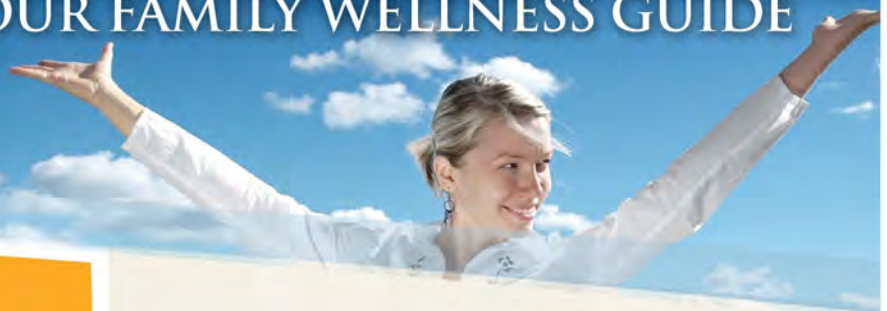




YOUR FAMILY WELLNESS GUIDE



FROM DOC'S DESK

What you may not have known about exercise

A few quick trips to the gym may not be all it takes to fill our requirement for exercise. Exercise is a required nutrient for health, just like a vitamin. So, it does not augment our health. It is actually essential to our health. There is a big difference.

Your brain calls for sufficient movement for it to be able to properly coordinate your organ function (including your immune and hormonal systems), your posture and muscle stabilizers, your memory, your emotions, your ability to learn and pay attention, and your ability to reduce stress. I often see people not finding the time or motivation for exercise but then discovering that they don't quite realize just how important it is. The nutrient that movement provides is called **proprioception**, and it literally charges your brain like a battery.

Our ancestors' brain function, activity levels and learning developed together to allow them to track down food, remember where they found it, and how to store it. The human species (us!) are the only animal species to have almost completely engineered movement OUT of our lives. This is causing major problems.

If walking 10-15 km, like our ancestors did, sounds like a hefty task, there is an easier way to make exercise a part of your life. We need to start working at gradually, comfortably and easily adding more movements and activity to our daily routine. Exercise is definitely important to get to a high level of health. However, a common mistake is that people often try to start with committing to an hour workout a few times per week.

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When they can't fulfill this commitment, they stop altogether. A part of setting up a lifetime strategy is to start by simply incorporating more movement into your normal, daily routine. Playing with your kids, making excuses to move more, parking the car further away, etc., are all guaranteed ways to increase your health by increasing your level of required movement.

I am working with people everyday on their biggest roadblock, which is how they can get themselves to change. The answer is to not only work on moving more, but to work on learning the evidence-based benefits of your increased movement and the costs of not doing it. Forming a new belief system around your newly acquired knowledge, and incorporating what you already know about exercise, will make for an easy, permanent healthy lifestyle change. Take it slow, come to our workshops – and start moving, ... you'll see the lasting effects.

- Dr. Mark



Join our Innate Lifestyle Program!

Come take part in the most cutting-edge health program available. This information is very unique as it is entirely based on research from the highest level peer-reviewed research in the world's top scientific journals on how we are required to eat, move, and think in order to express optimal health.

Most importantly, come learn HOW TO GET YOURSELF to do it easily, gradually, and comfortably. This is the biggest roadblock.

Ask at the front desk for details.

613. 841.9355

4380 Innes Road, Orleans, Ontario
(Next to The Bank of Montreal, at 10th Line)

WWW.HUNTERCHIROPRACTIC.COM

UPCOMING WORKSHOPS:

1. The Health & Wellness Report

Wednesday, March 24th @ 6:10 p.m. Location: Hunter Chiropractic

This is the most important workshop we offer. Learn the answers to the 3 most important questions regarding your health and your chances of illnesses prevention.

1. Why do we develop illness and pain?
2. What do we need to do to get and then remain well?
3. How do I **get myself** to do those things on a regular basis?

Don't miss this workshop, and if you haven't been a few times this year, attend again. Ask at the front desk to register yourself and a guest.

2. Think Well – Reducing Emotional Stress

Wednesday, April 7th @ 6:30 p.m. Location: Hunter Chiropractic

Come learn the critical information as to which thought choices lead us toward chronic illness, and which ones we require to achieve optimal health. Most importantly come get inspired, and learn the science of belief system change. Learn the effects that your mind has on your health, and how to actually get yourself to think differently and change the physical structure of your brain.

Pay attention to your posture – your whole body will thank you

Most of us spend much of our days sitting at a desk, in the same position, with little movement throughout the day. We get into our cars and sit down, just to come home and sit on the couch. All that sitting is doing more damage than you may think.

With all of the repetitive poor posture, it is straining your spinal joints, which over time, creates lack of proper movement. As the article on page 1 showed, lack of movement prevents your brain from receiving its daily requirement of a key nutrient called proprioception. Proprioception is needed for your brain to be able to properly coordinate your organ function (including your immune and hormonal systems), your posture and muscle stabilizers, your memory, your emotions, your ability to learn and pay attention, and your ability to reduce stress.

We live in a culture where many believe that because we aren't experiencing any pain, then we must be in perfect health. If we are feeling pain, then we get it treated and assume everything is fixed. But the majority of spinal strain and decay is not felt. You only actually feel 50 bits out of 3 TRILLION bits of information that pass between your brain and body PER SECOND!

This risk of spinal problems can start at a young age, as school-age children are sitting at desks that weren't designed with our spines in mind. This is why it is so crucial to have our spinal health maintained throughout our lives to counteract the effects of sedentary living, and the damaging postures we sit with for most of our lives. Chiropractic adjustments and daily spinal hygiene have become requirements because of our industrial lifestyles.

New research commissioned by the British Chiropractic Association (BCA) reveals that **32% of us spend over 10 hours sitting down every day, adding up to an amazing 32 years and 4 months of our lives.** What do people do after work? **62%** spend the majority of their evenings, ... sitting.

Decide what is good for you and your family using evidence-based research, not just opinions. Our spines are the control center for our bodies – a healthy spine is vital for a healthy life.

- Dr. Mark

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