity**. Deficiency is not enough of something. Toxicity is too much of something, specifically, the build up of poisons in the system. Recent thinking in Wellness Care presents health habits in three categories; Eat well, Move well and Think well. Deficiency and/or toxicity can occur in one or more of these areas.

Eat Well

Three things we generally do not get enough of are: **Omega 3 Oils** – found in flax or fish oils; **Probiotics** - acidophilus, etc. friendly bacteria, for the intestinal track and **Enzymes** to help with the thousands of chemical activities that keep our cells healthy. Taking a good digestive enzyme not only helps breakdown your food better, but also allows other enzymes to work with healing and body maintenance. I take all of the above, a good multivitamin and extra Vitamin C and E daily.

Move Well

To move well you need to have a healthy spine and nervous system. Chiropractic helps free up those stuck joints, improves structure and function of muscles and bones, enabling people to exercise. My personal program includes 45 minutes of aerobic exercise, four days a week and two days of weight training. Exercise helps all body functions and lowers ones chances of getting heart disease, cancer and degenerative disease. It also reduces the effects of our often-stressful lifestyle and actually produces brain cell growth. (I know some of you really need this!)

Think Well

In these times of economic and political upheaval, it is often hard to maintain a positive attitude. There is a lot of scientific evidence that speaks about the powerful affect your thoughts (which create your emotions), have on your health. Is the glass half full or half empty? The choice is up to you. Surviving in this mental arena can be a challenge. I always read something positive in the morning when I wake up. There are many great positive writers out there to choose from. Take your pick or ask me about some of my choices. I would be happy to share them with you. The other thing I do to start my day is to spend 20 – 30 minutes in meditation or quieting the mind. This can be just sitting quietly, being aware of the inflow and outflow of the breath. Start with 5 or 10 minutes at a time and work it up from there. A very fine book to help work with breathing is 'The Breathing Book' by Donna Farhi.

Chiropractic philosophy now over a hundred years old, has always said that good health depends on Five Factors of Health. 1. A healthy subluxation free spine, 2. Diet, 3. Exercise, 4. Rest, 5. Your mental attitude. All are essential to good health and well being.

My job as a chiropractor is to correct the spinal subluxations so nerve energy can flow to all parts of the body, including the heart, stomach, lungs and other organs. The other factors: diet, exercise, rest and mental attitude are up to you. My best to you, Dr. David Lee, DC

Exercising Can Absorb the Pain of Arthritis

For years, people with arthritis were discouraged from exercising for fear it might harm their joints. That belief has changed over the past decade, as a growing body of research reveals that exercise is crucial for maintaining joint health.

Several national weight-training experts are pushing some basic strength and flexibility exercises that they say 'can dramatically improve' some of the symptoms of arthritis, and they have research to back up their advice. They say their work offers hope to the 43 million people suffering from arthritis. For a free brochure on exercise go to www.arthritis.org

By Nancy Hellmich, USA Today

Other reasons to lift weights: Bone density. Your peak age of bone density is your 20's. After that, it drops off. Research has shown that engaging in 'weight bearing activities' has a major influence on building and rebuilding bone density. In a study that gave calcium supplements to two groups but had only one of those groups engaging in cardio-weight training, there was little to no change in the bone density of the group that did not exercise! The other group greatly increased their bone density.

Increase Your Brain's Reserve

Here is an excerpt on the important discovery of brain reserve from a soon to be published book:

A Magnificent Mind at Any Age by Daniel Amen. Look for it to be released in bookstores in December. Better yet....put it on your holiday reading list!

Brain reserve is the cushion, margin or extra neurons that we have to deal with unexpected events or insults. The more reserve we have, the more stresses or injuries we can handle. The less reserve, the more vulnerable we are. Here are some factors known to decrease brain reserve: Prenatal or birth injuries, Brain injuries, Excessive alcohol, Drug abuse, Negative thinking, Poor diet, Environmental toxins, Chronic stress, Lack of sleep/sleep apnea, Smoking, Excessive caffeine, Too much television or violent video games and Lack of exercise

I always want to be increasing my brain reserve, to deal with the crises that inevitably will come my way. Here are a number of ways to do it: Positive social connections, New learning, Healthy diet, A daily multiple vitamin, Fish oil, Learning music, Regular exercise, Dancing (of course, without drinking), Positive thinking Gratitude and Meditation or Prayer.

If you wish to stay healthy during stressful times, you need adequate brain reserve. Start working today to add more neurons to your life...." You can build brain reserve at any age. It's never too early or too late!

Humour!

"The blue-ribbon commission has come up with a list of ways to improve the next presidential election. I've got an idea. How about better candidates?" Jay Leno, the Tonight Show

Dijon vu - the same mustard as before.

A Freudian slip is when you say one thing but mean your mother.

A hangover is the wrath of grapes.

Does the name Pavlov ring a bell?

A successful diet is the triumph of mind over platter.

Time flies like an arrow. Fruit flies like a banana.

Without geometry, life is pointless.

When two egotists meet, it's an I for an I.

When you dream in color, it's a pigment of your imagination.

Thank you for referring your friends and family to our office. Your thoughtfulness and care is appreciated.



Thank you for choosing Downtown Chiropractic

