

# The Wellness Family

Dr. Fischer Keeps You Informed

## Wellness vs Fad-ness

Turn on the TV, go on the internet, open a magazine or a newspaper and you'll see advertisements for the latest lifestyle craze or new gym equipment. Sure, everyone wants to be healthy and so you consider all that is offered. The important thing is to recognize wellness and not just follow the latest fad.

### **What is Wellness?**

Wellness is the sustained quality or state of being healthy in both mind and body as the result of a deliberate effort; as opposed to fad-ness, which is trying to achieve health through the latest health craze or quick fix.

True wellness cannot be achieved without a decision to make permanent lifestyle changes. While temporary fixes may achieve the desired result, they won't last. It's only with a complete lifestyle change that you can obtain and retain wellness.

### **The Three Causes of Stress**

Your Doctor of Chiropractic is the only healthcare professional who has been trained to understand that wellness is achieved through a healthier lifestyle. In addition, your Family Wellness Chiropractor recognizes and acknowledges in practice that there are three stressors which may work against your own personal wellness by causing subluxation and interfering with your nervous system function.

It is only through lifestyle management that you can begin to recognize these three common stressors and minimize or eliminate them from your life. Who better to choose as your advocate for change than your Family Wellness Chiropractor? As the leader in the area of wellness, your Doctor of Chiropractic can be a lifestyle coach with every visit, encouraging you and educating you in your journey toward wellness.

### **Physical Stress**

One of the most common stressors to our wellness is physical. When considering physical stress the initial response is typically physical injury such as falls, tumbles, auto accidents, work related or sports injuries, etc. While these are real there are more that aren't quite so obvious but equally serious.

The body is meant to function in motion and when it lacks motion it lacks wellness. For instance, the person

that has a very sedentary job may find that sitting at a desk for hours at a time will cause stiffness, aching joints or even pain. Sitting or lying down on the couch watching TV for long periods, or prolonged use of a computer without getting up every now and then, can have the same effect.

Recliners or poor mattresses and pillows can also contribute to physical stress. Anything that results in discomfort to the spine or joints will generally fall under this category.



*“True wellness is only going to be achieved through effort and lifestyle change...”*

### **Chemical Stress**

It is probably not a surprise that chemical stressors work against our body's wellness. What may be a surprise is the source of those chemicals.

Common sense encourages us to avoid harmful chemicals and cancer-causing agents (carcinogens), but the truth is that many chemicals are a part of our everyday life and we don't even realize it.

The Environmental Working Group recently tested produce to find that many fruits and vegetables had trace amounts of up to 64 different pesticides on the skins. They extrapolated from their data that more than 20 million children ingest between 8 to 15 pesticides each day.

With that, let's consider the other chemicals we put in our bodies without knowing it:

- The average person ingests more than 140 pounds of sugar in a year, and granulated sugar is really nothing more than chemicals
- Soft drinks, energy drinks and coffee contain at least 50 mgs of caffeine and some contain up to 350 mgs

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- At least 20% of children are eating at fast food restaurants more than 3 times each week, making fast food a \$150 billion a year industry
- Vaccines routinely contain varying amounts of at least some of the following: mercury, formaldehyde, aluminum, hydrochloric acid, latex, MSG and ethylene glycol (an ingredient commonly found in antifreeze)

These are just a few examples of the many chemicals that can be found in our daily lifestyles and every one of them works against our wellness.

### **Emotional Stress**

It's rare to find time in a busy week to stop and take a moment, but not making time to do just that is one of the leading invaders of wellness. Everyday stress can accumulate and lead to a lack of emotional wellness or well-being. Advertisers recognize this fact and selfishly capitalize on it, but the fact is that the latest tea, vitamin or aroma-therapy candle isn't going to achieve true emotional wellness.

What many don't realize is emotional wellness is not only affected by circumstances and experiences, but also by our overall sense of well-being.

An estimated 17 million adults suffer from depression and an estimated 8 million adults suffer from chronic fatigue syndrome. When we don't "feel like ourselves" this is a sign of emotional stress which is probably the most damaging to our wellness because it wears down the defenses and decreases the body's natural ability to balance emotions and find a healthy center.

### **A Wellness Lifestyle**

True wellness is only going to be achieved through effort and lifestyle change, not the latest fad. Fads are

only temporary and a return to the past lifestyle is inevitable. If you're going to put energy toward something in your life, developing a wellness lifestyle will be a much more rewarding experience.

With the help of your Family Wellness Chiropractor, begin making small but lasting changes as these will be more effective than trying to change your entire life overnight.

### **Steps to Wellness**

Step 1 – Talk to your Family Wellness Chiropractor about your desire to make a true change toward wellness. Base your decision upon the three common stressors to your health and wellness, then prioritize the areas of improvement that you would like to address in your current lifestyle.

Step 2 – Based upon your priority list, choose one area to make the initial change, then live with that change for 30 days. When you feel you have accomplished a new level in wellness select another lifestyle goal based upon your priority list.

Step 3 – Routinely discuss your priority list with your Family Wellness Chiropractor continuing to look for areas of needed improvement.

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For more information on Wellness

[www.icpa4kids.org](http://www.icpa4kids.org)

[www.mothering.com](http://www.mothering.com)

[www.foundationforhealthchoice.com](http://www.foundationforhealthchoice.com)

[www.healthychild.com](http://www.healthychild.com)

[www.theholisticoption.com](http://www.theholisticoption.com)

[www.icpa4kids.org/research/wellness.htm](http://www.icpa4kids.org/research/wellness.htm)

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*Dear Patient,*

*Dr. Fischer is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.*

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