

YOUR BODY, YOUR HEALTH, YOUR CHOICE

APRIL 2009

THE HEALTH EFFECTS OF PROCRASTINATION

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If you are a procrastinator, now may be the time to consider the health price you may be paying for this habit. Procrastination may be the worst enemy of optimal health. We think about exercising and eating healthy foods, however postponing these changes is much easier than actually performing them.

When this attitude dominates our behavior, we have turned into an “after” person, dealing with health issues after they arise. This is reactive habit and we will make health decisions based on pain or fear. Pain will actually make the decisions for us at times. However, pain is a signal that something is already wrong. Our health is already compromised, sometimes seriously.

Fear is another reactive moti-

vator that may also convince us to change our health habits. Unfortunately, fear brings with it a certain level of anxiety that may damage the good health we are striving for.

Fear develops when we read newspaper ads and hear advertising on television describing various health problems. Often the fear instilled by these ads may lead us to ask for prescription medications we may not really need.

Fear and pain are negative motivators, and they depend on negative reactions as motivators for good health habits. If we wait for fear or pain to motivate us, we may suffer pain and/or serious health problems.

When you make a decision to act rather than react in the

area of health habits, you are improving your chances for a healthy life. This decision means you will be a “before” person, because you build health before problems begin, rather than treating problems after they arise.

Chiropractic care is a natural health care tool not only to correct problems after they arise, but also to help prevent problems from developing in the first place. Chiropractic, which focuses on the body’s ability to heal itself, focuses on the spine as the avenue of communication between the brain and every cell and organ in the body. When this natural communication system is disrupted by displaced spinal vertebrae, health problems can result.

MY CHIROPRACTIC STORY BY DR. GOCHEE

SPECIAL POINTS OF INTEREST:

- The roots of chiropractic
- The physical effects of procrastination
- What is allopathic medicine?

I am a doctor of chiropractic because I believe that Chiropractic can heal just about everything.

I became a Chiropractic patient at the age of four or five. My brother suffered from chronic ear infections and the medical doctors wanted to put tubes in his ears. My mother had read that putting tubes in a child’s ears might result in hearing loss and that Doctors of Osteopathy could get rid of the ear infections without surgery. Mom found the closest Osteopath to us in a town over an hour away. She took my brother there for a few visits and realized that the Osteopath was just adjusting my brother in a similar fashion as my Dad’s chiropractor. Mom fig-

ured she would ask the Chiropractor if he felt comfortable with adjusting my brother for his ear infections, and he did.

After my brother started seeing the chiropractor for his ear infections, my mom decided to get both my sister and myself checked out too. We might as well all be getting adjusted if we are going to be there for my brother. We didn’t have anything really wrong with us, but the Chiropractor encouraged prevention.

The Chiropractor took an X-ray and noticed that I was developing Scoliosis (lateral curvature of the spine). It wasn’t bad, but he

started treating it then. My scoliosis never got worse. Today I have very little lateral curvature in my spine.

I learned at young age that Chiropractic can help with non spinal problems. My Dad started seeing the Chiropractor for sinus headaches. My brother was treated for ear infections. Later in life, I was treated for my dyslexia. Chiropractic can help with any health condition. The healing comes from within.

D.D. Palmer had it right when he stated that, “The power that makes the body, heals the body.”

GLYSEN

- Supports healthy blood-sugar levels
- Supports healthy glucose and insulin levels

This product is designed to support normal insulin receptor site sensitivity and intercellular signaling alterations.

Insulin disorders are estimated to impact 20% of the

population and are associated with many diseases, obesity, essential fatty acid defects, alterations in metabolism, and elevated cholesterol.

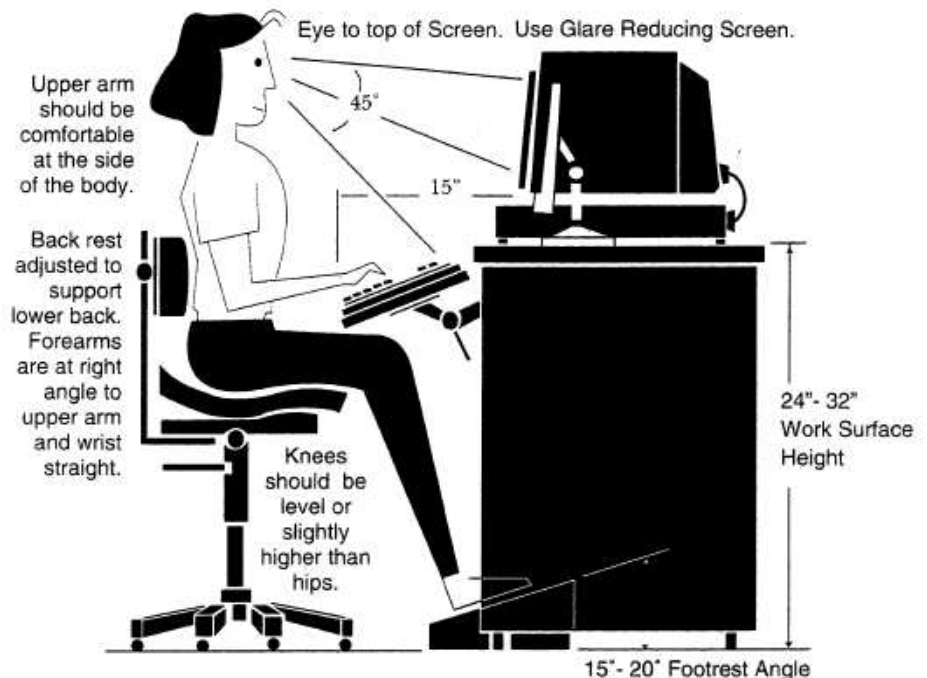
This product contains herbs, vitamins, and minerals to support healthy insulin receptor sensitivity and blood-sugar metabolism.



