

Health Update

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So You Think It's Expensive To Stay Healthy?

Have you ever bought a bottle of water? If you have, you probably paid \$1 or more for an 11 ounce bottle. That's over \$11 for a gallon of water.

Why are we willing to pay \$11 a gallon for something we can get for free at home? Because we have been lead to believe that drinking bottled water is better for our health than drinking tap water. All this in spite of the reports that many of the bottled water companies simply bottle untreated tap water and label it "spring water."

Many of us increasingly pay a premium today for organically grown and processed food because we believe it is better for our health. We pay for gym and health club memberships, massages, vitamins and nutritional supplements, and for chiropractic care and say that it is expensive to stay healthy.

And I say, "I agree." It is expensive to stay healthy and yet, consider the alternative.

What does it cost you to get sick? I mean really sick. And, notice that I asked "What" does it cost you, not how much. Did you know that 2/3 of Americans say they can't afford to be sick? You see, the cost of getting sick far outweighs the cost of staying healthy today. In fact, the cost in lost resources due to serious illness can strip away your life's savings and send you deep into debt in a matter of a few short months. If the illness becomes long term, the effects can be devastating. Many senior citizens will expend all or most of their life's savings in the final 13 weeks of their

lives just trying to get back to healthy again (symptom free) and extend their life.

Once you have considered the facts about why you do what you do to stay healthy and make your life better, take a few moments to ask yourself why you would stop doing the positive things that help you to live well. There will always be enough reasons to quit when something seems hard. It is true that staying well takes up a lot of your time. Staying well takes thought, planning, and preparation. It takes as much action to do the right things as it does will-power to avoid the things that keep you from your health goals. And, staying well requires that you use some of your resources. As long as you look at staying well as a cost, it will always be hard.

If you change how you think about what it takes to stay well as an investment in yourself, staying well becomes easier. Think of your investment in yourself in relation to the return that you receive. A longer, happier, healthier life, full of vigor and vitality can be your reward for investing in YOU. When you include chiropractic care as a part of your investment portfolio you get to collect interest in your life bank.

Make sure you take care of your body to protect your investment, so you are able to enjoy the returns well into the future.

An Ounce of Prevention

Now that spring has sprung, you may be back outside in your yard or garden, cleaning up from the winter and getting things ready for the upcoming growing season. Remember to treat your yard work as a form of exercise and follow the same precautions and guidelines you would if you were starting a new exercise program:

1. **Start slowly.** If you've been inactive over the winter, remember your muscles are not in the same shape they were last summer. Even if you've been exercising, yard work involves different muscles.

2. **Take breaks.** Especially if you've been inactive, break bigger jobs up into smaller tasks so as not to overburden yourself.

3. **Stretch.** When you stop to take breaks and when you finish for the day stretch your legs, back, arms and especially your hip flexors.

4. **Get adjusted.** A well functioning spine and nerve system will help you enjoy the upcoming lawn and garden season injury free.



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