

5 ways to Boost your Health

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#1. Get Adjusted- Your nervous system controls every thought, feeling, reaction, function, and body system. There are countless events occurring every second in your body all orchestrated by your nervous system. If there is interference in your nervous system your body will be less able to handle its day-to-day tasks. Getting adjusted helps alleviate this interference and thus increases your body's ability to function and your quality of life.

#2. Vary Your Diet- Every food you eat has a different combination of important vitamins and minerals. If you continue to eat the same foods over and over, it is possible to develop deficiencies in some important nutrients. Some really good but overlooked foods include dark leafy green vegetables (calcium, anti-oxidants), Flax seed (omega 3), Olive oil ("good fats"), and Oatmeal (decrease cholesterol).

#3. Keep Moving- Your body is programmed to change based on the demands you place on it. The less activity you do in a day, the less likely and able you will be to do that activity in the future. Many times people hear the word exercise and think "NO PAIN NO GAIN" and do not want to subject themselves to a grueling workout. Exercise plans change based on the needs of the person doing the exercise. It can be as simple as taking a walk, seated resistance programs, yoga, stretching, and many more. It is not about how hard you are working; the key is only to keep moving.

#4. Think- Your brain requires exercise as well. There are numerous studies today citing a link between mental aerobics and a variety of diseases/conditions including dementia, memory loss, and Alzheimer's. Mental exercise includes puzzles, problem solving, crosswords, word search, memorizing (quotes, sentences, poems, songs), trying to use your non dominant hand, reading, and playing music.

#5. Get it checked- Whether it is your nervous system, your teeth, a small ache, a dizzy spell, or any other question or concern get it checked. Too often the "small" things get overlooked. "I'll do it later", "It will go away", "Its no big deal". These are commonly heard reasons not to see a doctor. It is proven that early detection and prevention are drastically responsible for positive outcomes to disease. Nobody wants to find or admit that they are sick, but if you act quickly your chances of recovery improve exponentially.