PROPER COMPUTER POSITIONS

IMPORTANT: WHEN WORKING AT THE COMPUTER, GET UP FROM THE CHAIR, WALK AROUND, PERFORM TASKS STANDING OR WALKING, EVERY 20-30 MINUTES. YOUR BODY WILL STIFFEN FROM PROLONGED SITTING CAUSING PAIN AND SYMPTOMS

- Keep head level, shoulders back and point eyes to top of the screen
- Hold upper arms comfortably at sides
- Hold forearms at right angles to upper arms and keep wrists straight
- Adjust seat height so that elbows are at the same height as the keyboard or table top.
- Maintain the lumbar curve and adjust back rest to support low back.
- Use a chair that swivels and change chair position throughout the day to vary body position.
- Knees are level with or slightly higher than hips.
- Use a 15-20 degree footrest



FALSE STATEMENTS ABOUT CHIROPRACTIC

“Once you start chiropractic you have to keep going.”

Chiropractic patients have the privilege to learn how their body functions without any interferences or pain. They learn that they don't have to live with pain or take an over the counter pain reliever to not have pain. Chiropractic patients have a heightened awareness of when their body is misaligned. That is why they keep going back. Not because they have to, but because they want to.

As a chiropractic patient I know when my body just isn't right and when I need

an adjustment. It's not because I hurt. It is because I just don't feel right. It is hard to explain, but I know as a patient that I don't have to live with pain. I don't have to live with headaches every day or every week. I don't have to live with PMS each month. Why, because I am a well adjusted human being.

As a doctor of chiropractic, I want all of my patients to obtain optimal health. The best way I know how it is to keep up with the treatment plan. For some people, a treatment plan might be twice a month, once a

month, once a quarter. Everyone is different. It depends upon the patient's activity level and health.

Some patients try to say that they never hurt before they saw a chiropractor, but what they fail to realize is the pain was there all along; they have been ignoring it. Pain is something that patients become accustomed to living with, and chiropractors are here to relieve pain and restore the body to proper function.



THE HISTORY OF CHIROPRACTIC

The roots of chiropractic care can be traced all the way back to the beginning of recorded time. Writings from China and Greece written in 2700 B.C. and 1500 B.C. mention spinal manipulation and the maneuvering of the lower extremities to ease low back pain. Hippocrates, the Greek physician, who lived from 460 to 357 B.C., also published texts detailing the importance of chiropractic care. In one of his writings he declares, "Get knowledge of the spine, for this is the requisite for many diseases".

Chiropractic Philosophy

As a profession, the primary belief is in natural and conservative methods of health care. Doctors of chiropractic have a deep respect for the human body's ability to heal itself without the use of surgery or medication. These doctors devote careful attention to the biomechanics, structure and function of the spine, its effects on the musculoskeletal and neurological systems, and the role played by the proper function of these systems in the preservation and

restoration of health. A Doctor of chiropractic is one who is involved in the treatment and prevention of disease, as well as the promotion of public health, and a wellness approach to patient healthcare.

Works Cited

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Spinal Manipulation Policy Statement. Arlington, Virginia: American Chiropractic Association, 1999: 6.

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WHAT IS YOUR PHILOSOPHY OF LIFE?

Today, there are two opposing healthcare philosophies becoming more visible.

The first is allopathic medicine.

This is a mechanistic approach to health in which the body is divided into different systems and a medical doctor who focuses solely on one system is considered a specialist. For example, cardiologists are heart specialists and respiratory specialists focus on the lungs and respiratory system. These doctors diagnose their patient's illness by examining smaller parts of the whole structure. A condition is diagnosed by

gathering test results and symptomatology, then introducing a treatment, usually drugs, in hopes the medication will relieve the symptoms and restore the sick body to health. This approach disregards the understanding that the human body is very intelligent and is fully capable of healing the body of disease and weakness. This human intelligence needs no help, other than a fully functioning nervous system. Sometimes the body may deteriorate so badly that it needs drug intervention to sustain life until the body can regain its ability to heal itself.

The second health care philosophy is chiropractic care. The chiropractic philosophy of health focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nervous system, which may be interfering with your ability to express your maximum health potential. The philosophy of chiropractic encourages us to take control of our own health, listen to

problem instead of simply covering them up with medication.

What is your philosophy of health? If you suffer from pain or illness and desire a long-term solution to optimal health, make an appointment TODAY to visit your chiropractor. If you value your body's ability to heal itself and you believe natural approaches are best, choose the philosophy of chiropractic care.

You will be glad you did!